EXERCISE DIARY Date:

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

**Comments:**

EXERCISE DIARY Date:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| Blood glucose:BeforeDuringAfter | BDA | BDA | BDA | BDA | BDA | BDA | BDA | BDA |
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| Exercise* Duration
* Intensity
* Type
 |  |  |  |  |  |  |  |  |
| Hypo’s |  |  |  |  |  |  |  |  |

**Comments:**