

Keeping Track



Date _____

Do Well, Be Well with Diabetes

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Handout 4-1

Food eaten and drinks Morning Meal Time _____ 	How much food and drink? (Carbs., cups, exchanges, or weight) 	Blood Glucose Readings Before meal _____ 2 hours after meal _____ 	Exercise Time _____ Type _____ How long _____ How much _____ (steps, minutes, miles, etc.) Intensity _____	Diabetes medicines taken Medicine Amount Time
Snacks and drinks Time _____ 	How much food and drink? 	Other reading _____ Time of other _____ 		
Food eaten and drinks Mid-day Meal Time _____ 	How much food and drink? 	Before meal _____ 2 hours after meal _____ Other reading _____ Time of other _____ 	Exercise Time _____ Type _____ How long _____ How much _____ (steps, minutes, miles, etc.) Intensity _____	Diabetes medicines taken Medicine Amount Time

<p>Snacks and drinks Time _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much food and drink?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Other reading _____</p> <p>Time of other _____</p>																				
<p>Food eaten and drinks Evening Meal Time _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much food and drink?</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>Exercise</p> <p>Time _____</p> <p>Type _____</p> <p>How long _____</p> <p>How much _____ (steps, minutes, miles, etc.)</p> <p>Intensity _____</p>	<p>Diabetes medicines taken</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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<p>Snacks and drinks Time _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How much food and drink?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Bedtime reading _____</p> <p>Time of reading _____</p>																				
<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&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating</p>	<p>Total carbs for day*</p> <p>_____</p> <p>*You may need help to total this.</p>	<p>Total of all readings</p> <p>_____</p> <p>Divide total by number of readings for average</p> <p>_____</p>	<p>Total exercise minutes for day</p> <p>_____</p> <p style="text-align: center;">or</p> <p>Total steps for day</p> <p>_____</p>																			