



# My Diabetes Logbook

Date <input type="text"/>				
Time	Food and Drink	Carbs	Calories	Pills and Insulin


BG Test	Before	2 hours after	Notes
Breakfast			10 minutes of physical activity <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 10 minutes of relaxation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 1 cup of water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Goals for today: _____ _____ _____ _____
Lunch			
Dinner			

Set a goal for yourself each day to improve your health, fitness, nutrition or happiness.



Date

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Breakfast				<p>10 minutes of physical activity <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>10 minutes of relaxation <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>1 cup of water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Goals for today: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Set a goal for yourself each day to improve your health, fitness, nutrition or happiness.</b> </p>
Lunch				
Dinner				