

MY JOURNEY TO

BETTER HEALTH

TYPE 1 DIABETES (T 1 D) DIARY FOR KENYAN YOUTH



— MY JOURNEY TO —

BETTER HEALTH

TYPE 1 DIABETES(T1D) DIARY FOR KENYAN YOUTH

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East Lansing, Michigan, USA and Nairobi, Kenya

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For more information about Type 1 Diabetes (T1D), please contact the Kenya Diabetes Management and Information Centre at (DMI) +254 722 755828, or visit their webpage at <https://dmi.or.ke>.

The information contained in this diary is for informational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment.

The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

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You can download a version of this diary here: <http://t1ddiaryjourney.com/>



YOUR INFORMATION

NAME:

DATE OF BIRTH:

DATE OF T1D DIAGNOSIS:

NAME OF SCHOOL/LOCATION:

YOUR INSULIN INFORMATION

TYPE DOSE DATE

TYPE DOSE DATE

IF INSULIN IS CHANGED?

TYPE DOSE DATE

TYPE DOSE DATE

TARGET BLOOD GLUCOSE RANGE

FASTING: mmol/L to mmol/L

PRE MEAL: mmol/L to mmol/L

POST MEAL: mmol/L to mmol/L

HbA1c (HEMOGLOBIN A1c) %

YOUR PARENT/GUARDIAN'S INFORMATION

PARENT/GUARDIAN'S NAME:

MOBILE NUMBER:

YOUR DOCTOR'S INFORMATION

NAME OF CLINIC/LOCATION:

DOCTOR'S NAME:

MOBILE NUMBER:



Welcome to your diary

The purpose of this diary is to support you on your Type 1 Diabetes (T1D) journey. This diary is a tool that will help you manage the condition and teach other people about it. **You will use this diary to:**

- Record your blood sugar levels as many times as possible during the day. Ideally you will record your levels during the

WAKE UP TIME, LUNCH TIME, SUPPER TIME, BED TIME.



- Record your blood sugar readings, as well as your medication, food, activities, and mood. Tick the emojis that match your mood. **This key tells you what mood each emojis represents.**

EMOJI KEY



- Complete your “time in range” using a graph. Use this graph to “connect the dots and understand your life!” This graph will help you understand how your food, activities, medicine, and mood affect your blood sugar levels.
- Answer questions about your weekly diabetes journey.
- Learn about your condition, including “tips” that you can share with family, friends, teachers, and other people in your community.

If you ever miss a meal, a reading, or an injection, don't hide it! Instead, make sure you write it down in your diary. This way, you're helping your doctors understand exactly what's going on in your journey. Being honest is like your secret weapon in managing diabetes, so let's keep those diaries as real as possible!

Eric Omondi

Kenya Diabetes Management and Information Centre (DMI)

WHAT IS TYPE 1 DIABETES (T1D)?

T1D is a non-communicable disease. It is not contagious and cannot be spread from one person to another. Doctors do not know exactly what causes T1D; however, there is a genetic component. This means that having a family history can put a person at risk.

T1D is a condition caused by lack of insulin. Insulin is a hormone that helps your body use sugar for energy. With T1D, your pancreas does not produce insulin. Therefore, you have to inject insulin to control your blood sugar levels. T1D commonly manifests in children and adolescents but can be diagnosed at any age.

Managing T1D requires effort but you do not have to do it alone. Involve your family, teachers, and other important people in your life for help and support. Daily self-care includes eating healthy foods, giving insulin injections, and watching for and treating hypoglycemia (low blood sugar) and hyperglycemia.

THE 9 PILLARS OF LIVING WITH T1D



ACCEPTANCE: It can be difficult to acknowledge that T1D is a lifelong condition. However, many people say they feel more in control when they accept that they have the condition.



MEDICATION: Take all insulin doses as prescribed.



MANAGE STRESS: Finding healthy ways to cope with stress is important. If stress goes unchecked, it can contribute to anxiety, feeling low, or depression.



EXERCISE: Engaging in physical activity lowers blood sugar levels, strengthens muscles, relieves stress and improves sleep.



BE A CHAMPION! You are not alone. Millions of people around the world live with T1D. You can educate your community about the condition.



EDUCATION: Managing diabetes requires lifelong learning about the condition.



HEALTHY DIET: Consuming healthy meals and snacks boosts immunity, contributes to better blood sugar control, general health and well-being



SELF-MONITORING BLOOD GLUCOSE: Monitoring and recording your blood sugar levels and knowing how to respond to the results will help reduce complications.



KEEP YOUR APPOINTMENTS: Visit your diabetes care team regularly or as advised.

THE PLATE MODEL



VEGETABLE



STARCH



BEANS AND LEGUME.



FRUITS



ANIMAL PROTEINS



MILK & MILK PRODUCTS

- Avoid sugary drinks such as soda, energy drinks, juices.
- Choose unsweetened or plain versions of yoghurt and milk.
- Avoid consuming milk or fruits alongside meals to prevent rapid blood sugar spikes.
- Drink a maximum of one glass of milk per sitting.
- Eat a maximum of one fruit per sitting.
- Drink 6-8 glasses of water per day.
- Avoid eating biscuits, sweets, ice cream or cakes.
- Opt for liquid cooking oils, if possible.



Your food choices will depend on availability, affordability and preparation.'



LOW BLOOD SUGAR

HYPOGLYCEMIA OR HYPO

- Occurs when blood sugar is below 4mmol/L
- Use a glucometer to confirm blood sugar levels.

Factors that can lead to hypo

- Taking too much insulin units at once,
- Taking an extra insulin injection
- Being more physically active than usual and not making necessary adjustments
- Taking insulin and not eating soon enough or not eating enough or have thrown up shortly after eating.



SWEATING



TIREDNESS



DIIZZINESS



TREMBLING



EXTREME HUNGER



BLURRY VISION

Symptoms of hypoglycemia

- Sweating
- Irritability
- Dizziness
- Tiredness
- Trembling
- Extreme hunger
- Difficulty talking
- Blurred vision
- Crying without reason
- Loss of consciousness
- Convulsions.



CRYING WITHOUT REASON



In extreme cases, hypo can lead to loss of consciousness or convulsions. If person is unconscious, gently place them on their left side as illustrated. Put 2-3 small spoons of sugar/honey in the person's inner cheek, gently rub the cheek to quicken the absorption rate. Do not give liquids or food in that state to avoid choking. It is important that you be taken to a clinic.

