















| THURSDAY  |       | DATE:           | FRIDAY   |       | DATE:           | SATURDAY  |       | DATE:           | SUNDAY  |       | DATE:           |
|---|-------|-----------------|--|-------|-----------------|---|-------|-----------------|---|-------|-----------------|
| <b>BREAKFAST</b>  |       | :               | <b>BREAKFAST</b>   |       | :               | <b>BREAKFAST</b>  |       | :               | <b>BREAKFAST</b>  |       | :               |
| Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:  |       |                 | Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:   |       |                 |
| FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM  | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
| Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:  |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 |
| <b>LUNCH</b>  |       | :               | <b>LUNCH</b>   |       | :               | <b>LUNCH</b>  |       | :               | <b>LUNCH</b>  |       | :               |
| Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:  |       |                 | Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:   |       |                 |
| FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM  | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
| Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:  |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 |
| <b>DINNER</b>   |       | :               | <b>DINNER</b>  |       | :               | <b>DINNER</b>   |       | :               | <b>DINNER</b>   |       | :               |
| Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:  |       |                 | Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:   |       |                 |
| FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM  | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
| Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:  |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 |
| <b>SNACK</b>  |       | :               | <b>SNACK</b>   |       | :               | <b>SNACK</b>  |       | :               | <b>SNACK</b>  |       | :               |
| Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:  |       |                 | Blood sugar <b>before</b> meal:   |       |                 | Blood sugar <b>before</b> meal:   |       |                 |
| FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM  | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 | FOOD / DRINK ITEM   | CARBS |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
| Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:  |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 | Blood sugar <b>1 hour</b> after meal:   |       |                 |
| <b>Total carbs</b> for the day:   |       |                 | <b>Total carbs</b> for the day:  |       |                 | <b>Total carbs</b> for the day:   |       |                 | <b>Total carbs</b> for the day:   |       |                 |
| <b>PHYSICAL ACTIVITY</b>  |       | <b>DURATION</b> | <b>PHYSICAL ACTIVITY</b>   |       | <b>DURATION</b> | <b>PHYSICAL ACTIVITY</b>  |       | <b>DURATION</b> | <b>PHYSICAL ACTIVITY</b>  |       | <b>DURATION</b> |
|   |       |                 |  |       |                 |   |       |                 |   |       |                 |
| How do you feel about the meals you ate today?  |       |                 | How do you feel about the meals you ate today?   |       |                 | How do you feel about the meals you ate today?  |       |                 | How do you feel about the meals you ate today?  |       |                 |
|  Good  Neutral  Needs work |       |                 |  Good  Neutral  Needs work |       |                 |  Good  Neutral  Needs work |       |                 |  Good  Neutral  Needs work |       |                 |