

MON CARNET *de* SUIVI

MA GLYCÉMIE, MES ÉMOTIONS

JE M'APPELLE:

J'AI

ANS

POUR PLUS D'INFORMATIONS :

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RENSEIGNEMENTS

Prénom :

NOM :

Date de naissance : ___ / ___ / _____

Téléphone : _____

Adresse :

Numéro de sécurité sociale : _ _ _ _ _

Diabétologue :

Médecin de famille :

Pharmacien :

Hôpital et service :

Personnes à prévenir en cas d'urgence :

MON CARNET
de
SUIVI

MA GLYCÉMIE, MES ÉMOTIONS

Mon prochain RDV :

Mon poids :

Ma taille :

Mon taux d'hémoglobine glyquée :

A large, empty, light green rounded rectangular box intended for writing or drawing.

REMERCIEMENTS

Avec l'aimable relecture critique de Nadine Lepage, infirmière puéricultrice en pratique avancée à l'hôpital Necker et Professeur Jacques Beltrand, pédiatre diabétologue à l'hôpital Necker (75).

Réalisé en collaboration avec l'équipe de diabétologie du centre hospitalier de Necker, Paris (75).

MON CARNET de SUIVI

MA GLYCÉMIE, MES ÉMOTIONS

Les émotions jouent un rôle significatif dans la vie des enfants atteints de diabète, elles peuvent influencer à la fois la gestion quotidienne du diabète et la santé à long terme de l'enfant.

En réponse aux situations stressantes, certaines hormones, comme le cortisol, sont libérées et élèvent la glycémie, des ajustements d'insuline et d'alimentation sont alors nécessaires. Les émotions fortes peuvent perturber les habitudes alimentaires, provoquant des fluctuations glycémiques via la suralimentation ou les aliments réconfortants riches en glucides.

Frustration, colère et anxiété peuvent limiter l'adhésion au traitement, poussant parfois à négliger la surveillance glycémique et l'administration d'insuline. Les émotions positives, en revanche, renforcent la gestion grâce à un soutien social adéquat, favorisant des routines de soins disciplinées et des habitudes saines.

En conclusion, il est indéniable que les émotions jouent un rôle crucial dans la vie des enfants atteints de diabète. Une prise en charge holistique qui tient compte des aspects émotionnels peut améliorer leur qualité de vie et leur santé globale. Ainsi, pour vous aider à mieux comprendre les fluctuations émotionnelles des enfants, ce carnet de suivi allie le suivi de la glycémie ainsi que celui des émotions.

Les parents, les soignants et les professionnels de santé ont un rôle essentiel à jouer en soutenant émotionnellement les enfants et en les aidant à développer des stratégies pour gérer efficacement leurs émotions tout en gérant leur diabète.

MES OBJECTIFS GLYCÉMIQUES

Glycémie le matin au réveil ou avant le repas de

mg / dl à mg / dl

Glycémie environ 2 heures après le repas de

mg / dl à mg / dl

Glycémie au coucher de

mg / dl à mg / dl

L'objectif est de maintenir l'HbA1c à moins de 7,5%. *

*HAS : Diabète de type 1 de l'enfant et de l'adolescent. Juillet 2017.

ADAPTATION DE L'INSULINE LENTE

Votre objectif de glycémie à jeun (avant le petit-déjeuner) doit être compris entre

mg / dl et mg / dl

Si votre glycémie à jeun est :

supérieure à mg / dl pendant jours de suite, en l'absence d'hypoglycémie. **ALORS** Ajouter unités à la dose quotidienne d'insuline.

Si votre glycémie à jeun est :


inférieure à mg / dl pendant jours de suite, en l'absence d'hypoglycémie. **ALORS** Diminuer unités à la dose quotidienne d'insuline.

Votre objectif de glycémie à jeun est compris entre

mg / dl et mg / dl ^{ALORS}  Ne pas changer la dose.

À n'importe quel moment :

Si l'une de vos glycémies est inférieure ou égale à

mg / dl ou en cas d'hypoglycémie sévère ^{ALORS}  Diminuer le soir même la dose
de unités.



