CamAPS Parent/Carer Communication Sheet

Pupil's name: _____

Nursery / School _____

Day & Date _____   **Parent signature** _____

NHS Highland

FOOD:

MEAL/SNACK TIME e.g. morning snack, lunch	FOOD & DRINK List each item & the carbs it contains	Amount of carbohydrate to be entered into the app (**under knife and fork**)	Amount of carbohydrate to be entered into the app **'Add meal'** section
	Total _____ grams	_____ **grams**	_____ **grams**
	Total _____ grams	_____ **grams**	_____ **grams**
	Total _____ grams	_____ **grams**	_____ **grams**

HYPOS:

Treatment	Grams of carbohydrate

EXERCISE:

Activity	Use of 'Ease Off' function?		Extra Snack?	
	Yes/No	**Length of Time**	**Yes/No**	**Snack type & grams of carb**