## **BLOOD SUGAR TRACKER**

| WEEK OF://_ | SUNDAY |       | MONDAY |       | TUESDAY |       | WEDNESDAY |       | THURSDAY |       | FRIDAY |       | SATURDAY |       |
|-------------|--------|-------|--------|-------|---------|-------|-----------|-------|----------|-------|--------|-------|----------|-------|
|             | before | after | before | after | before  | after | before    | after | before   | after | before | after | before   | after |
| Breakfast   |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Lunch       |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Dinner      |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Bedtime     |        |       |        |       |         |       |           |       |          |       |        |       |          |       |

| WEEK OF:<br>// | SUNDAY |       | MONDAY |       | <b>TUESDAY</b> |       | WEDNESDAY |       | <b>THURSDAY</b> |       | FRIDAY |       | SATURDAY |       |
|----------------|--------|-------|--------|-------|----------------|-------|-----------|-------|-----------------|-------|--------|-------|----------|-------|
|                | before | after | before | after | before         | after | before    | after | before          | after | before | after | before   | after |
| Breakfast      |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Lunch          |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Dinner         |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Bedtime        |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |

| WEEK OF:// | SUNDAY |       | MONDAY |       | TUESDAY |       | WEDNESDAY |       | THURSDAY |       | FRIDAY |       | SATURDAY |       |
|------------|--------|-------|--------|-------|---------|-------|-----------|-------|----------|-------|--------|-------|----------|-------|
|            | before | after | before | after | before  | after | before    | after | before   | after | before | after | before   | after |
| Breakfast  |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Lunch      |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Dinner     |        |       |        |       |         |       |           |       |          |       |        |       |          |       |
| Bedtime    |        |       |        |       |         |       |           |       |          |       |        |       |          |       |

| WEEK OF:  | SUNDAY |       | MONDAY |       | <b>TUESDAY</b> |       | WEDNESDAY |       | <b>THURSDAY</b> |       | FRIDAY |       | SATURDAY |       |
|-----------|--------|-------|--------|-------|----------------|-------|-----------|-------|-----------------|-------|--------|-------|----------|-------|
| _/_/_     | before | after | before | after | before         | after | before    | after | before          | after | before | after | before   | after |
| Breakfast |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Lunch     |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Dinner    |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |
| Bedtime   |        |       |        |       |                |       |           |       |                 |       |        |       |          |       |