

Daily Food and Exercise Log

Date _____

Pre- Meal BG:	Meal / Snack and Time	Food & Liquid	Carb Grams	2 Hour Post-Meal BG:
	BREAKFAST			
	AM SNACK			
	LUNCH			
	AFTERNOON SNACK			
	DINNER			
	PM SNACK			
		DAILY TOTAL CARBS		
BG Before Exercise	Exercise	Activity Performed		BG After Exercise
	Time: Minutes: Intensity:			

Directions:

- Check your blood glucose before you eat and write down the results. Then list the time you eat and the amount of all food and drink consumed, as well as how many grams of carbohydrates you consume.
- Two hours after eating, check your blood glucose and write down the results.
- List the time you exercise, length of activity, intensity level (light, moderate, heavy), and activity performed.
- List blood glucose results before and after exercise.
- Check with your doctor or dietician (RD) to determine what your appropriate daily carbohydrate intake should be based on your weight management goals.
- Talk to your doctor about your blood glucose goals and how often you should check your blood glucose.
- Before beginning any exercise program, talk to your doctor about which types of exercise are appropriate for you.



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