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:							
nine.							
				Total Carbs:			
Snack AM							
Time:							
				Total Carbs:			
Lunch							
Time:							
				Tatal Oakhay			
Snack PM				Total Carbs:			
SHACK PIN							
Time:				Total Carbs:			
Dinner				Total Garbs.			
Dinnei							
Time:							
				Total Carbs:			
Snack evening							
-							
Time:				Total Carbs:			

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:							
nine.							
				Total Carbs:			
Snack AM							
Time:							
				Total Carbs:			
Lunch							
Time:							
-							
				T + + O +			
Oraca la DM				Total Carbs:			
Snack PM							
Time:				Tatal Carlas			
Dinner				Total Carbs:			
Diffier							
Time:							
				Total Carbs:			
Snack evening							
-							
Time:				Total Carbs:			

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:							
nine.							
				Total Carbs:			
Snack AM							
Time:							
				Total Carbs:			
Lunch							
Time:							
-							
				T + + O +			
Oraca la DM				Total Carbs:			
Snack PM							
Time:				Tatal Carlas			
Dinner				Total Carbs:			
Diffier							
Time:							
				Total Carbs:			
Snack evening							
-							
Time:				Total Carbs:			