ARKRAY Wellness
Living Well with Diabetes

24-Hour Recall

Name _____ Date _____

Patient Data _____

_____

_____

Supplements

Medications

Insulin

Blood glucose checks	
Time	Reading

Day of recall (circle one)	M	T	W	Th	F	Sa	Su

Time of day	Food	Amount	Details

Exercises/Activities

Notes

arkray USA, INC.
Minneapolis, MN 55439 • 800.566.8558 • www.arkrayusa.com

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