

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

| 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       |
|      |                  |      | BREAKFAST     |
| TIME | EXERCISE & NOTES |      | LUNCH         |
|      |                  |      | DINNER        |

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|---------|-----------|---------|-----|-------|-------|
|         |           |         |     |       |       |
| 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       |
|      |                  |      | BREAKFAST     |
| TIME | EXERCISE & NOTES |      | LUNCH         |
|      |                  |      | DINNER        |