



Food and Activity Log

Name: _____

Example:

1. Note time of meal or snack
2. List everything you eat and drink each day including amounts
3. Determine carb values for portion sizes consumed
4. Add up the amount of carb grams or choices and note in box (15 grams = 1 choice)
5. Note anything that might have changed your blood sugar numbers such as activity, stress, illness, dining out etc.

Breakfast		
Food/Amount		
		<u>Carbs g</u> <u>Choices</u>
9/5	Time: 8 am	
	1 cup oatmeal	30 g 2
	½ cup 1% milk	6 g 1/2
	½ cup orange juice	15 g 1
	12 oz coffee, black	0 0
	Total	51 g 3 1/2
	Walked 20 min after breakfast	

Breakfast			Snack		Lunch		Snack		Dinner		Snack	
Food/Amount			Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount	
Date:	Time:	Carbs		Carbs	Time:	Carbs		Carbs	Time:	Carbs		Carbs
		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
Comments/Activities												
		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
Comments/Activities												

