

DATE:

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:				
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TIME	MEDICINE

TIME	EXERCISE & NOTES

TIME	BLOOD GLUCOSE
	FASTING
	BREAKFAST
	LUNCH
	DINNER