



## Look at one thing and see the change with before-and-after testing

This simple paper tool helps you see changes in your blood sugar before and after a specific meal, exercise or other event. Use it for 7 days to see how one thing in your daily routine affects your blood sugar.

### Before you start, what would you like to learn about your blood sugar?

Here are some ideas others have shared:

- How does packing my lunch instead of eating out affect my blood sugar?
- How does a morning workout affect my blood sugar?
- I have a big presentation tomorrow. What effect will this have on my blood sugar?

**Mary's example** of checking her blood sugar before and 2 hours after breakfast.

**1** Start with a simple question and use your blood sugar results to see what works for you.

**2** Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again at a specific time after the meal or activity, and write it in the **After** column.

**3** How did your blood sugar change?

**Note:** This tool does not replace your logbook, which is helpful for your routine testing.

What do I want to learn? <i>How does breakfast affect me?</i>				Notes:
Day	Before	After	Change	
<sup>1</sup> Jan 26	110	210	100	2 granola bars
<sup>2</sup> Jan 27	130	280	150	pancakes, grits
<sup>3</sup> Jan 28	125	255	130	2 cinnamon rolls
<sup>4</sup> Jan 29	120	220	100	2 granola bars
<sup>5</sup> Jan 30	110	155	45	1 granola bar
<sup>6</sup> Jan 31	108	148	40	1/2 cinnamon roll
<sup>7</sup> Feb 1	127	157	30	eggs, 1 toast

### What did I discover?

*Wow - what and how much I eat really matters.*

### What can I do next?

*Be aware of my serving sizes.*

### What questions do I have for my healthcare provider?

*Do I count calories as well as carbs?  
Will my overall health improve?*

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 (For your healthcare provider's records)

The American Diabetes Association (ADA) and American Association of Clinical Endocrinologists (AACE) recommend:

	ADA	AACE
<b>Before meal</b>	70–130 mg/dL	<110 mg/dL
<b>After meal</b>	<180 mg/dL 1–2 hours after the start of a meal	<140 mg/dL 2 hours after the start of a meal

What do I want to learn?

Day	Before	After	Change
1			
2			
3			
4			
5			
6			
7			

Notes:

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Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

What did I discover?

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What can I do next?

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What questions do I have for my healthcare provider?

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Visit [accu-chekconnect.com](http://accu-chekconnect.com) for more tips and tools on managing your diabetes.



Experience what's possible.

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