

Destination Diabetes

Your home for diabetes information



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Marci Sloane's Daily Food & Exercise Activity Log

Daily Food and Physical Activity Log

Name:

Weight:

	EXAMPLE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast Time: 8 am	1 English Muffin 1 slice low-fat cheese 1 slice tomato							
Snack Time: 10 am	1 medium apple and 6 almonds							
Lunch Time: 1 pm	Veggie burger on bun with lettuce, tomato							
Snack Time: 3:30 pm	1 yogurt and 12 nuts							
Dinner Time: 6:30 pm	1 medium sweet potato 6 oz salmon 2 cups broccoli							
Snack: Time: 9 pm	1 cup cut up fresh fruit and ¼ cup 1% cottage cheese							
Exercise Time: 12-1pm	40 minutes on treadmill							

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