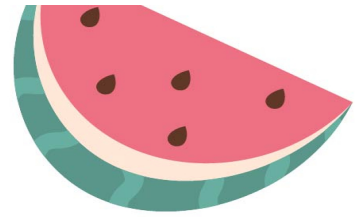


# Blood Sugar *and* Food Journal



Meal	Food & Drink	Blood Sugar Before	Blood Sugar After	Water
Breakfast				
Morning Snack				
Lunch				
Afternoon Snack				
Dinner				
Evening Snack				

**Daily Reflection**

Large orange rectangular area for daily reflection.