First aid for hypoglycemia

- Stop all activities
- Measure blood sugar levels if possible
- If sugars are below 3.5mmol/L
 - Take 2-3 teaspoons of sugar, honey or glucose powder, OR
 - 100ml or half a glass of soda or sweet juice, OR
 - 2-3 pieces of patco or other sweet.
- If you feel better, eat something. If you don't feel better, repeat step 3.
- Measure your blood sugar level after 15 minutes and record.



HIGH BLOOD SUGAR HYPERGLYCEMIA OR HYPER

- Occurs when the blood sugar level is above 13mmol/Lu
- Use a glucometer to confirm blood sugar levels.

Factors that can lead to hyperglycemia

- Taking too little insulin
Missing insulin injections
- Taking expired insulin or insulin that has gone bad due to poor storage
- Eating too much food
- Less physical activity than normal
- Infections or a fever.

Symptoms of hyperglycemia



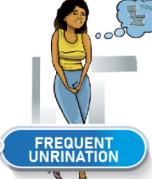
DRY MOUTH



BLURRY VISION



INCREASED THIRST



FREQUENT URINATION



TIRED ALL THE TIME

Symptoms of severe hyperglycemia



NAUSEA



VOMITING



STOMACH PAINS



FRUITY BREATH



LOSS OF CONSCIOUSNESS



FAST DEEP BREATHING



If person is unconscious, gently place them on their left side as illustrated. Call a doctor or take the person to a clinic.

First aid for hyperglycemia

- 1 Measure your blood sugar level if possible
- 2 If the blood sugar level is above 13mmol/L, take short acting insulin
- 3 Measure blood glucose levels again after 2 hours.

- 4 If blood sugar level is above 13mmol/L and there are no other symptoms of feeling unwell, perform the correction factors as appropriate.

NOTE If your blood sugar is more than 22mmol/L, you should contact the clinic immediately.

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HOW TO INJECT INSULIN USING A SYRINGE



TIMING: You should take insulin 15 to 30 minutes before a meal. Avoid taking insulin after meals.

- 1 Wash your hands with soap and clean water to prevent infections.
- 2 Gather your supplies (syringe, vial, cotton wool, surgical spirit) and make sure your insulin has not expired or changed colour.
- 3 Roll the insulin vial gently between your palms to mix the solution properly. Do not shake the vial vigorously, as this can cause bubbles that affect the dose.
- 4 Draw air into the syringe. The amount of air should be the same as the dose of insulin you need. For example, 20ml.
- 5 Inject the air in the insulin vial.
- 6 Turn the vial upside down ensuring the tip of the needle is in the insulin. Then draw the correct dose of insulin into the syringe.
- 7 Check the syringe for air bubbles. If you see any, tap the side of the syringe to make the bubbles rise to the top, and then push them out of the syringe.
- 8 Choose an injection site, such as your stomach, upper outer thigh, or mid-upper arm. Clean the skin with a cotton wool dipped in surgical spirit and let it dry.
- 9 Pinch a fold of skin and insert the needle at a 90-degree angle. If you are injecting into a thin area, such as your abdomen, you may need to use a 45-degree angle.
- 10 Inject the insulin slowly and steadily.
- 11 Remove the syringe and apply pressure to the injection site with a cotton wool dipped in surgical spirit.
- 12 Dispose of the syringe in the container with a lid. When it is full, take it to your clinic or nearest health facility.



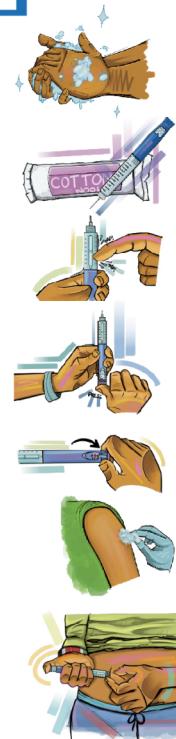
QUICK
TIPS



REMEMBER: It is important to keep rotating where you inject insulin to prevent swelling under the skin. Avoid injecting in areas with scars.

HOW TO INJECT INSULIN USING A PEN

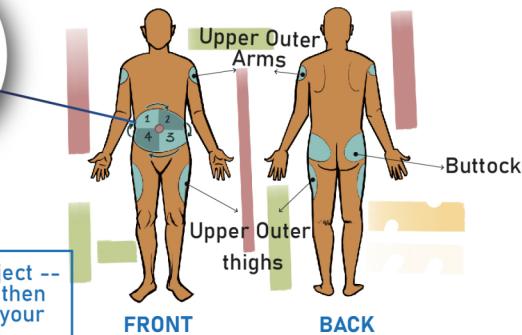
- 1 Wash your hands with soap and clean water to prevent infections.
- 2 Check the insulin pen's label to ensure that you have the correct type and dose of insulin.
- 3 Make sure the insulin is clear and not cloudy. If it is cloudy, gently roll the pen between your palms for a few seconds to mix it.
- 4 Remove the pen cap, being careful not to touch the needle tip.
- 5 Prime the pen by dialling the dose to two units and pushing the plunger until a drop of insulin appears at the tip of the needle.
- 6 Choose an injection site, such as your stomach, upper outer thigh, or mid-upper arm. Clean the skin with a cotton wool dipped in surgical spirit and let it dry.
- 7 Pinch a fold of skin and insert the needle at a 90-degree angle.
- 8 Push the injection button all the way in and hold it there for 10 seconds to ensure that all the insulin has been injected.
- 9 Remove the needle from your skin and gently release the pinched skin.
- 10 Put the cap back on the pen and store the pen safely until the next injection.



INSULIN INJECTION SITE



Abdomen



Rotate where you inject -- for example inject 1, then 2, then 3, and then 4 on your abdomen. Be sure there are at least 3 fingers of space from where you recently injected.

HOW TO STORE YOUR INSULIN

It is important to properly store your insulin. If insulin is exposed to very hot or very cold temperatures for too long — even just 60 minutes — it breaks down and no longer has the same strength or efficacy.

Please follow these storage tips:

Keep insulin away from the sunlight.



Once insulin is opened it should be disposed after 30 days. Never use insulin after the expiry date.



Insulin that has changed color should never be used.



Insulin vials and pens should be stored in a fridge where available or in an improvised cooler.

