

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			Set a goal for yourself each day to improve your health, fitness, nutrition or happiness. <input checked="" type="checkbox"/>
Dinner			

