



**General Health Targets:**

Blood Glucose Target: \_\_\_\_\_ to \_\_\_\_\_      Weight Target: \_\_\_\_\_ lbs.      BMI: \_\_\_\_\_      Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Nutrition Goal: \_\_\_\_\_      Exercise Goal: \_\_\_\_\_ minutes of \_\_\_\_\_ times per week \_\_\_\_\_

\_\_\_\_\_ minutes of \_\_\_\_\_ times per week \_\_\_\_\_

**Daily Log:**

Day	Breakfast			Lunch			Dinner			Bedtime
	Fasting	After	Carbs/Insulin	Fasting	After	Carbs/Insulin	Fasting	After	Carbs/Insulin	
Sunday										

Comments:

Monday										
--------	--	--	--	--	--	--	--	--	--	--

Comments:

Tuesday										
---------	--	--	--	--	--	--	--	--	--	--

Comments:

Wednesday										
-----------	--	--	--	--	--	--	--	--	--	--

Comments:

Thursday										
----------	--	--	--	--	--	--	--	--	--	--

Comments:

Friday										
--------	--	--	--	--	--	--	--	--	--	--

Comments:

Saturday										
----------	--	--	--	--	--	--	--	--	--	--

Comments: