**City Health Works Food, Activity & Blood Sugar Log**

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions:

1. List all foods and beverages that you consumed today. For each entry, include the amount consumed as well as the time and place.
2. Using food labels, calorie-counting book or website, record all calories and carb grams or carb choices for each item and add them up for the entire day.
3. At the bottom of the log, list all of your daily activity with the length of time you spent doing each activity and check off a box for each 8-ounce glass of water you drink.
4. Use the blood sugar section to write additional information about when you checked you blood sugar and what the results were.

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| **Place** | **Time** | **Food/Beverage** | | **Amount** | **Calories** | **Carb Grams/ Choices** |
| *Home* | *8:30am* | *Blueberry yogurt* | | *6 ounces* | *170* | *15g carb=1 carb choice* |
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| **Daily Activity** (type/minutes) | | | **Please note whether you checked your blood sugar today and at what time:**  ***Note:*** *Rule of thumb-you should be able to eat 45 grams CHO at each meal with no more than a 40 mg/dL rise in blood glucose from the first bite until two hours later* | | | |
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| **Water** (check one box for each 8-ounce glass)  □ □ □ □ □ □ □ □ | | |