

## 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.					

Thease fill out the food didity evert if you don't effect your blood sugars.						
Day\ Date	Before Breakfast Blood Sugar					
	Breakfast	Lunch	Dinner	Exercise/Comments		
1				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
	Snack:	Snack:	Snack:			
2				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
	Snack:	Snack:	Snack:			
3				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
	Snack:	Snack:	Snack:			
4				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
	Snack:	Snack:	Snack:			
5				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
_	Snack:	Snack:	Snack:			
6				Activity		
Date:				Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
_	Snack:	Snack:	Snack:			
7 Deter				Activity		
Date:		2 haves effect blood every	2 haves often blood every	Number of minutes		
	2 hours after blood sugar	2 hours after blood sugar	2 hours after blood sugar	Comments:		
1	Snack:	Snack:	Snack:			