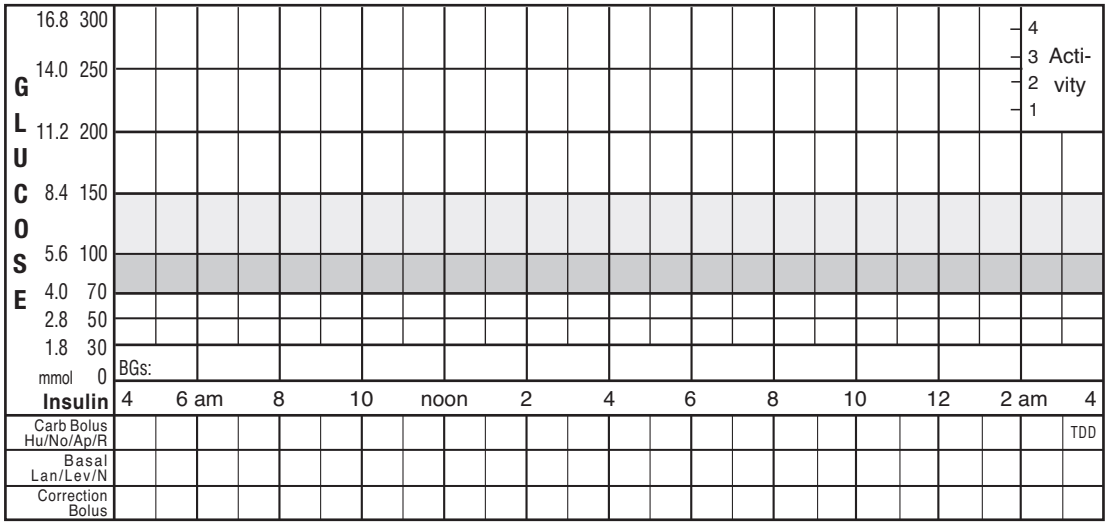
A Sample Smart Chart



Breakfast			Lunch			Dinner		
Time	Food	Carb Grams	Time	Food	Carb Grams	Time	Food	Carb Grams
Morning Snacks			Afternoon Snacks			Evening Snacks		

Day: Wt: Comments:

Date:

© 1994, 2003, 2005, 2009 Diabetes Services, Inc. (800) 988-4772

If you like using Smart Charts, order them at (800) 988-4772. Smart Charts fit right into your checkbook cover. Visit Diabetesnet.com to order online.

$8.95 for 4 mo. or $21.45 for a 12 mo. supply.