These improvised coolers include:

These are examples of how you will fill in your tables depending on if you are using Basal Bolus (top table) or Mixtard (bottom table)insulin. Fill in a table every day. Be honest as it will help your health care provider to better advise you.

Monitor your blood sugar (Basal Bolus Insulin) example

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time 6:00 Reading 🍖 4.0 Dosage 🌂 10	Porridge	Shower Walk to school Attend classes	😊 😕 😤 😪 😩
Snack time 10.37	Tea and banana	Attend classes	😴 😊 😕 😤 😪
Lunch time 12.50 Reading 🍖 11.3 Dosage 🌂 10	Rice and beans 500ml water	Walk to the dining hall	😴 😊 😕 😤 😪
Snack time 4.00	I did not take anything	Walked home	😊 😕 😤 😪 😩
Supper time Reading 🍖 7.24 Dosage 🌂 10	Ugali and vegetables and matumbo Two glasses of water	Washed dishes Gathered firewood	😴 😊 😕 😤 😪
Snack time 8.48	1/2 a glass of milk	Resting	😊 😕 😤 😪 😩
Bed time 9.12 Reading 🍖 9.2 Dosage 🌂 10	500ml water	Sleeping	😴 😊 😕 😤 😪

Monitor your blood sugar (Mixtard Insulin) example

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time 6:00 Reading 🍖 3.8 Dosage 🌂 20	Tea and bread	Shower Walk to school Attend classes	😴 😊 😕 😤 😪
Snack time 10.45	Tea and queen cake	Attend classes	😊 😕 😤 😪 😩
Lunch time 11.3 Reading 🍖 11.3 Dosage 🌂	Ugali and sukuma 500ml water	Walk to the dining hall	😴 😊 😕 😤 😪
Snack time 4.06	Banana	Walked home	😊 😕 😤 😪 😩
Supper time 6.58 Reading 🍖 10.0 Dosage 🌂 10	Ugali and vegetables and matumbo 500ml water	Washed dishes Gathered firewood	😴 😊 😕 😤 😪
Snack time 8.36	I did not take anything	Did homework	😊 😕 😤 😪 😩
Bed time 9.00 Reading 🍖 13.0 Dosage 🌂	500ml water	Sleeping	😴 😊 😕 😤 😪

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MONITOR YOUR BLOOD SUGAR



DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 			
Dosage 			
Snack time			
Lunch time			
Reading 			
Dosage 			
Snack time			
Supper time			
Reading 			
Dosage 			
Snack time			
Bed time			
Reading 			
Dosage 			



DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
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Dosage 			
Snack time			
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Snack time			
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Snack time			
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Reading 			
Dosage 			



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Dosage 			



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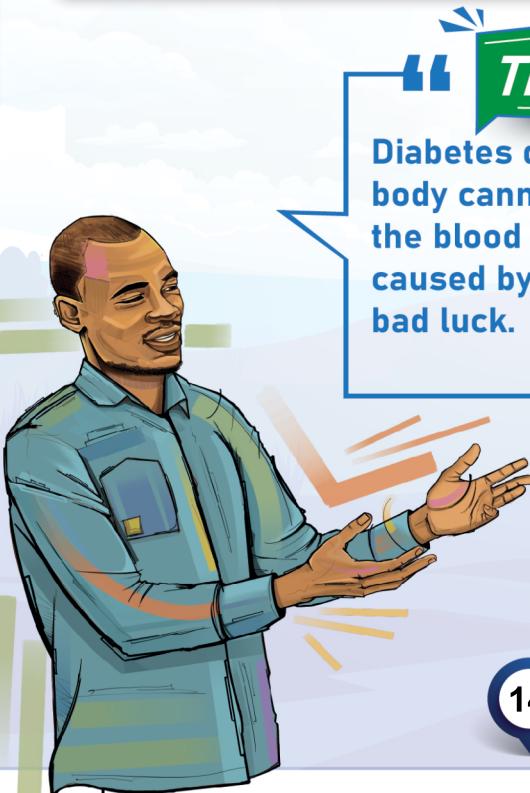
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Snack time			
Bed time			
Reading 			
Dosage 			

MONITOR YOUR BLOOD SUGAR



DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 📋			
Dosage 💉			
Snack time			
Lunch time			
Reading 📋			
Dosage 💉			
Snack time			
Supper time			
Reading 📋			
Dosage 💉			
Snack time			
Bed time			
Reading 📋			
Dosage 💉			



Diabetes develops when one's body cannot properly control the blood sugar. It is not caused by witchcraft, curse or bad luck.



MY JOURNEY TO BETTER HEALTH

Reflect on your diabetes journey, by answering questions at the end of each week.

Reflect on the positives from this week. What moments or choices contributed positively to your diabetes management?

Consider the setbacks you encountered this week. What obstacles did you face that impacted your diabetes care?