En cas de difficultés, n'hésitez pas à contacter votre médecin.

QUE FAIRE EN CAS D'HYPOGLYCÉMIE ?

L'hypoglycémie
se définit par une glycémie en
dessous de la normale : 70 mg/dL

QUE FAIRE ?

1.

Arrêter immédiatement
toute activité (physique).

2.

Contrôler la glycémie :

- En cas de doute sur l'origine du malaise,
- Pour savoir à quel seuil les signes sont ressentis,
- Pour connaître le degré de l'hypoglycémie.

Exemple de resucrages :

- 1 morceau de sucre (5g),
- Un verre de jus de fruit (50mL),
- Un verre de soda sucré non light (50mL),
- 1 cuillère à café de confiture ou de miel.

A éviter : le chocolat, les pâtisseries, les viennoiseries et les fruits, dont l'effet hyperglycémiant est plus lent.

Tout diabétique doit avoir en permanence sur lui l'équivalent de 2 resucrages. Si le prochain repas est prévu plus de 2 heures après la survenue d'une hypoglycémie, il est souhaitable de prendre une collation selon son traitement.



Se resucrer :

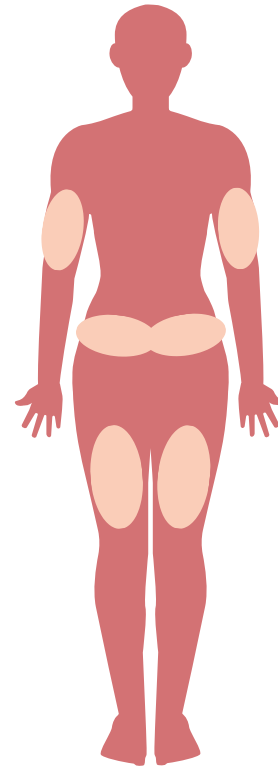
- Prendre 5g de glucides pour 20kg de poids pour se sentir mieux rapidement.

COMMENT BIEN FAIRE VOTRE INJECTION D'INSULINE ?



Important :

Avant de choisir le point d'injection, regardez attentivement et palpez votre peau à la recherche de bosses, de creux ou de zones dures. Ce sont des signes de lipohypertrophie. Évitez d'injecter dans ces points-là.



1.

Avant l'injection:

- Votre peau et vos mains doivent être propres.
- Le choix de la longueur de l'aiguille sera fait par votre médecin.
- Faites un test de sécurité de votre système injecteur selon la notice d'utilisation.
- Sélectionnez votre dose d'insuline.

2.

Où injecter ?

- Pour préserver l'état cutané des sites d'injection :
 - Si vous utilisez un seul type d'insuline, alternez d'une zone à l'autre
 - Si vous utilisez plusieurs types d'insuline, gardez une même zone d'injection pour la même heure et le même type d'insuline, en alternant d'un côté à l'autre (gauche/droit).

Comment injecter ?

3.

- Avec pli :
 - Soulevez délicatement avec 3 doigts, le plan de la peau sans emmener le muscle. Ne pas pincer si vous ressentez une douleur. Si la peau pincée devient blanche cela signifie que le pli est mal réalisé.
 - Tenez le pli pendant l'injection, puis lâchez le pli à la fin de l'injection d'insuline et comptez jusqu'à 10 secondes avant de retirer l'aiguille pour éviter les fuites d'insuline.
- Sans pli :
 - Piquez à 90°, puis lâchez le pli à la fin de l'injection et comptez jusqu'à 10 à 15 secondes avant de retirer l'aiguille pour éviter les fuites d'insuline.

4.

Après injection :

- Retirez l'aiguille (ne remettez pas son capuchon intérieur au risque de vous piquer).
- Éliminez-la conformément à la législation, comme recommandé par votre médecin, en la jetant dans une boîte à aiguilles (jaune à couvercle vert).*

À retenir :

À chaque nouvelle injection
= une nouvelle aiguille.

