



FOOD AND ACTIVITY RECORD PG.1

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DATE:	Time: BG*:	Time: BG:	Time: BG:	Time: BG:	Time: BG:	Time: BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction): Comments/ Activities:						
DATE:	Time: BG*:	Time: BG:	Time: BG:	Time: BG:	Time: BG:	Time: BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction): Comments/ Activities:						

*What's BG? Blood Sugar Level **Please note this is the total of the above entry of food consumed in terms of grams of carbs



FOOD AND ACTIVITY RECORD PG.2

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
DATE:	Time:	Time:	Time:	Time:	Time:	Time:
	BG*:	BG:	BG:	BG:	BG:	BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction):						
Comments/Activities:						
DATE:	Time:	Time:	Time:	Time:	Time:	Time:
	BG*:	BG:	BG:	BG:	BG:	BG:
Food you consumed and the amount of carbs for each						
Total grams of carbs**						
Insulin (food & correction):						
Comments/Activities:						

*What's BG? Blood Sugar Level **Please note this is the total of the above entry of food consumed in terms of grams of carbs