

# Food Diary - Day 1

## Insulin dosage

Type of Insulin	Breakfast	Lunch	Dinner	Bed

## Please note the time and type and amount of insulin for any 'extra' doses of insulin you have taken today

Type of Insulin	Time and amount	Time and amount	Time and amount	Time and amount

## Blood glucose levels

Before Breakfast	2 hr after breakfast	Before Lunch	2 hr after lunch	Before dinner	2 hr after dinner	Before bed	Overnight

## Please note if you have felt hypo but have not tested your blood glucose level

Time	Time	Time	Time

## Exercise

Time Eg. 10 am	Type Eg. Bike riding	Duration Eg. 45 mins

## Food

Meal Eg. Breakfast	Time Eg. 7.30 am	Type of food Eg. Toast Orange juice	Amount Eg. 2 slices 1 glass (200 mls)

## Food Diary - Day 2

### Insulin dosage

Type of Insulin	Breakfast	Lunch	Dinner	Bed

### Please note the time and type and amount of insulin for any 'extra' doses of insulin you have taken today

Type of Insulin	Time and amount	Time and amount	Time and amount	Time and amount

### Blood glucose levels

Before Breakfast	2 hr after breakfast	Before Lunch	2 hr after lunch	Before dinner	2 hr after dinner	Before bed	Overnight

### Please note if you have felt hypo but have not tested your blood glucose level

Time	Time	Time	Time	Time

### Exercise

Time Eg. 10 am	Type Eg. Bike riding	Duration Eg. 45 mins

### Food

Meal Eg. Breakfast	Time Eg. 7.30 am	Type of food Eg. Toast Orange juice	Amount Eg. 2 slices 1 glass (200 mls)

## Food Diary - Day 3

### Insulin dosage

Type of Insulin	Breakfast	Lunch	Dinner	Bed

### Please note the time and type and amount of insulin for any 'extra' doses of insulin you have taken today

Type of Insulin	Time and amount	Time and amount	Time and amount	Time and amount

### Blood glucose levels

Before Breakfast	2 hr after breakfast	Before Lunch	2 hr after lunch	Before dinner	2 hr after dinner	Before bed	Overnight

### Please note if you have felt hypo but have not tested your blood glucose level

Time	Time	Time	Time

### Exercise

Time Eg. 10 am	Type Eg. Bike riding	Duration Eg. 45 mins

### Food

Meal	Time	Type of food	Amount
<b>Eg. Breakfast</b>	Eg. 7.30 am	Eg. Toast Orange juice	Eg. 2 slices 1 glass (200 mls)