

## Blood Sugar Tracking Record for Patients with Diabetes

| Date | Time    | Before Exercise | After Exercise | Comments |
|------|---------|-----------------|----------------|----------|
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |
|      | : AM/PM | mmol/L          | mmol/L         |          |

**Diamicon (Gliclazide), Glyburide (Diabeta), Repaglinide (Gluconorm), or Amaryl (Glimepiride) if prescribed**

| 1) Time of Day ____ : ____ AM/PM |       | 2) Time of Day ____ : ____ AM/PM |       | 3) Time of Day ____ : ____ AM/PM |       |
|----------------------------------|-------|----------------------------------|-------|----------------------------------|-------|
| Type of medication               | DOSE  | Type of Medication               | DOSE  | Type of Medication               | DOSE  |
| _____                            | _____ | _____                            | _____ | _____                            | _____ |
| _____                            | _____ | _____                            | _____ | _____                            | _____ |

### If exercise is new for you

You are advised to monitor your blood sugar levels before and after exercise for 6 or more exercise sessions so that you can learn how your body responds to exercise.

If you have been exercising consistently over the past couple of months you may consider monitoring your blood sugar levels before and after exercise if:

- You are experiencing difficulty managing your blood sugar

OR

- You are trying a new exercise prescription

**Please bring your own glucometer with you to the Centre so that you may monitor your blood sugar levels as needed.**

**Once completed, please give the Blood Sugar Tracking Record to your Cardiovascular Prevention & Rehab Team.**