À chaque personne diabétique
= son stylo d'insuline.

GLYCÉMIE PRÉ-PRANDIALE



Le contrôle de la glycémie avant un repas ne doit pas être fait à heure fixe, mais juste avant le repas considéré.

GLYCÉMIE POST-PRANDIALE



Le contrôle de la glycémie après un repas doit être fait 1h30 à 2h après le début de ce repas. Voyez avec votre médecin le délai que vous devez respecter et inscrivez-le sous le tableau.

GLYCÉMIE AU COUCHER



Enfin, la mesure au coucher doit être faite avant de vous mettre au lit le soir, dans tous les cas le plus tard possible.

INFOS



G : Glycémie
IR : Insuline Rapide
IL : Insuline Lente
CC : Corps cétoniques

PRISE DES ÉMOTIONS

Au moment de la prise de glycémie ou des injections d'insuline, relevez l'état émotionnel sur l'échelle des émotions. Cela peut se faire à l'aide d'un stylo ou en collant des gommettes pour plus de fun !

OBSERVATIONS

Notez dans la colonne Observations :

- Vos hypoglycémies (hypo modérée/hypo sévère)
- La recherche d'acétone dans les urines (acétonurie) ou dans le sang (acétonémie) que vous pouvez être amené à faire certains matins, et lorsque votre glycémie dépasse 250 mg/dL (demandez à votre médecin ce qu'il convient de faire dans ce cas).
- Les glycémies supplémentaires, parfois nocturnes s'il y a lieu, les ennuis, les événements marquants (repas exceptionnel, voyage, maladie, etc.) et leurs horaires.

INSULINE DE CORRECTION

Indiquez la dose d'insuline de correction :

- En cas d'hyperglycémie avant un repas :
 - Dose qui vient s'ajouter à la dose d'insuline rapide prévue pour la quantité de glucides du repas.
- En cas d'activité physique, selon l'heure, le type d'activité, son intensité et sa durée :
 - La dose qui est déduite de la dose d'insuline prévue pour la quantité de glucides au repas.

LES DOSES D'INSULINES







Indiquez la dose d'insuline rapide injectée.
Indiquez la dose d'insuline lente injectée.

COMMENT REMPLIR MON CARNET de SUIVI ?

MA GLYCÉMIE, MES ÉMOTIONS

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN









































































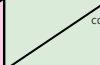



























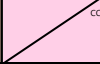

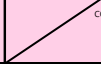
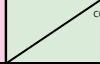


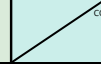
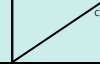

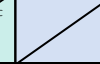























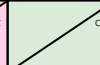



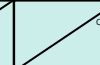

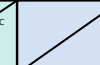
























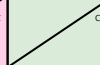





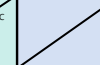


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
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Date :																	
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MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
-  Je ne me sens pas bien
-  Je me sens mal

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN




















































































APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations	
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	G 		IL 
Lundi																			
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Repas (glucides)																Repas (glucides)			
Mardi																			
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Repas (glucides)																Repas (glucides)			
Mercredi																			
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Repas (glucides)																Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi  Je me sens très bien
- Mardi  Je me sens bien
- Mercredi  Je ne me sens pas bien
- Jeudi  Je me sens mal
- Vendredi
- Samedi
- Dimanche

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN



































































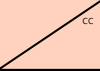
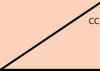
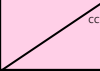

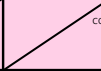
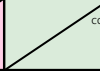


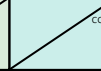


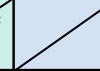
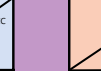


















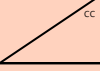
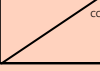
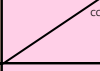

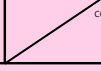
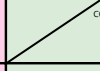


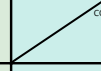
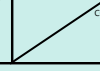

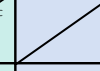
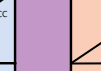


















