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| **Meals/snacks** | **Glucose** | **Insulin** | **Food & Beverages** | **Portion size** | **Carbs** | **Comments** |
|  | mmol/l | Name &  # units |  | Units, ml, cups, g | Grams  (no decimals) | Carb counting tools (label, app, scale), activity, Hypo (treatment/prevention) |
| **Breakfast**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Snack AM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Lunch**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Snack PM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Dinner**  Time: |  |  |  |  |  |  |
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|  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Snack evening**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |

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| **Meals/snacks** | **Glucose** | **Insulin** | **Food & Beverages** | **Portion size** | **Carbs** | **Comments** |
|  | mmol/l | Name &  # units |  | ml, cups, g, units | Grams  (no decimals) | Carb counting tools (label, app, scale), activity, Hypo (treatment/prevention) |
| **Breakfast**  Time: |  |  |  |  |  |  |
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|  | Total Carbs: | | |
| **Snack AM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Lunch**  Time: |  |  |  |  |  |  |
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|  |  |  |  |
|  | Total Carbs: | | |
| **Snack PM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Dinner**  Time: |  |  |  |  |  |  |
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|  |  |  |  |
|  | Total Carbs: | | |
| **Snack evening**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |

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| **Meals/snacks** | **Glucose** | **Insulin** | **Food & Beverages** | **Portion size** | **Carbs** | **Comments** |
|  | mmol/l | Name &  # units |  | ml, cups, g, units | Grams  (no decimals) | Carb counting tools (label, app, scale), activity, Hypo (treatment/prevention) |
| **Breakfast**  Time: |  |  |  |  |  |  |
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|  | Total Carbs: | | |
| **Snack AM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Lunch**  Time: |  |  |  |  |  |  |
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|  | Total Carbs: | | |
| **Snack PM**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |
| **Dinner**  Time: |  |  |  |  |  |  |
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|  | Total Carbs: | | |
| **Snack evening**  Time: |  |  |  |  |  |  |
|  |  |  |  |
|  | Total Carbs: | | |