

ACCU-CHEK® 360° View Three day Check

The 3 day intensive monitoring programme to help you and your healthcare team manage your diabetes better.



Testing your blood glucose levels can show you and your healthcare team:

- Trends in blood glucose levels
- The relationship between blood glucose levels and
 - Diabetes medications
 - Time of day
 - Meal size
 - Energy level

● **Day 1** Date Tuesday 16th March

● **Step 1**
Fill in the **dates** for the days on which you will track your blood glucose levels.

● **Step 2**
Test your **blood glucose level** using your Accu-Chek® blood glucose meter at the times indicated.

● **Step 3**
Enter the **time** of the test.

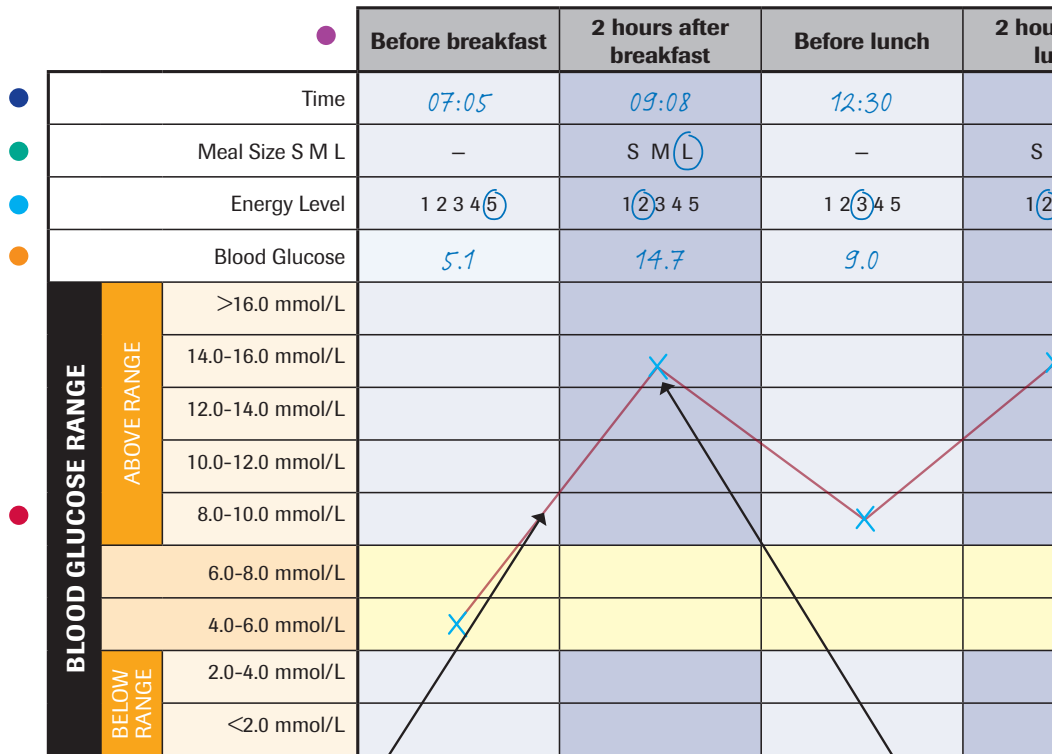
● **Step 4**
Based on your normal eating habits, describe this **meal size** by circling **Small**, **Medium** or **Large**.

● **Step 5**
Rate your **energy level** on a scale of **1** (very low), **2** (low), **3** (moderate), **4** (high), **5** (very high) and circle that score here.

● **Step 6**
Enter your **blood glucose level**.

● **Step 7**
Graph your **blood glucose level** by placing an **X** in the corresponding row of the chart and then connect the Xs.

● **Step 8**
Note any incidents that may have affected your test results.



By connecting the recorded results, you can easily identify trends in your blood glucose levels.

Blood glucose levels above target range can indicate a need for an adjustment and/or change in medications to reach your blood glucose target and improve diabetes control.

● Comments: _____

Food Diary

Day 1	Breakfast	Snack	Lunch	Snack	Dinner	Drinks	Exercise/Activity

Day 2	Breakfast	Snack	Lunch	Snack	Dinner	Drinks	Exercise/Activity

Day 3	Breakfast	Snack	Lunch	Snack	Dinner	Drinks	Exercise/Activity

