

Blood glucose and ketone diary

Diary to record blood glucose and ketone levels. For example, in the 3 days before and after starting trial medication you should check paired glucose and ketone levels 4 times per day (e.g. before each meal and before bedtime), as well as 2 hours after changing each insulin giving set (if you are on insulin pump therapy). You should also check these at least once a week throughout the trial (ideally at the same time of day each week), if feeling unwell or when you have made changes in diet, physical activity, or insulin dose.

Date	Test Time (if measure was taken after an event or another time use empty columns on the right)												Comments, medication, illness, diet, exercise, etc.
	Before breakfast		Before lunch		Before dinner		Before bed						
	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	

Blood glucose and ketone diary

Date	Test Time (if measure was taken after an event or another time use empty columns on the right)												Comments, medication, illness, diet, exercise, etc.
	Before breakfast		Before lunch		Before dinner		Before bed						
	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	

Blood glucose and ketone diary

Date	Test Time (if measure was taken after an event or another time use empty columns on the right)												Comments, medication, illness, diet, exercise, etc.
	Before breakfast		Before lunch		Before dinner		Before bed						
	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	

Blood glucose and ketone diary

Date	Test Time (if measure was taken after an event or another time use empty columns on the right)												Comments, medication, illness, diet, exercise, etc.
	Before breakfast		Before lunch		Before dinner		Before bed						
	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	

Blood glucose and ketone diary

Date	Test Time (if measure was taken after an event or another time use empty columns on the right)												Comments, medication, illness, diet, exercise, etc.
	Before breakfast		Before lunch		Before dinner		Before bed						
	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	Glucose (mmol/L)	Ketones (mmol/L)	