



Exercise Blood Glucose Diary

Date	Time	Blood Glucose Before Exercise	Blood Glucose After Exercise	Comments
August 25 th	10:00 am	9.8 mmol/L	7.2 mmol/L	Walked for 40 minutes. Felt good. Nice to see my blood glucose drop with exercise!

Example

If exercise is new for you

- Monitor your blood glucose levels before and after exercise for 6 or more exercise sessions

If you have been exercising consistently over the past couple of months you may consider monitoring your blood glucose levels before and after exercise if:

- You are experiencing difficulty managing your blood glucose OR
- You are progressing your exercise program