

HealthChange® Daily Health Diary - Diabetes



Date /Day	Time of Day	Insulin	BSL	Food Eaten (incl. amount)	Beverages	Hunger Rating (0-10)	Mood (happy, bored, stressed etc.)	Energy Level (0-10)	Exercise Details
	Breakfast								<u>Exercise mode:</u> <u>Duration (mins):</u> <u>Intensity (on a 0-10 scale, how hard would you rate your exercise session?):</u> <u>Today's pedometer steps:</u>
	Morning Tea								
	Lunch								
	Afternoon Tea								
	Dinner								
	Supper								

	Breakfast								<u>Exercise mode:</u> <u>Duration (mins):</u> <u>Intensity (on a 0-10 scale, how hard would you rate your exercise session?):</u> <u>Today's pedometer steps:</u>
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