

# ACTIVITY DIARY



**East Lancashire  
Children and Young  
Peoples Diabetes  
Team**

**Safe | Personal | Effective**

# Activity Diary

..... Date.....

Help you to work out what happens to your blood glucose levels during different types of activities. Work out what changes need to be made to your insulin and food intake to keep your blood glucose stable during exercise.

Type of Activity and Duration	Blood Glucose Before Activity and Time Taken	Food/drink/snack eaten and Time eaten	Carb Content of food/drink eaten	Blood Glucose During Activity and Time Taken	Blood Glucose After Activity and Time Taken	

## Working Out What To Do?

If your blood glucose drops during exercise then you will need to have extra carbohydrate depending on how long you exercise, and your blood glucose pre-exercise, or less insulin at the meal before the exercise.

If your blood glucose increases during exercise then you will not need extra carbohydrate before, or during, the exercise, if your blood glucose is 7 pre-exercise. If it is 4 - 7 you might need a 15g snack before activity.

You will need extra carbohydrate post exercise though, as your liver is replacing back its store of glucose for next time.



Safe | Personal | Effective

## **Useful Contact Numbers**

### **Paediatric Diabetes Specialist Nurses**

Office: 01254 732 558

### **Paediatric Diabetes Dietitians**

Office: 01254 732 463

Authors: Dietetics  
Issue Date: July 2015  
Document ID:

Version: 1  
Review Date: July 2017

**Safe | Personal | Effective**