

My Daily Diet Exercise and Blood Glucose (BG) Log

Note: Enter as much details as possible about type of foods eaten daily activities including illness, and other medicines or supplements taken



Example of the Daily Diet, Exercise and BG Log was created by Goodnutrition© for educational purposes only and it is not meant to be used as personal medical advice

AM	Inject/ Tablets	Breakfast	Mid morning	Lunch	PM	Dinner	Before bed BG	Comments
Time: TEST BG	Time: INJECT	Time:	Time: TEST BG	Time:	Time: TEST BG	Time:	Time: TEST BG	Time:
6am	8:30am	8:30am	11am	2:00pm	5pm	6:30pm	10pm	
6	XXX units of insulin	½ C porridge, ½ C frozen blueberries, 2 tb plain greek yogurt, 1 slice of vogel bread, ¼ med avocado, 1 boiled egg, 1/2 med tomato Coffee w trim milk, Water	8	1 slice of vogel bread, 1tsp light mayo, 1 slice of edam cheese, 1 C bean salad, 1 tomato, ½ C baby spinach, carrot sticks w hummus 1 small apple, 1pottle natural/low fat yogurt , Tea w trim milk, Water	7	Chinese stir fry from frozen vegetable mix 2 C, 120g grilled chicken ½ C boiled rice ½ C custard w ½ C berries Milo w water and trim milk 2 biscuits, Water	8	12:00pm, 20 min, Jogging 6:00, 10min walk
6am	8:30am	8:30am	11am	2:00pm	5pm	6:30pm	10pm	
7	XXX units of insulin	½ C muesli w nuts and seeds, 1/3 C frozen berries, 2tb plain unsweetened yogurt, ½ C trim milk, med banana, 1C of herbal tea, water	9	1 Chicken and salad wrap, 1C miso soup w/o noodles 1 hand full of nuts, 1 small kiwifruit, 1 small mandarin, Coffee w trim milk, water	10	6 meat balls with 2/3 C tomato sauce, home- made and 1C cooked pasta, 1C salad dressed with oil and lemon juice 1 C tea w trim milk, small scoop of ice-cream, water	12	Stressed with work and v busy w family 12:00pm, 15 min walk Started fish oil supplements
6am	8:30am	8:30am	11am	2:00pm	5pm	7:00pm	10pm	
8	XXX units of insulin	1 Banana, 1 C coffee, water	6	1 slice of multigrain bread, 1 small can of tuna, 2 C salad, 1 carrot, 1 slice of chocolate cake, 1C coffee w trim milk, water	13	Restaurant meal, Thai curry with boiled rice, desert, 1 glass of white wine , water	17	Dining out 12:30, 10 min walk, Chromium picolinate and fish oil supp.

