

DIABETES COACH

My daily food, drink and activity tracker

Setting goals

When making healthy lifestyle changes, it helps to have a plan – and to keep a record of how you did.

It also helps to start slowly and make your goals achievable. Once you've met each goal, mark your success by logging in to Diabetes Coach and checking it off. Then get ready to add to that goal or start a new one!

Don't forget that you can use the exercise calorie counter tool in the 'Activity goal setter' application, to work out how many calories you burned during your daily activity.

Daily food and drink tracker

Day/time	Amount/name/description

Daily physical activity tracker

Amount (e.g. duration, number of times)	Type of activity