Put a small tick everytime where you injected. Be sure to rotate

MID-UPPER ARM	UPPER-OUTER THIGHS	ABDOMEN	BUTTOCKS
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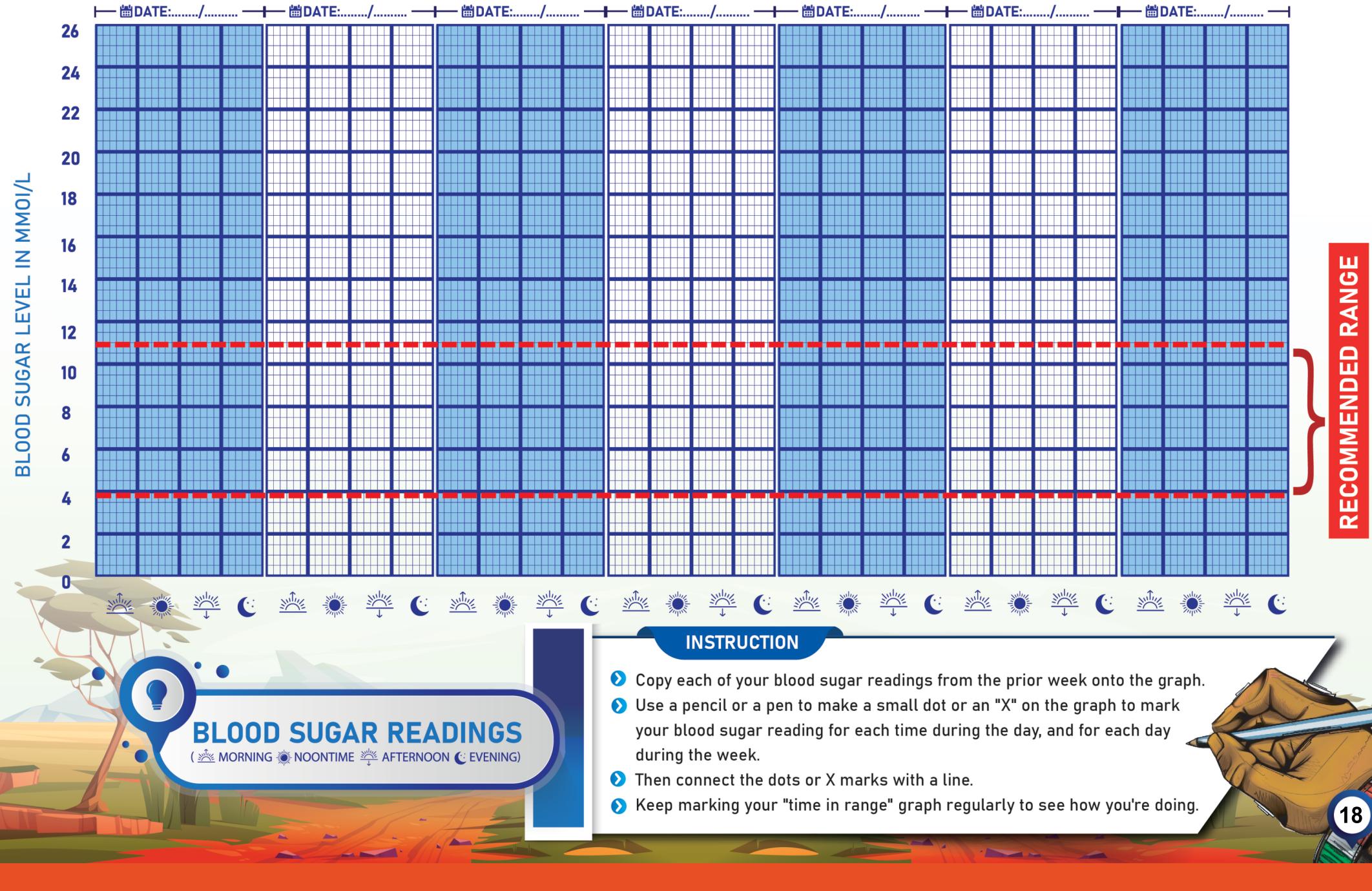


Think about your responses to those challenges. How did you navigate and cope with the difficulties in managing your diabetes?

Plan for improvement in the upcoming week. What specific steps or changes will you implement to enhance your diabetes management next week?

TIME IN RANGE GRAPH

Life is understood by connecting the dots!

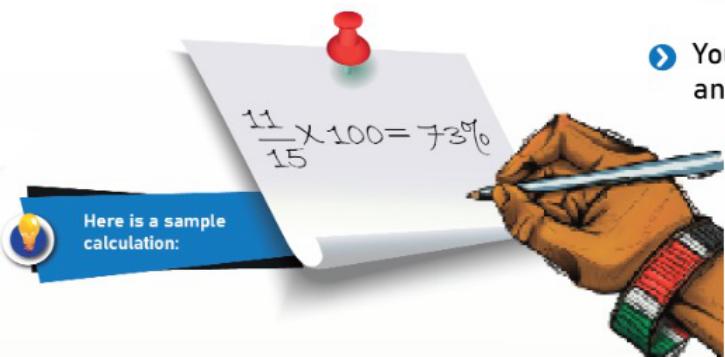


TIME IN RANGE



$$\frac{\text{Number of readings in range}}{\text{Total number of readings}} \times 100 = \text{Time in Range}$$

Your Time In Range will look like this:



CALCULATION AREA



QUICK TIPS
Experiencing highs and lows doesn't always mean you are not taking care of yourself. There is no way to duplicate the body's natural way of maintaining safe blood glucose levels. Therefore highs, and lows will inevitably occur and it is not your fault.

One of the main goals of diabetes management is to maintain blood glucose levels within a certain range. Have you ever wondered how many times or hours in a day your blood glucose is in the recommended range? There is a creative way to calculate this, and this diary will show you how to do it.

What is Time In Range?

It is a new approach to diabetes management that focuses on keeping your blood sugar levels within a healthy range for as much of the day as possible.

The recommended range is between 4 mmol/L and 10 mmol/L.

Importance of Time In Range

- You can easily point out the highs, lows and the in-range readings from the graph.
- You can easily identify some patterns in your blood glucose levels and see the impact of your medication, food and activities.

Guide to plotting the Time in Range graph

- 1 Capture glucose readings on the glucose monitoring chart for seven days.
- 2 On the graph, identify the point where the time (morning, noon, evening, bedtime) and the glucose reading meet, and mark with a star (x).
- 3 Connect the points with a line to create a graph.
- 4 Count the points that are above the 12mmol/L mark. These are the highs.
- 5 Count the points that are within the 4mmol/L mark to 12mmol/L mark. These are the in-range readings.
- 6 Count the points that are below the 4mmol/L mark. These are the lows.
- 7 Calculate time in range using the formula provided. You should aim to achieve a time in range of 70% and above. If you are consistently outside of the range talk to your doctor

MONITOR YOUR BLOOD SUGAR



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Dosage 			



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Dosage 			

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TIPS

As of now there is no known cure for type 1 diabetes. The main way to manage it is by using daily insulin injections as instructed by the doctor.

