

DATE: _____ WEEK: _____ DAY: _____
 SLEEP: _____ STRESS LEVEL: 1 2 3 4 5
 WATER (oz) 8 16 24 32 40 48 56 64 72 80 88 96 104

| TIME | BREAKFAST | PROTEIN | FAT | CARBS | FIBER |
|---------|-----------|---------|-----|-------|-------|
| | | | | | |
| TIME | SNACK | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | LUNCH | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | SNACK | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | DINNER | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | SNACK | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TOTALS: | | | | | |
| | | | | | |

| TIME | MEDICINE | TIME | BLOOD GLUCOSE |
|------|------------------|------|---------------|
| | | | FASTING |
| TIME | EXERCISE & NOTES | | BREAKFAST |
| | | | LUNCH |
| | | | DINNER |

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| | | | | | |
| TIME | LUNCH | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | SNACK | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | DINNER | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TIME | SNACK | PROTEIN | FAT | CARBS | FIBER |
| | | | | | |
| TOTALS: | | | | | |
| | | | | | |

| TIME | MEDICINE | TIME | BLOOD GLUCOSE |
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