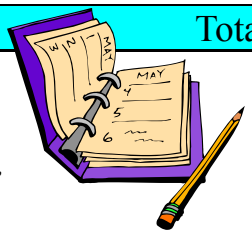
Food, Carbohydrate, and Activity Diary

Today's date: _____

Time	*Food Description*	*Amounts*	*Carbs*	*Activity*
	Breakfast:			
	Total carbs from this meal			
	Lunch:			
	Total carbs from this meal			
	Dinner:			
	Total carbs from this meal			
	Snacks:			
	Total carbs from snacks			
	Total Carbs for the Day