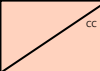
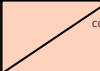
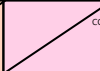


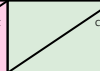





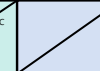



















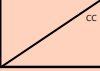
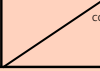
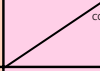

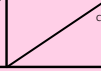
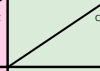


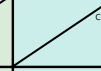
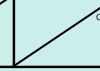

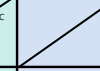
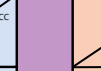

APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		
Repas (glucides)															Repas (glucides)					
Mardi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				
Mercredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
-  Je ne me sens pas bien
-  Je me sens mal

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN









































































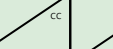

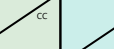




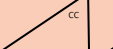



















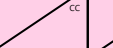



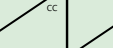

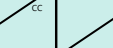
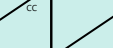
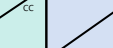
























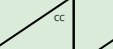

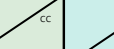






















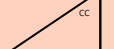




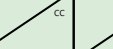




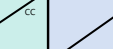



APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc	cc	
Repas (glucides)															Repas (glucides)					
Mardi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	cc
Repas (glucides)																Repas (glucides)				
Mercredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	cc
Repas (glucides)																Repas (glucides)				

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	





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MA GLYCÉMIE



MATIN











































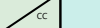






























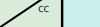





























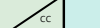






























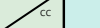






APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	IL 	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)														Repas (glucides)				
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)														Repas (glucides)				
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)														Repas (glucides)				
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)														Repas (glucides)				





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MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
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SEMAINE

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MA GLYCÉMIE



MATIN



















































































APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi	Date :	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi	Date :	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi	Date :	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	





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MA GLYCÉMIE



MATIN








































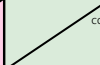



























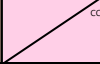

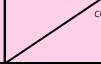
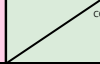


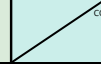
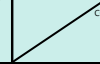

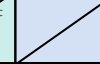
























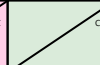



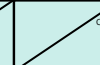

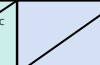
























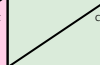





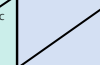


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi	Date :	/			/			/			/			/		/		
	Repas (glucides)															Repas (glucides)		
Mardi	Date :	/			/			/			/			/		/		
	Repas (glucides)															Repas (glucides)		
Mercredi	Date :	/			/			/			/			/		/		
	Repas (glucides)															Repas (glucides)		

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)														Repas (glucides)			





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
-  Je ne me sens pas bien
-  Je me sens mal

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN









































































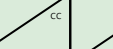

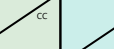




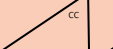


















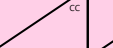



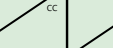

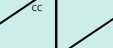
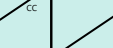
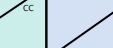

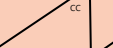





















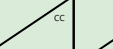

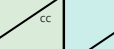





















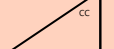




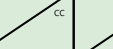




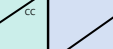


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc	cc	
Repas (glucides)															Repas (glucides)					
Mardi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	cc
Repas (glucides)																Repas (glucides)				
Mercredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	cc
Repas (glucides)																Repas (glucides)				

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

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-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN



















































































APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi  Je me sens très bien
- Mardi  Je me sens bien
- Mercredi  Je ne me sens pas bien
- Jeudi  Je me sens mal
- Vendredi
- Samedi
- Dimanche

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN



















































































































APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		
Repas (glucides)															Repas (glucides)					
Mardi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				
Mercredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

MES ÉMOTIONS

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- Dimanche

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-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN








































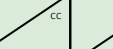

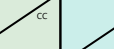




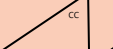



















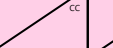



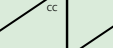

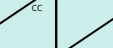
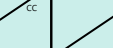
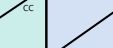

