

EXERCISE DIARY

Date:



	Breakfast	Morning	Lunch	Afternoon	Evening Meal	Evening	Bed	During Night
Food Eaten								
Blood Glucose:								
Before	B	B	B	B	B	B	B	B
During	D	D	D	D	D	D	D	D
After	A	A	A	A	A	A	A	A
Usual insulin dose and reduction								
Exercise:								
➤ Duration								
➤ Intensity								
➤ Type								
Hypo's								

Comments:



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During	D	D	D	D	D	D	D	D
After	A	A	A	A	A	A	A	A
Usual insulin dose and reduction								
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Comments:

