Date:			_ Su M Tu W Th F Sa Sleep:				Date:			_ Su M Tu W Th F S _ Sleep:			
Time	Qty	Food	Calories	Carbs	Sugar	Fat	Tim	e Qty	Food	Calories	Carbs	Sugar	Fat
		Total:							Total:				
		Ble	ood Sugar	Level an	nd Blood	Pressure			Blo	ood Sugar	Level an	d Blood f	Pressu
Time	Notes		Level		SBP	DBP	Tim	Notes		Level		SBP	DBF
							_						
Water	(1 cup pe	er circle)					Wate	r (1 cup pe	er circle)				
		O O O O C	000	0 0	0			O O O = 8 fluid oz =	O O O O C = 0.24 liters	000	0 0	0	
Exercise/Activity			Time	Dist	Wght	Reps	Exer	cise/Activity	у	Time	Dist	Wght	Reps

Daily Food Log

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