

# Weekly Insulin and Blood Glucose Record

## Instructions

This editable chart on the next page of this PDF document allows you to record 4 weeks of insulin & blood glucose data.

- Step 1:** Open the original (blank) PDF form and select **File > SaveAs**. Save a new copy of the file to your computer's desktop or documents folder every 4 weeks, using a new name each time (eg. *Insulin-Record-March16.pdf*).
- Step 2:** Fill in the PDF at routine times each day, according to your treatment plan.
- Step 3:** Remember to Save your changes each time you add new data. Select **File > Save** before you close the file.
- Step 4:** After 4 weeks, the record chart will be full. You can then email a copy to your healthcare provider.

***Mobile Devices:** If you have the free Adobe Acrobat Reader app on your mobile device, you can also use this editable PDF chart on your mobile phone or tablet. You will need to ensure that you open the PDF using the Acrobat app as your device will try to open the file using a web browser or a different PDF reader app.*

***Backups:** It's a good idea to send a backup copy of the form to yourself by email once a week. However, don't use the backup copy to record more data.*

