





<p><b>Snacks and drinks</b>                      <b>Time</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>How much food and drink?</b></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Other reading _____</p> <p>Time of other _____</p>																				
<p><b>Food eaten and drinks</b> <b>Evening</b>                                      <b>Meal Time</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>How much food and drink?</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Before meal _____</p> <p>2 hours after meal _____</p> <p>Other reading _____</p> <p>Time of other _____</p>	<p><b>Exercise</b></p> <p>Time _____</p> <p>Type _____</p> <p>How long _____</p> <p>How much _____ (steps, minutes, miles, etc.)</p> <p>Intensity _____</p>	<p><b>Diabetes medicines taken</b></p> <table border="0"> <tr> <td>Medicine</td> <td>Amount</td> <td>Time</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </table>	Medicine	Amount	Time	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="136 1128 493 1218">  </div> <div data-bbox="546 1096 766 1218">  </div> </div> <p>Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&amp;M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating</p>	<p><b>Total carbs for day*</b></p> <p>_____</p> <p><b>*You may need help to total this.</b></p>	<p><b>Total of all readings</b></p> <p>_____</p> <p><b>Divide total by number of readings for average</b></p> <p>_____</p>	<p><b>Total exercise minutes for day</b></p> <p>_____</p> <p style="text-align: center;"><b>or</b></p> <p><b>Total steps for day</b></p> <p>_____</p>																			