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MY JOURNEY TO BETTER HEALTH

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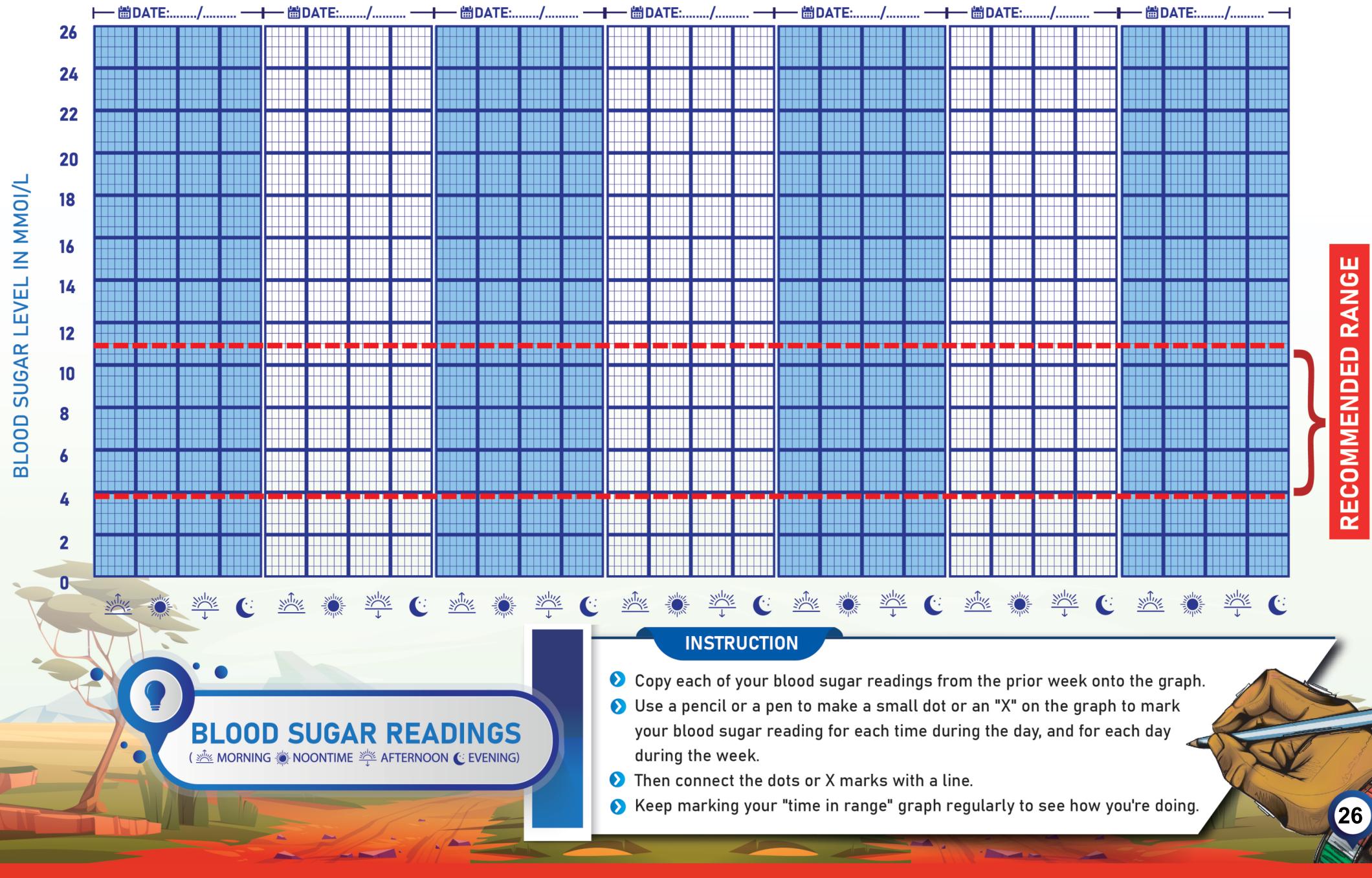
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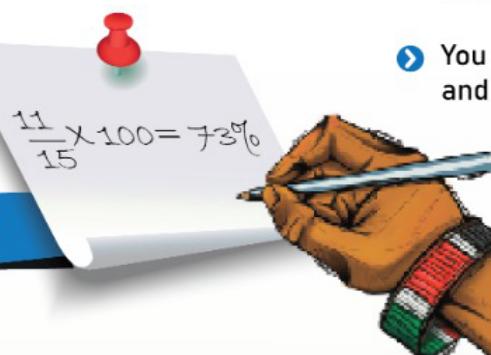
TIME IN RANGE


$$\frac{\text{Number of readings in range}}{\text{Total number of readings}} \times 100 = \text{Time in Range}$$

Your Time In Range will look like this:



Here is a sample calculation:



CALCULATION AREA

QUICK TIPS

It is important to keep rotating when you inject insulin to prevent swelling under the skin. Avoid injecting in areas with scars. Rotating could mean injecting a different body part or injecting a different spot on the same body part.

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- 7 Calculate time in range using the formula provided. You should aim to achieve a time in range of 70% and above. If you are consistently outside of the range talk to your doctor

MONITOR YOUR BLOOD SUGAR



DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 			
Dosage 			
Snack time			
Lunch time			
Reading 			
Dosage 			
Snack time			
Supper time			
Reading 			
Dosage 			
Snack time			
Bed time			
Reading 			
Dosage 			



DATE:

TIME (A.M./P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 			
Dosage 			
Snack time			
Lunch time			
Reading 			
Dosage 			
Snack time			
Supper time			
Reading 			
Dosage 			
Snack time			
Bed time			
Reading 			
Dosage 			

MONITOR YOUR BLOOD SUGAR



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Wake up time			
Reading 			
Dosage 			
Snack time			
Lunch time			
Reading 			
Dosage 			
Snack time			
Supper time			
Reading 			
Dosage 			
Snack time			
Bed time			
Reading 			
Dosage 			



DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 			
Dosage 			
Snack time			
Lunch time			
Reading 			
Dosage 			
Snack time			
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Dosage 			
Snack time			
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Dosage 			

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Reading 			
Dosage 			



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Snack time			
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Dosage 			

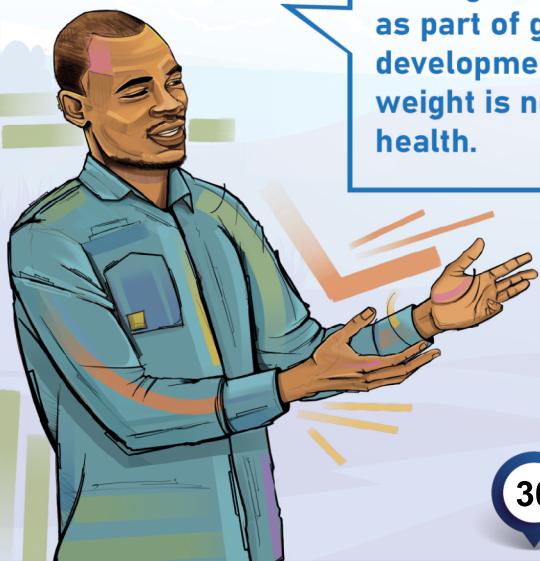
MONITOR YOUR BLOOD SUGAR

 DATE:

TIME (A.M/P.M.) READING (MMOL/L) DOSE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			     
Reading 			     
Dosage 			     
Snack time			     
Lunch time			     
Reading 			     
Dosage 			     
Snack time			     
Bed time			     
Reading 			     
Dosage 			     

TIPS

Being overweight does not cause T1D. A growing child gains weight as part of growth and development. However, too much weight is not good for general health.



