

MY DAILY FOOD DIARY AND PHYSICAL ACTIVITY RECORD

Name: _____ Record: (1) all food including portion size; (2) physical activity.

Date	Breakfast/Time _____ AM	Mid-Morning Snack/Time _____ AM	Lunch/Time _____ PM	Mid-Afternoon Snack/Time _____ PM	Dinner/Time _____ PM	Bedtime Snack/Time _____ PM	Physical Activity Time Spent/ Minutes per day

<p>Goals: 3 meals and 3 snacks every 2-1/2 to 3 hours apart. Count and record the number of carbs at each meal and each snack. If you have any questions about your meal plan, please call your dietitian @ 513-862-4093.</p>	<p>Do: exercise 30 minutes a day (5-7 times a week) after a meal. Walking is the best form of exercise. Eat: 15 grams of carbohydrate (for example, 1 bread or 1 fruit exchange) if your blood sugar is less than 100. Do not eat: prior to exercise if your blood sugar is between 120-240. Do not: begin exercise until your blood sugar is above 100 mg/dL. Do not: exercise by yourself. ALWAYS: CHECK WITH YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM.</p>
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