

Name: _____

Type of insulin: _____

SWIFT DIARY

EXAMPLE - SWIFT Diary – day/date Monday

	time you ate	blood sugar before eating	food & drinks	portion size (g/ml)	CHO per portion (g)	insulin units	time	BS 2 hour after meal	Alcohol	Time	Exercise	BS before activity	Time and how long.	BS 2 hours after	Notes
Break-fast	8:15	6.6	2 weetabix Semi sk milk Orange juice	100ml	20 10 10	4	8.15				Walked to work		8:30 20 mins	4.3	
Snacks	10:30		2 finger kit kat Apple		15 10	-					Busy at work				Felt bit hypo
Lunch	12.30	4.2	French bread Butter Ham Tomato Diet yogurt orange	100g Scrape 50g 1 120g mediu m	55 - - - 10 10	7	12.30	8.3							
Snacks	4:10	6.0	birthday cake	Small piece	38	2					Walked home	9.1	5:30 20 mins		Less insulin with cake as walking home
Evening meal	7:15	6.4	Pork chop Jacket pot Sweetcorn Peas Sugar-free jelly Low fat custard	Med 200g 2 tbspn 4 tbspn 100g 120g	- 65 15 12 - 10	10	7:20	8.4							
Snacks	9:00	8.4				28	10pm		1 glass red wine	9pm					Lantus

