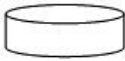



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MY LUNCH CARD				Contact		
	this	-	this	=	consumed	
DATE	BEGINNING WEIGHT	WEIGHT LEFTOVER	AMOUNT EATEN (difference)	Multiplied by this CARB RATIO (c/g)	Carb count for Insulin Bolus	Cannot be more than this per item ↓
	(g)	-	(g)	=	(g)	0._____ (c)
	(g)	-	(g)	=	(g)	0._____ + (c)
	(g)	-	(g)	=	(g)	0._____ + (c)
Carb free or low carb food item(s)				None		↓
Glucose Tabs (if given)			#	4 carbs each		+ (c)
TOTAL CARBS FOR INSULIN BOLUS					→ =	
Blood Glucose before meal		<input type="text"/>		Your Initials:		<input type="text"/>
						Thank You 😊

Print on cardstock and cut along dotted lines.

We suggest using **red** ink for your part. Most likely the teacher, or camp guide will use a different color for their part.

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MY LUNCH CARD				Contact		
	this	-	this	=	consumed	
DATE	BEGINNING WEIGHT	WEIGHT LEFTOVER	AMOUNT EATEN (difference)	Multiplied by this CARB RATIO (c/g)	Carb count for Insulin Bolus	Cannot be more than this per item ↓
	(g)	-	(g)	=	(g)	0._____ (c)
	(g)	-	(g)	=	(g)	0._____ + (c)
	(g)	-	(g)	=	(g)	0._____ + (c)
Carb free or low carb food item(s)				None		↓
Glucose Tabs (if given)			#	4 carbs each		+ (c)
TOTAL CARBS FOR INSULIN BOLUS					→ =	
Blood Glucose before meal		<input type="text"/>		Your Initials:		<input type="text"/>
						Thank You 😊

The last column is a "safety" check... beginning weight times the carb ratio.

Food items go in the first column. Total carbs divided by weight gives you the "carb ratio."

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Used for bolus calculation while away at school. We use an Animas pump.

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We want to be sure there is always a location where people can find this card©

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Spread the word... use the card!!! Have a great day.

Please send any suggestions you may have to us.