

Daily Food and Exercise Log

If you choose, you can use this log to more closely track the effects of specific foods and workouts on your blood sugar. Photocopy this to use from day to day or find a digital version at thehealthy.com/reverseddiabetes/foodexerciselog.



Scan to find the log online.

Day: _____ Date: _____

MORNING	Breakfast Time: _____ Blood sugar before eating: _____			Exercise Time: _____	
	ITEM	AMOUNT	CARBS*	ACTIVITY	
Blood sugar two hours after eating: _____					
Snack Time: _____ Blood sugar before eating: _____			DURATION		
ITEM	AMOUNT	CARBS*			

MIDDAY	Lunch Time: _____ Blood sugar before eating: _____			Exercise Time: _____	
	ITEM	AMOUNT	CARBS*	ACTIVITY	
Blood sugar two hours after eating: _____					
Snack Time: _____ Blood sugar before eating: _____			DURATION		
ITEM	AMOUNT	CARBS*			

EVENING	Dinner Time: _____ Blood sugar before eating: _____			Exercise Time: _____	
	ITEM	AMOUNT	CARBS*	ACTIVITY	
Blood sugar two hours after eating: _____					
Snack Time: _____ Blood sugar before eating: _____			DURATION		
ITEM	AMOUNT	CARBS*			

*choices or grams