



The ISHIB Campaign for Reducing Cardiovascular Health Disparities

ISHIB Diabetic Patient Sick Day Log

When	Ask	Answer	
Morning	How much I weigh today?	_____ pounds	
Evening	How much liquid did I drink today?	_____ glasses	
Morning & Evening	What is my temperature?	_____ ° in AM	
		_____ ° in PM	
Every 4 hours or before each meal	How much insulin did I take?	Time	Dose
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		_____	_____
Every 4 hours	What is my blood glucose level?	Time	Blood glucose
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		_____	_____
Every 4 hours or each time you urinate	What are my ketones?	Time	Keytones
		_____	_____
		_____	_____
		_____	_____
		_____	_____
		_____	_____