



BootCamp  
for  
Betics

# Blood Sugar Log Instructions

Use with the BootCamp for Betics Blood Sugar Log Form

## Using the Glucose section

Enter your blood sugar/blood glucose level (ex. 129)

## Using the Carbs section

Enter the grams of carbohydrates you ate (ex. 40g)

## Using the Med/Insulin section

If you take oral diabetes meds, enter a letter or an abbreviation that corresponds to the type of diabetes meds you took. If you take insulin, enter the number of units and an abbreviation that indicates the type of insulin you took. Below are some **examples**:

M - took Metformin

V - took Victoza

J - took Januvia

4N - took 4 units of Novolog

4log - took 4 units of Novolog

12L - took 12 units of Lantus

G - took Glimepiride

Glip - took Glipizide

14mix - took 14 units of insulin mix (70/30 or 75/25)

4H/15L - took 4 units of Humalog, then took 15 units of Levemir

**The above examples are just that - examples! You can feel free to invent your own abbreviations, as long as you are able to communicate them to your doctor when you show him/her your blood sugar log.**

## Using the Other section

You can use the Other section to add additional information, such as how much exercise you experienced, whether you had ketones, and/or whether you experienced an external factor that caused your blood sugar to go up or down. Here are some examples:

15min - engaged in 15 minutes of exercise

+Ket - had positive Ketones

Sick - you were sick or felt sick

↑ - experienced an event or other external factor that caused an increase in blood sugar

↓ - experienced an event or other external factor that caused a decrease in blood sugar

**You can invent your own abbreviations, as long as you are able to communicate them to your doctor when you show him/her your blood sugar log.**