



*Sweet
Success*

California Diabetes and Pregnancy Program

FOOD and EXERCISE RECORD

	Date	Date	Date	Date	Date	Date
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Bedtime Snack						
What type of exercise did you do? For how long?						

To find a Sweet Success Program near you, click on the Affiliate Locator tab or go to:

<http://cdappsweetsuccess.org/ForConsumers/AffiliateLocator.aspx>