



# MEIN BLUTZUCKERTAGEBUCH

Zur Unterstützung im täglichen Umgang mit Ihrem  
Diabetes und den Blutzuckermessungen

Notdienst: 112

Ärztlicher Bereitschaftsdienst: 116 117

## PERSÖNLICHE DATEN

Name: \_\_\_\_\_

Anschrift: \_\_\_\_\_

PLZ & Ort: \_\_\_\_\_

Telefon: \_\_\_\_\_

Geburtsdatum: \_\_\_\_\_

Diagnose(n): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## KONTAKTPERSON IM NOTFALL

Name: \_\_\_\_\_

Telefon: \_\_\_\_\_

# Behandelnde/r Ärztin/Arzt

Name der Ärztin / des Arztes: \_\_\_\_\_

Anmerkungen: \_\_\_\_\_

\_\_\_\_\_

## MEINE MEDIKAMENTE

| Name | Wirkstoff | Morgens | Mittags | Abends | Anmerkung |
|------|-----------|---------|---------|--------|-----------|
|      |           |         |         |        |           |
|      |           |         |         |        |           |
|      |           |         |         |        |           |
|      |           |         |         |        |           |
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|      |           |         |         |        |           |
|      |           |         |         |        |           |
|      |           |         |         |        |           |

## MEINE BASIS- UND ZIELWERTE

|                             | Aktueller Wert | Zielwert | Anmerkung |
|-----------------------------|----------------|----------|-----------|
| Körpergewicht               |                |          |           |
| Body-Maß-Index              |                |          |           |
| Blutzucker (nüchtern)       |                |          |           |
| Blutzucker (nach dem Essen) |                |          |           |
| Blutzucker (abends)         |                |          |           |
| HbA1c                       |                |          |           |
| Blutdruck                   |                |          |           |

## MEINE WEITEREN ZIELE

|                      |  |
|----------------------|--|
| Ernährungsumstellung |  |
| Gewichtsabnahme      |  |
| Bewegungstherapie    |  |
| Rauchen aufgeben     |  |

WOCHE: \_\_\_\_\_



vor der Mahlzeit



2 Stunden nach der Mahlzeit

| TABLETTE/INSULINDOSIS |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |         |             |
|-----------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|-------------|
|                       | FRÜHSTÜCK                                                                         |                                                                                   | MITTAGESSEN                                                                       |                                                                                   | ABENDESSEN                                                                          |                                                                                     | NACHTS  | BEMERKUNGEN |
|                       |  |  |  |  |  |  |         |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |

WOCHE: \_\_\_\_\_



vor der Mahlzeit



2 Stunden nach der Mahlzeit

| TABLETTEN/<br>INSULINDOSIS |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |         |             |
|----------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|-------------|
|                            | FRÜHSTÜCK                                                                         |                                                                                   | MITTAGESSEN                                                                       |                                                                                   | ABENDESSEN                                                                          |                                                                                     | NACHTS  | BEMERKUNGEN |
|                            |  |  |  |  |  |  |         |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |

WOCHE: \_\_\_\_\_



vor der Mahlzeit



2 Stunden nach der Mahlzeit

| TABLETTEN/<br>INSULINDOSIS |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |         |             |
|----------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|-------------|
|                            | FRÜHSTÜCK                                                                         |                                                                                   | MITTAGESSEN                                                                       |                                                                                   | ABENDESSEN                                                                          |                                                                                     | NACHTS  | BEMERKUNGEN |
|                            |  |  |  |  |  |  |         |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |

WOCHE: \_\_\_\_\_



vor der Mahlzeit



2 Stunden nach der Mahlzeit

| TABLETTEN/<br>INSULINDOSIS |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |         |             |
|----------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|-------------|
|                            | FRÜHSTÜCK                                                                         |                                                                                   | MITTAGESSEN                                                                       |                                                                                   | ABENDESSEN                                                                          |                                                                                     | NACHTS  | BEMERKUNGEN |
|                            |  |  |  |  |  |  |         |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |

WOCHE: \_\_\_\_\_



vor der Mahlzeit



2 Stunden nach der Mahlzeit

| TABLETTEN/<br>INSULINDOSIS |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |         |             |
|----------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|-------------|
|                            | FRÜHSTÜCK                                                                         |                                                                                   | MITTAGESSEN                                                                       |                                                                                   | ABENDESSEN                                                                          |                                                                                     | NACHTS  | BEMERKUNGEN |
|                            |  |  |  |  |  |  |         |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |
| (Tag/Monat)                | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                           | (mg/dl)                                                                             | (mg/dl)                                                                             | (mg/dl) |             |

## Interpretation/ Auswertung

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## Ärztliche Empfehlungen

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