

3 Day food, drink and physical activity diary

This diary is a powerful tool to help you become more aware of your eating and drinking habits and physical activity levels.

Day 1 Date: _____	Food (e.g. 1 slice of white bread, 15gm)	Drinks (e.g. full cream milk 250mL, 15gm)	Physical activity (e.g. walk 30mins)	Comments (e.g. stressors)
Breakfast Time: _____ am BG: _____ mmol/L				
Mid-morning Time: _____ am BG: _____ mmol/L				
Lunch Time: _____ pm BG: _____ mmol/L				
Mid-afternoon Time: _____ pm BG: _____ mmol/L				
Evening Time: _____ pm BG: _____ mmol/L				
Supper Time: _____ pm BG: _____ mmol/L				
Overnight Time: _____ am BG: _____ mmol/L				

Day 2 Date: _____	Food (e.g. 1 slice of white bread, 15gm)	Drinks (e.g. full cream milk 250mL, 15gm)	Physical activity (e.g. walk 30mins)	Comments (e.g. stressors)
Breakfast Time: _____ am BG: _____ mmol/L				
Mid-morning Time: _____ am BG: _____ mmol/L				
Lunch Time: _____ pm BG: _____ mmol/L				
Mid-afternoon Time: _____ pm BG: _____ mmol/L				
Evening Time: _____ pm BG: _____ mmol/L				
Supper Time: _____ pm BG: _____ mmol/L				
Overnight Time: _____ am BG: _____ mmol/L				

Notes:

Day 3 Date: _____	Food (e.g. 1 slice of white bread, 15gm)	Drinks (e.g. full cream milk 250mL, 15gm)	Physical activity (e.g. walk 30mins)	Comments (e.g. stressors)
Breakfast Time: _____ am BG: _____ mmol/L				
Mid-morning Time: _____ am BG: _____ mmol/L				
Lunch Time: _____ pm BG: _____ mmol/L				
Mid-afternoon Time: _____ pm BG: _____ mmol/L				
Evening Time: _____ pm BG: _____ mmol/L				
Supper Time: _____ pm BG: _____ mmol/L				
Overnight Time: _____ am BG: _____ mmol/L				

For more information

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