Carb Counting Worksheet Name:

	Breakfast		Snack		Lunch		Snack		Evening Meal		Snack	
Date:	Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount	
	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs
	BG:				BG:				BG:			
Comments / Activities												
	Breakfast		Snack		Lunch		Snack		Evening Meal		Snack	
Date:	Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount	
	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs
	BG:				BG:				BG:			
Comments / Activities												
	Breakfast		Snack		Lunch		Snack		Evening Meal		Snack	
Date:	Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount		Food/Amount	
	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs	Time:	Carbs
	BG:				BG:				BG:			
Comments / Activities												