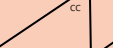






















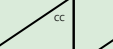

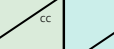



























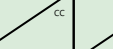




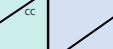


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
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-  Je me sens très bien
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SEMAINE

-  **G : Glycémie**
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MA GLYCÉMIE



MATIN









































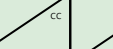

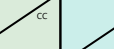




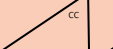


















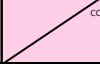

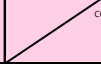
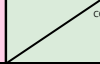


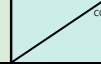
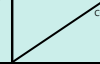

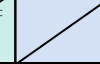

















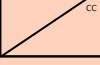
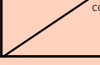
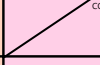

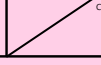
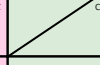


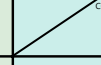
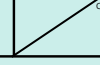

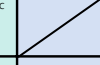






















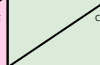





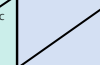

APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																		Repas (glucides)
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																		Repas (glucides)
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																		Repas (glucides)
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G  IL	<u>Observations</u>		
Date :																		
Repas (glucides)																		Repas (glucides)





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
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SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN









































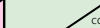


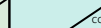
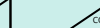

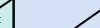






























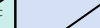





























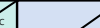
























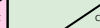


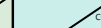
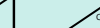

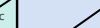


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :																		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :																		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :																		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :																		
Repas (glucides)																	Repas (glucides)	





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
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SEMAINE

-  **G : Glycémie**
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MA GLYCÉMIE



MATIN





































































































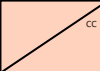
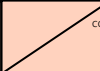
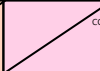


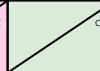





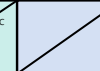




















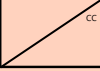
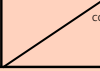
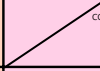

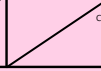
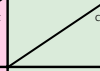


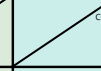

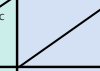
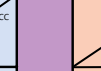

APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	IL 	Observations	
Date :																			
Repas (glucides)																	Repas (glucides)		
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	IL 	Observations	
Date :																			
Repas (glucides)																	Repas (glucides)		
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	IL 	Observations	
Date :																			
Repas (glucides)																	Repas (glucides)		
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		G 	IL 	Observations	
Date :																			
Repas (glucides)																	Repas (glucides)		





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi  Je me sens très bien
- Mardi  Je me sens bien
- Jeudi  Je ne me sens pas bien
- Vendredi  Je me sens mal
- Samedi
- Dimanche

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
-  **CC : Corps cétoniques**



MA GLYCÉMIE



MATIN














































































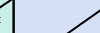






























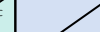






























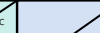






























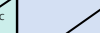


APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations		
Lundi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 			 G		 IL	
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		
Repas (glucides)															Repas (glucides)					
Mardi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				
Mercredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL			
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc		cc	cc		cc	
Repas (glucides)																Repas (glucides)				

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)															Repas (glucides)		
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)															Repas (glucides)		
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)															Repas (glucides)		
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>
Date :																	
Repas (glucides)															Repas (glucides)		





MES OBSERVATIONS

MES ÉMOTIONS

Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
-  Je ne me sens pas bien
-  Je me sens mal

SEMAINE

-  **G : Glycémie**
-  **IR : Insuline Rapide**
-  **IL : Insuline Lente**
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MA GLYCÉMIE



MATIN









































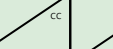

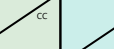




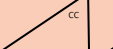

































APRÈS-MIDI



SOIR







		Petit-déjeuner			Déjeuner			Goûter			Diner			Nuit	Lendemain matin	Réveil		Observations
	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 		 G	 IL	
Lundi																		
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	
Repas (glucides)															Repas (glucides)			
Mardi																		
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	
Repas (glucides)															Repas (glucides)			
Mercredi																		
Date :		cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	cc	
Repas (glucides)															Repas (glucides)			

