My Diabetes Log

GLUCOCARD®

"Ask Mary"™

Date	

Time	Food and Drink	Carbs	Calories	Pills and Insulin

BG Test	*Before*	*After*	*Physical Activity*	*Water*	*Relax*
Breakfast					
Lunch					
Dinner					

©2009 ARKRAY USA, Inc. www.glucocardusa.com

= 10 minutes of physical activity

= 8 ounces of water

= 10 minutes of relaxation