



Food & Activity Record

Name: _____ Date: _____

1. Write the time of the meal or snack.
2. Write down everything you eat and drink, including portion sizes (see example).
3. Add up the number of carbohydrate choices (or grams) for each meal and snack and write it in the small box.
4. Record blood glucose values next to "BG". If you are testing pre- and post-meal blood glucose, write both values in this space. Example: 123/156 (pre/post).
5. Include comments about anything that may have changed your blood glucose levels, such as activity or stress.

Example:

Food/Amount	Carbs
7/8 Time: 8:00 AM BG: 156	
3/4 cup corn-Flakes	1
1/2 cup skim milk	1/2
1 slice whole wheat toast	1
1/2 banana	1
1 tbsp peanut butter	0
Carbs	3 1/2
walked for 1/2 hr after breakfast	

Date:	Breakfast		Snack		Lunch		Snack		Evening Meal		Snack	
	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Comments/ Activities												
Date:	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs	Time: BG:	Carbs
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Comments/ Activities												