MY JOURNEY TO BETTER HEALTH

Reflect on your diabetes journey, by answering questions at the end of each week.

Reflect on the positives from this week. What moments or choices contributed positively to your diabetes management?

Consider the setbacks you encountered this week. What obstacles did you face that impacted your diabetes care?

Put a small tick everytime where you injected. Be sure to rotate

MID-UPPER ARM	UPPER-OUTER THIGHS	ABDOMEN	BUTTOCKS

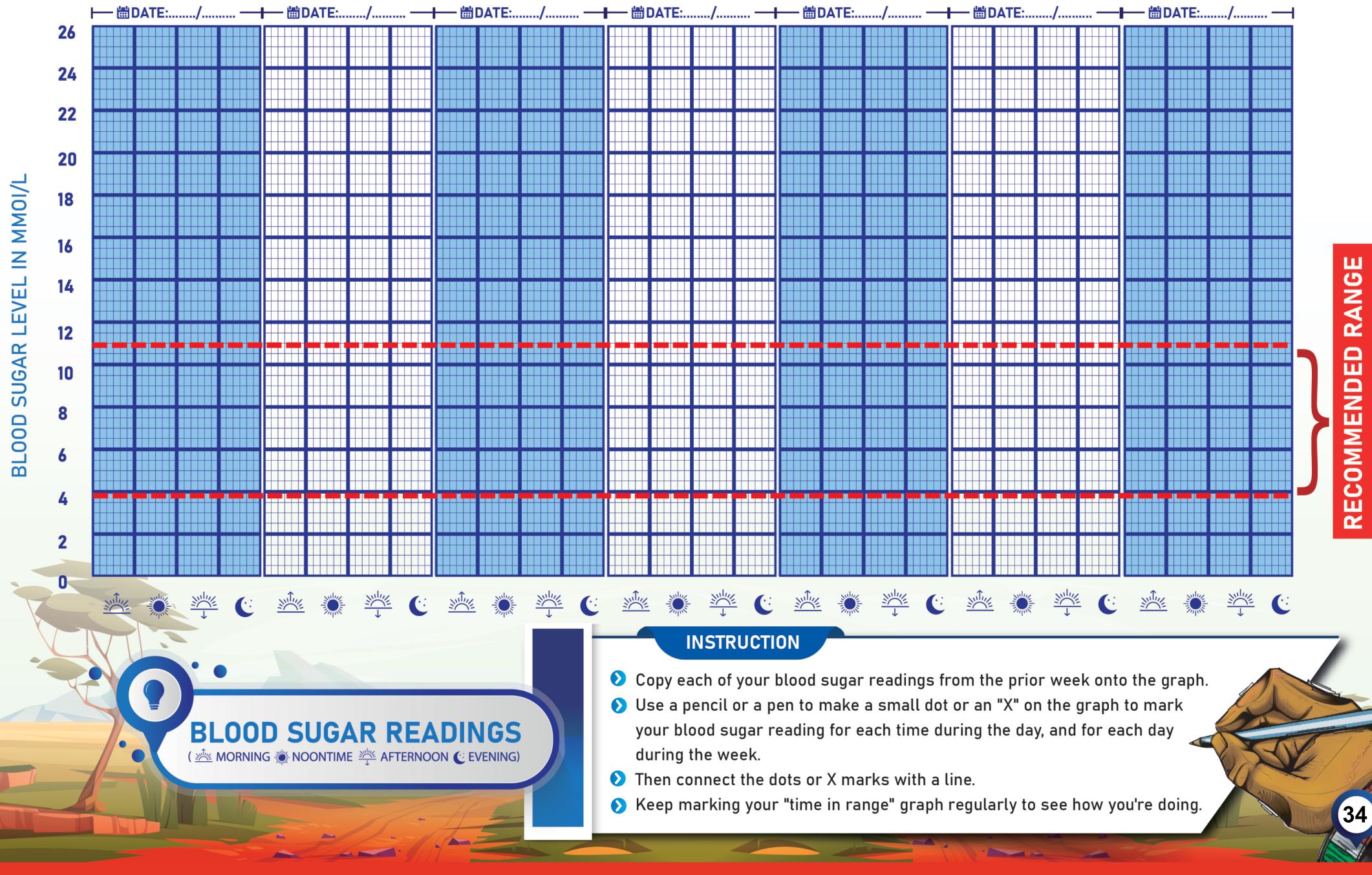


Think about your responses to those challenges. How did you navigate and cope with the difficulties in managing your diabetes?

Plan for improvement in the upcoming week. What specific steps or changes will you implement to enhance your diabetes management next week?

TIME IN RANGE GRAPH

Life is understood by connecting the dots!



TIME IN RANGE



$$\frac{\text{Number of readings in range}}{\text{Total number of readings}} \times 100 = \text{Time in Range}$$

Your Time In Range will look like this:



Here is a sample calculation:

$$\frac{11}{15} \times 100 = 73\%$$



CALCULATION AREA



QUICK TIPS
Type 1 diabetes is a lifelong condition.
Do not let it define you. Do not let it limit you in your activities or things you aspire to do in life.

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What is Time In Range?

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MONITOR YOUR BLOOD SUGAR



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TIME (A.M/P.M.) READING (MMOL/L) DOSAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			
Reading 			
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Snack time			
Bed time			
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DATE: _____

TIME (A.M/P.M.) READING (MMOL/L) DOSEAGE (UNITS)	MEALS TAKEN	ACTIVITIES DONE	TICK EMOJIS THAT MATCH YOUR MOOD
Wake up time			<input type="checkbox"/> 😊 <input type="checkbox"/> 😔 <input type="checkbox"/> 😱 <input type="checkbox"/> 😊
Reading 📖			<input type="checkbox"/> 😊 <input type="checkbox"/> 😔 <input type="checkbox"/> 😱 <input type="checkbox"/> 😊
Dosage 💉			<input type="checkbox"/> 😊 <input type="checkbox"/> 😔 <input type="checkbox"/> 😱 <input type="checkbox"/> 😊
Snack time			<input type="checkbox"/> 😊 <input type="checkbox"/> 😔 <input type="checkbox"/> 😱 <input type="checkbox"/> 😊
Lunch time			<input type="checkbox"/> 😊 <input type="checkbox"/> 😔 <input type="checkbox"/> 😱 <input type="checkbox"/> 😊
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TIPS

You can manage your stress by engaging in sports and physical activities that you enjoy such as exercising, going for a walk, or playing ball games.

