

Pupil's name: \_\_\_\_\_

Nursery / School \_\_\_\_\_

Day &amp; Date \_\_\_\_\_

Parent signature \_\_\_\_\_

**FOOD:**

MEAL/SNACK TIME e.g. morning snack, lunch	FOOD & DRINK List each item & the carbs it contains	Amount of carbohydrate to be entered into the app (under knife and fork)	Amount of carbohydrate to be entered into the app 'Add meal' section
	Total _____ grams	_____ grams	_____ grams
	Total _____ grams	_____ grams	_____ grams
	Total _____ grams	_____ grams	_____ grams

**HYPOS:**

Treatment	Grams of carbohydrate

**EXERCISE:**

Activity	Use of 'Ease Off' function?		Extra Snack?	
	Yes/No	Length of Time	Yes/No	Snack type & grams of carb