Jeudi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Vendredi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Samedi	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	
Dimanche	IL 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	IR 	G 	G 	 G	IL 	<u>Observations</u>	
Date :		/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc	/cc		
Repas (glucides)																	Repas (glucides)	

MES OBSERVATIONS

MES ÉMOTIONS

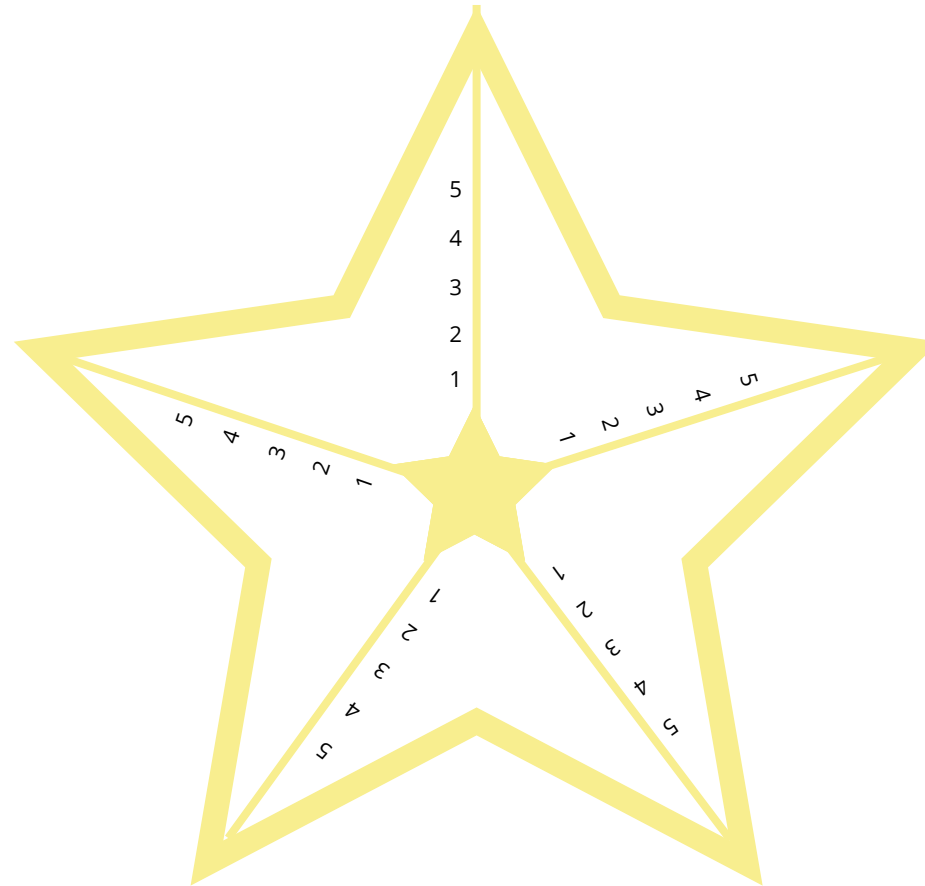
Colorie les ronds en fonction de ton humeur du jour

- Lundi
- Mardi
- Mercredi
- Jeudi
- Vendredi
- Samedi
- Dimanche
-  Je me sens très bien
-  Je me sens bien
-  Je ne me sens pas bien
-  Je me sens mal

MON DIAGRAMME D'AUTONOMIE

Je suis capable de faire ma glycémie

Je sais me resucrer



Je sais réagir en cas d'urgence

Je choisis ma dose de rapide

J'interprète ma glycémie

NOTES

The image features the Sanofi logo centered on a white background. The logo consists of the word "sanofi" in a bold, black, lowercase sans-serif font. The first dot of the "s" and the dot above the "i" are replaced by small purple circles. The background is decorated with large, flowing, organic shapes in shades of yellow, pink, orange, and green, along with thin, curved lines and small circles in matching colors.

sanofi

7000045918 - 02/2024