**SOP: Personal Skin-Imaging Log for Glucose Awareness**

**Purpose**  
To help an individual capture daily images of their skin at fixed sites to explore whether visible skin changes correlate with blood glucose levels over time.

**Audience**  
Any adult interested in self-tracking.  
This SOP is **for personal learning only**—not for diagnosis or treatment.

**1. Setup**

**Equipment**

* A smartphone with a good camera (no filters or beauty mode).
* Consistent light source (lamp, daylight window, or soft LED panel).
* A notebook, spreadsheet, or app to record readings.
* Optional: a color card (printable 18% gray or commercial color checker).

**Environment**

* Same room and lighting each day if possible.
* Avoid mixed light (sun + bulb).
* Use a plain background.

**2. Body Sites**

Capture **6 consistent locations** each day:

1. Inner wrist
2. Outer forearm
3. Neck (side)
4. Chest (upper)
5. Calf or ankle
6. Cheek or lower face

Tip: pick the same side (e.g., all left-side) and mark small dots with washable marker for consistency if needed.

**3. Timing**

Choose one of these routines and stick with it:

* **Daily:** once per day at the same time (morning before breakfast works well).
* **Weekly:** if daily is not feasible, at least 3 days per week.

**Duration:**

* If **not diabetic:** continue **30 days** to build a baseline.
* If **diabetic:** collect **30 days** with parallel glucose readings.

**4. Image Capture**

1. Wash and dry the area gently—no lotion or makeup.
2. Hold camera ~30 cm (1 ft) away, perpendicular to skin.
3. Make sure the image is sharp and evenly lit.
4. Take one image per site; optionally include a small color card in the frame.
5. Save with a clear name:  
   YYYYMMDD\_site.jpg (example: 2025-10-11\_wrist.jpg)

**5. Recording Glucose (if applicable)**

| **Date** | **Fasting BG (mg/dL)** | **Post-meal BG (mg/dL)** | **Notes (exercise, food, etc.)** |
| --- | --- | --- | --- |
| 2025-10-11 | 110 | 140 | Morning walk 30 min |

If you use a CGM or glucometer, note the average or range for that day.

**6. Data Storage & Privacy**

* Keep all images in a private folder (phone or computer).
* Back up locally or to encrypted cloud if desired.
* You control access—share only with researchers if you choose to participate later.

**7. After One Month**

* You’ll have a folder of images + glucose readings.
* The next month, repeat the same imaging schedule.
* Later, these two months can be compared to see whether image-based patterns track glucose changes.

**8. Safety & Disclaimer**

* Do **not** use image results to adjust medication or diet.
* Any health decisions should be made with a qualified clinician.
* This is a *data-collection exercise* to build your own dataset for research or visualization.

**Optional Enhancements**

* Use an app or small color chart to standardize lighting.
* Add short notes on hydration, sleep, or stress—these can influence skin appearance.
* If you wear a smartwatch or sensor (e.g., heart rate, temperature), you can log those values alongside for richer analysis.