**ACCU-CHEK® 360° View blood glucose analysis system**

<table>
<thead>
<tr>
<th>Day 1 Date</th>
<th>Before breakfast</th>
<th>2 hours after breakfast</th>
<th>Before lunch</th>
<th>2 hours after lunch</th>
<th>Before dinner</th>
<th>2 hours after dinner</th>
<th>Before bed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal Size</td>
<td>S</td>
<td>M</td>
<td>L</td>
<td>S</td>
<td>M</td>
<td>L</td>
<td>S</td>
</tr>
<tr>
<td>Energy Level*</td>
<td>12345</td>
<td>12345</td>
<td>12345</td>
<td>12345</td>
<td>12345</td>
<td>12345</td>
<td>12345</td>
</tr>
</tbody>
</table>

**Blood Glucose Range**

<table>
<thead>
<tr>
<th>&gt;300 mg/dL</th>
<th>261-300 mg/dL</th>
<th>221-260 mg/dL</th>
<th>181-220 mg/dL</th>
<th>141-180 mg/dL</th>
<th>111-140 mg/dL</th>
<th>81-110 mg/dL</th>
<th>51-80 mg/dL</th>
<th>&lt;50 mg/dL</th>
</tr>
</thead>
</table>

**ENERGY LEVEL**

<table>
<thead>
<tr>
<th>What is your energy level?</th>
<th>1 Very Low</th>
<th>2 Somewhat Low</th>
<th>3 Moderate</th>
<th>4 Somewhat High</th>
<th>5 Very High</th>
</tr>
</thead>
</table>

WARNING: Do not adjust your prescribed oral medication or insulin therapy without first consulting your physician.

**American College of Endocrinology Consensus Statement on Guidelines for Glycemic Control. 2002.**

What did you learn from doing this analysis of your blood glucose results?

______________________________________________________________

Bring this form and your ACCU-CHEK blood glucose monitoring system to your next physician appointment.

**Accu-Chek® 360° View**
Instructions to patient:
Complete this form over 3 consecutive days.

Step 1
Fill in the dates for the days on which you will track your blood glucose results.

Step 2
Test your blood glucose using your ACCU-CHEK blood glucose monitoring system at the times indicated to the left.

Step 3
Enter the time of the test in the first row of the chart.

Step 4
Based on your normal eating habits, describe this meal size by circling Small, Medium or Large in the second row.

Step 5
Rate your energy level on a scale of 1 (very low) to 6 (very high) and circle that score here.

Step 6
Enter your blood glucose value in the fourth row for that day.

Step 7
Graph your blood glucose level (from Step 6) by placing an X in the corresponding row of the chart. Then connect the Xs. See other side for example.

Data can show you:
- Trends in blood glucose levels
- The relationship between blood glucose values and
  - Time of day
  - Meal size
  - Energy level


By drawing a line through the recorded results, you can easily identify trends in blood glucose.

Out-of-range blood glucose values can indicate a need for better blood glucose control, and might suggest the need to adjust and/or change therapy.