

DATE	FASTING	BREAKFAST		LUNCH		DINNER		SNACK(S)	HEALTH	COMMENTS
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____
/	blood glucose:		carbs		carbs		carbs		carbs	exercise:
hours slept:	ketones: NEG POS	insulin:	glucose:	insulin:	glucose:	insulin:	glucose:		stress: LOW MOD HIGH	daily carb total: _____