

# DAILY FOOD LOG

DATE:

WEIGHT:

SUN MON TUE WED THU FRI SAT

| TIME  | QTY | FOOD | CALORIES | CARBS | SUGAR | FAT |
|-------|-----|------|----------|-------|-------|-----|
|       |     |      |          |       |       |     |
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|       |     |      |          |       |       |     |
|       |     |      |          |       |       |     |
|       |     |      |          |       |       |     |
| TOTAL |     |      |          |       |       |     |

### BLOOD SUGAR LEVEL AND BLOOD PRESURE

| TIME | NOTES | LEVEL | SBP | DBP |
|------|-------|-------|-----|-----|
|      |       |       |     |     |
|      |       |       |     |     |
|      |       |       |     |     |

WATER (1 CUP PER CIRCLE)



1 CUP= 8 FLUID  
OZ= 0,24 LITERS