



TIME	6-8	8-10	10-12	12-2	2-4	4-6	6-8	8-10	10-12	12-2	2-4	4-6	TOTAL
CHO		2		3			3						
Exercise					156								250
B/G	122			145		95		82					
Medication	Y					Y							
Breakfast	toast, egg, 1/2 grapefruit, coffee					250 Cal.	Snack	milk					110 Cal.
Lunch	turkey sandwich, lettuce, tomato, salad, milk					435 Cal.	Snack	popcorn					70 Cal.
Dinner	1 cup pasta, salad, green beans, roll, apple, tea					500 Cal.	Total Calories 1,365 Minus Exercise Calories 250 =Net Calories 1,115						
Comments	Morning phone call upset me												

Good Health Pocket Diary • Sample Log