

Living Well with Diabetes

Food, Exercise & Blood Sugar Record

Name _____ Medical Record number _____

General blood sugar targets: Fasting: 80 - 130; 2 hours after meals: Less than 180 or specific target set by you and your health care team.

Please fill out the food diary even if you don't check your blood sugars.

Day\ Date	Before Breakfast Blood Sugar Breakfast	Lunch	Dinner	Exercise/Comments
1 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
2 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
3 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
4 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
5 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
6 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments:
7 Date: _____	<input type="text"/> <input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	<input type="text"/> 2 hours after blood sugar Snack:	Activity Number of minutes Comments: