|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Day of the Week** | **Before Breakfast** | **Bedtime** | **Exercise (minutes)** |
|  | Sunday |  |  |  |
|  | Monday |  |  |  |
|  | Tuesday |  |  |  |
|  | Wednesday |  |  |  |
|  | Thursday |  |  |  |
|  | Friday |  |  |  |
|  | Saturday |  |  |  |
|  | Sunday |  |  |  |
|  | Monday |  |  |  |
|  | Tuesday |  |  |  |
|  | Wednesday |  |  |  |
|  | Thursday |  |  |  |
|  | Friday |  |  |  |
|  | Saturday |  |  |  |

Special Instructions from your provider:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Reasons Blood Sugar Goes Up** |  | **Reasons Blood Sugar Drops Low** |
| Too much food |  | Not enough food |
| Not enough or missed dose of medicine |  | Too much medicine |
| Not enough exercise |  | A lot of exercise |
| A lot of stress |  | Skipping a meal |
| Being sick |  | Drinking alcohol |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fecha** | **Día de la Semana** | **Antes del Desayuno** | **Hora de Acostarse** | **Ejercicio**  **(minutos)** |
|  | Domingo |  |  |  |
|  | Lunes |  |  |  |
|  | Martes |  |  |  |
|  | Miércoles |  |  |  |
|  | Jueves |  |  |  |
|  | Viernes |  |  |  |
|  | Sábado |  |  |  |
|  | Domingo |  |  |  |
|  | Lunes |  |  |  |
|  | Martes |  |  |  |
|  | Miércoles |  |  |  |
|  | Jueves |  |  |  |
|  | Viernes |  |  |  |
|  | Sábado |  |  |  |

Instrucciones especiales de su medico:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Razones por qué el Azúcar Sube** |  | **Razones por qué el Azúcar va Abajo** |
| demasiada comida |  | no suficientes alimentos |
| medicina dosis olvidada o  no suficiente medicamento |  | demasiado medicamento |
| no hacer suficiente ejercicio |  | aumento de la actividad |
| mucho estrés |  | saltarse una comida |