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MY JOURNEY TO BETTER HEALTH

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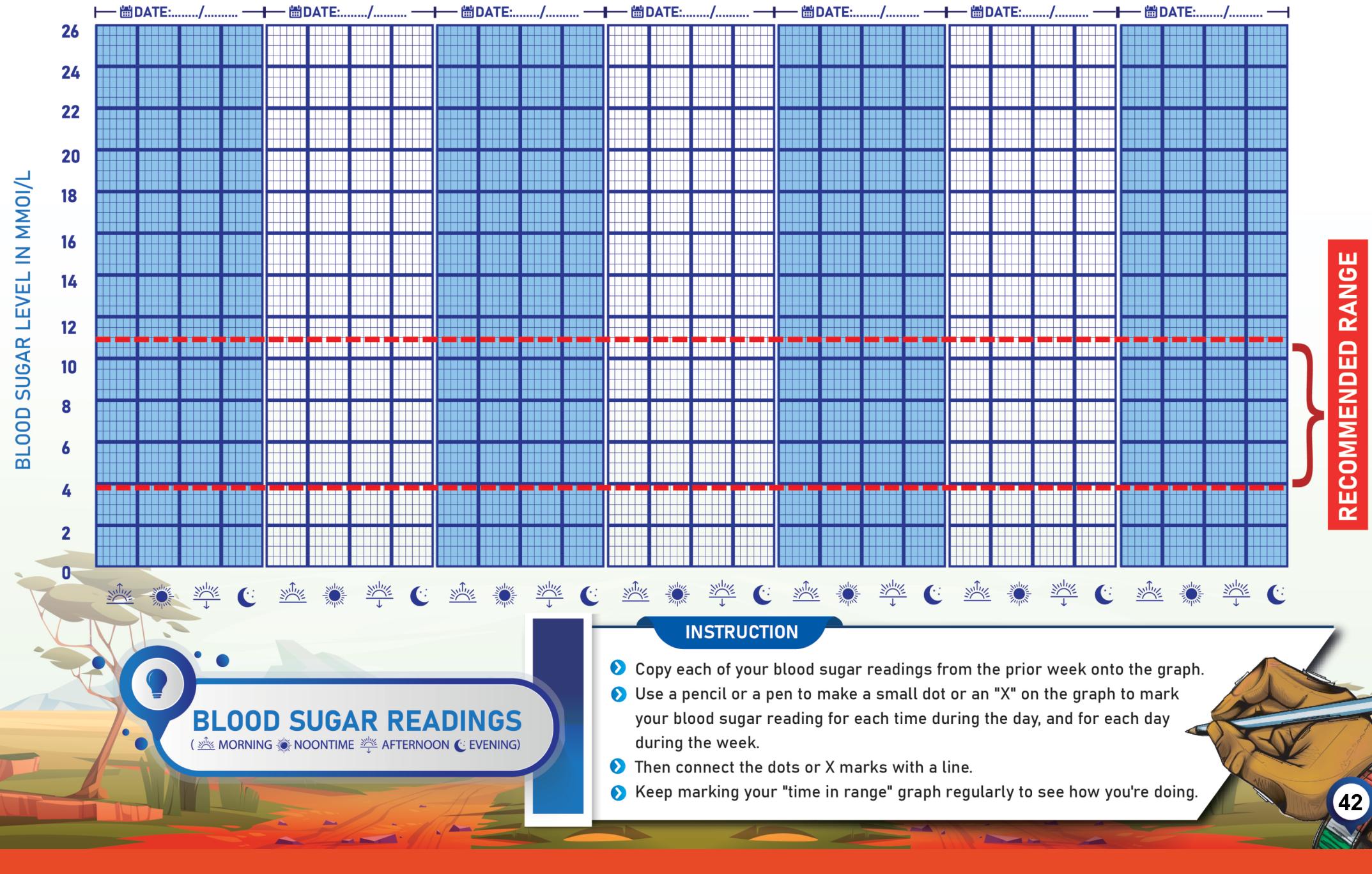


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CALCULATION AREA

QUICK TIPS

It is important to keep track of your insulin, testing strips, and other supplies, ensuring you have enough to last at least one week before they run out. This way, you will avoid disruptions in your diabetes management routine.

