EXERCISE DIARY Date:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast | Morning | Lunch | Afternoon | Evening Meal | Evening | Bed | During night |
| Food eaten |  |  |  |  |  |  |  |  |
| Blood glucose:  Before  During  After | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A |
| Usual insulin dose and reduction |  |  |  |  |  |  |  |  |
| Exercise   * Duration * Intensity * Type |  |  |  |  |  |  |  |  |
| Hypo’s |  |  |  |  |  |  |  |  |

**Comments:**

EXERCISE DIARY Date:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast | Morning | Lunch | Afternoon | Evening Meal | Evening | Bed | During night |
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| Blood glucose:  Before  During  After | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A | B  D  A |
| Usual insulin dose and reduction |  |  |  |  |  |  |  |  |
| Exercise   * Duration * Intensity * Type |  |  |  |  |  |  |  |  |
| Hypo’s |  |  |  |  |  |  |  |  |

**Comments:**