## **WEEKLY CARB & BLOOD SUGAR TRACKER**

NAME:			
DOR:			

TARGET RANGES								
PRE-MEAL	POST-MEAL							

<b>OPTIONAL GOALS</b> (Complete at beginning of week)
Daily carb intake:
Minutes of physical activity:
Daily blood sugar checks:

## **REFLECTIONS**

This week my energy level was: (circle)

1

I felt very







5 High I had lots of energy

5

This week my food cravings were: (circle)

1

Low

tired





Low High I had lots I had no cravings of cravings

NOTES:



MONDAY	DATE:		TUESDAY	DATE	:		WEDNESDAY	DATE:		
BREAKFAST		:	BREAKFAST			:	BREAKFAST		:	
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 IT	CARBS			
Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:				Blood sugar <b>2 ho</b> i	<b>ırs</b> after m	neal:	
LUNCH			LUNCH				LUNCH :			
Blood sugar <b>before</b> meal:			Blood sugar <b>befo</b>	<b>re</b> meal:			Blood sugar <b>before</b> meal:			
FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM			CARBS	FOOD / DRINK ITEM CAR			
Blood sugar <b>2 hours</b>	after meal	:	Blood sugar <b>2 hours</b> after meal:				Blood sugar <b>2 hours</b> after meal:			
DINNER :			DINNER				DINNER			
Blood sugar <b>before</b> n	neal:		Blood sugar <b>before</b> meal:				Blood sugar <b>before</b> meal:			
FOOD / DRINK ITEM	FOOD / DRINK ITEM CARBS		FOOD / DRINK ITEM CARBS			CARBS	FOOD / DRINK ITEM CA			
Blood sugar <b>2 hours</b>	after meal	:	Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:				
SNACK		:	SNACK			:	SNACK		:	
FOOD / DRINK ITEM		CARBS	FOOD / DRINK IT	ГЕМ		CARBS	FOOD / DRINK IT	ΞM	CARBS	
Blood sugar <b>before bed</b> :			Blood sugar <b>before bed</b> :				Blood sugar <b>before bed</b> :			
Total carbs for the day:			Total carbs for the day:				Total carbs for the day:			
PHYSICAL ACTIVITY DURATION		PHYSICAL ACTIVITY DURA			ATION	PHYSICAL ACTIVITY DURATION				
How do you feel about the meals you ate today?		al Needs work	How do you feel about the meals you ate today?	Good	••• Neutral	Needs work	How do you feel about the meals you ate today?		eutral Needs work	

THURSDAY DATE:		FRIDAY DATE:			SATURDAY DATE:			SUNDAY DATE:			
BREAKFAST		:	BREAKFAST		:	BREAKFAST		:	BREAKFAST		:
Blood sugar <b>before</b> meal:		Blood sugar <b>before</b> meal:			Blood sugar <b>befor</b>	e meal:		Blood sugar <b>before</b> meal:			
FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITI	ΞM	CARBS
Blood sugar <b>2 hours</b> after meal:		Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:			
LUNCH		LUNCH :			LUNCH			LUNCH			
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 ITE	М	CARBS	FOOD / DRINK ITEM CARBS			FOOD / DRINK ITEM CARBS			FOOD / DRINK ITEM CARBS		
Blood sugar <b>2 hou</b>	<b>rs</b> after mea	nl:	Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:		
DINNER		:	DINNER		DINNER :			DINNER			
Blood sugar <b>before</b>	e meal:		Blood sugar <b>before</b> meal:			Blood sugar <b>before</b> meal:			Blood sugar <b>before</b> meal:		
FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITEM CARBS			FOOD / DRINK ITEM CARBS			FOOD / DRINK ITEM CAR		
Blood sugar <b>2 hou</b>	<b>rs</b> after mea	al:	Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:			Blood sugar <b>2 hours</b> after meal:		
SNACK		·	SNACK		:	SNACK		:	SNACK		:
FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITE	М	CARBS	FOOD / DRINK ITI	ΕM	CARB
Blood sugar <b>before bed</b> :		Blood sugar <b>before bed</b> :			Blood sugar <b>before bed</b> :			Blood sugar <b>before bed</b> :			
		Total carbs for the day:			Total carbs for the day:			Total carbs for the day:			
<b>Total carbs</b> for the day:  PHYSICAL ACTIVITY DURATION		PHYSICAL ACTIVITY DURATION			PHYSICAL ACTIVITY DURATION			PHYSICAL ACTIVITY DURATION			
How do you feel about the meals	<u></u>	74	How do you feel	<b>:</b> ••	74	How do you feel	<b>:</b>	2	How do you feel	<b>y</b> :	- 35
apout the meals		ral Needs	about the meals you ate today? G		al Needs	about the meals			about the meals		