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CLINIC VISIT

NOTES

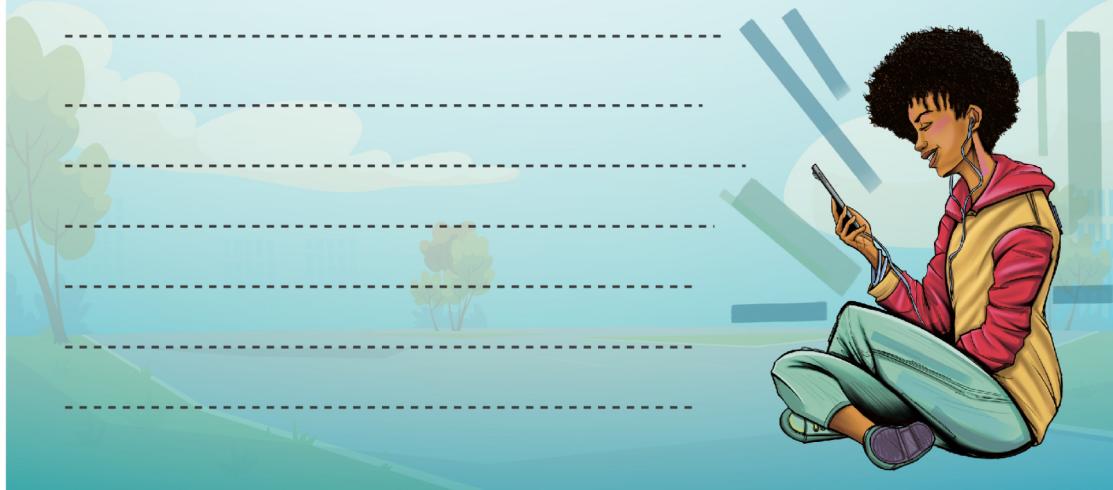
Note by the health care provider



DATE: / /



Reflect on your visit to the clinic



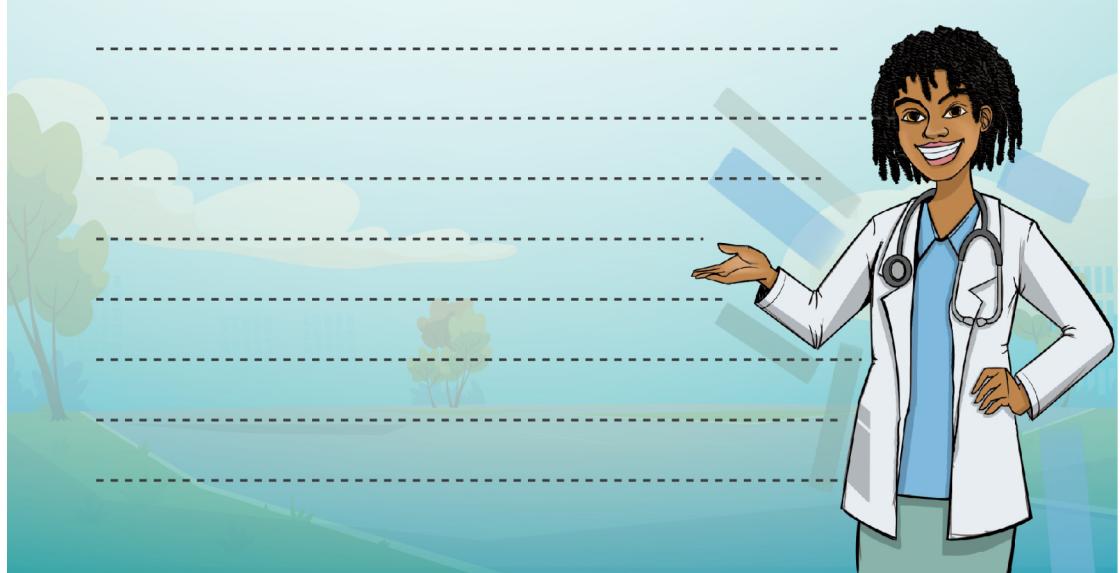
CLINIC VISIT

NOTES

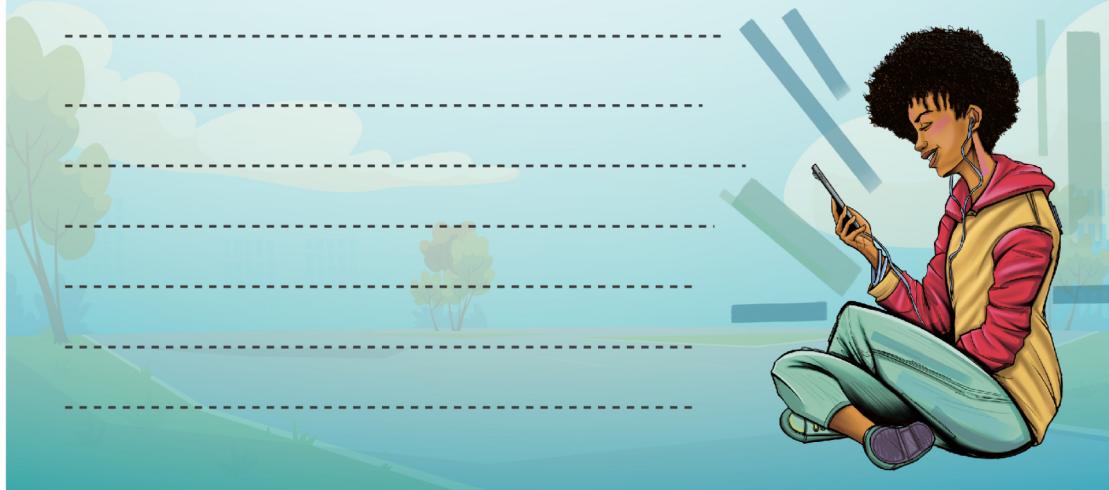
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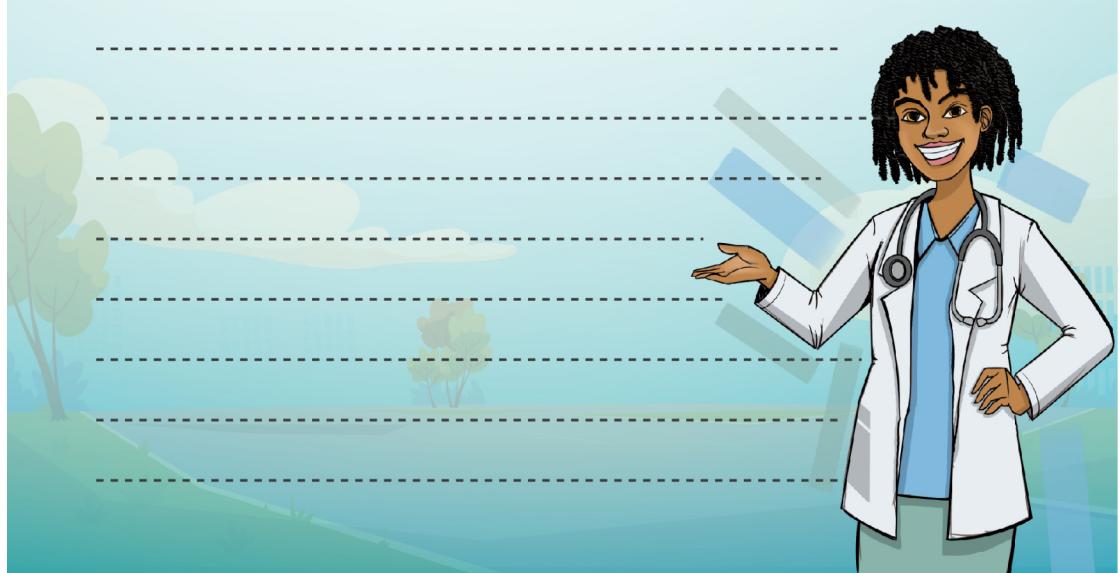
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NOT FOR SALE