Accu-Chek 360° View 3-day Profiling Tool

**PATIENT NAME**
**INSULIN NAME**
**DOSE (UNITS)**
**SHOTS/DAY**
**ORAL DIABETES MEDICATIONS**
**DOSE**
**TIMES/DAY**
**PHYSICIAN NAME**
**PHYSICIAN PHONE**
**PATIENT PHONE**

Bring this form and your ACCU-CHEK blood glucose monitoring system to your next healthcare professional appointment.

**American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control. 2002.**

**WARNING:** Do not adjust your prescribed oral medication or insulin therapy without first consulting your physician.

**ACTIVITY LEVEL**

<table>
<thead>
<tr>
<th>Your activity level?</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Low</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Somewhat Low</td>
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<tr>
<td>Moderate</td>
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<tr>
<td>Somewhat High</td>
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<td></td>
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<tr>
<td>Very High</td>
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</tr>
</tbody>
</table>

**YOUR COMMENTS**

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**Time**

- 2 hours after breakfast
- 2 hours after lunch
- 2 hours after dinner
- Before bed

**Insulin Units**

- Before breakfast
- Before lunch
- Before dinner
- Before bed

**Meal Size**

- S
- M
- L

**Activity Level**

- 1
- 2
- 3
- 4
- 5

**Blood Glucose**

- >16.7 mmol/L
- 14.5-16.7 mmol/L
- 12.3-14.4 mmol/L
- 10.1-12.2 mmol/L
- 7.5-10.0 mmol/L
- 6.2-7.7 mmol/L
- 4.5-6.1 mmol/L
- 2.8-4.4 mmol/L
- <2.8 mmol/L

**Blood Glucose Range**

- After Meal Goal
- Fasting/Before Meal Goal

**American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control. 2002.**
### FOOD DIARY

Use this space to fill in what you eat and drink over 3 days.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
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<tr>
<td></td>
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<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
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<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
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<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
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</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
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</tr>
<tr>
<td><strong>Drinks</strong> (soft drinks, hot beverages, alcohol, etc)</td>
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</tbody>
</table>

Instructions to patient:

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

**Step 2**
Test your blood glucose using your ACCU-CHEK blood glucose monitoring system at the times indicated to the left.

**Step 3**
Enter the time of the test in the first row of the chart.

**Step 4**
If you use insulin, enter your insulin dose (units).

**Step 5**
Based on your normal eating habits, describe this meal size by circling Small, Medium or Large in the second row.

**Step 6**
Rate your activity level on a scale of 1 (very low) to 5 (very high) and circle that score.

**Step 7**
Enter your blood glucose value in the fifth row for that day.

**Step 8**
Graph your blood glucose level (from Step 7) by placing an X in the corresponding row of the chart. Then connect the Xs. See other side for example.

### Accu-Chek 360° View 3-day Profiling Tool

**Data can show you:**

- Trends in blood glucose levels
- The relationship between blood glucose values and
  - Time of day
  - Meal size
  - Activity level
  - Diabetes medication (if prescribed)

By drawing a line through the recorded results, you can easily identify trends in blood glucose.

Out-of-range blood glucose values can indicate a need for better blood glucose control, and might suggest the need to adjust and/or change therapy.

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