Daily Food Log

Date: _____ Su M Tu W Th F Sa

Weight: _____ Sleep: _____

Time	Qty	Food	Calories	Carbs	Sugar	Fat
		Total:				

Blood Sugar Level and Blood Pressure

Time	Notes	Level	SBP	DBP

Water (1 cup per circle)

O O O O O O O O O O O O O O O O

1 cup = 8 fluid oz = 0.24 liters

Exercise/Activity	Time	Dist	Wght	Reps

Daily Food Log

Date: _____ Su M Tu W Th F Sa

Weight: _____ Sleep: _____

Time	Qty	Food	Calories	Carbs	Sugar	Fat
		Total:				

Blood Sugar Level and Blood Pressure

Time	Notes	Level	SBP	DBP

Water (1 cup per circle)

O O O O O O O O O O O O O O O O

1 cup = 8 fluid oz = 0.24 liters

Exercise/Activity	Time	Dist	Wght	Reps