

	Day	Date		Day	Date		Day	Date
waking	BG		T	BG		T	BG	
	sleep			sleep			sleep	
	BM			BM			BM	
a.m.	exercise			xer			xer	
break fast	BG	sup		BG	sup		BG	sup
	protein		carb	protein		carb	protein	carb
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	oil
	BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr
	sx			sx			sx	
snack								
	exer			xer			xer	
lunch	sup			sup			sup	
	protein		carb	protein		carb	protein	carb
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	oil
	BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr
	sx			sx			sx	
snack								
	xer			xer			xer	
dinner	sup			sup			sup	
	protein		carb	protein		carb	protein	carb
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	oil
	BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr		BG 1 hr	BG 2 hr
	sx			sx			sx	
snack								
	xer			xer			xer	
bed time	sup			sup			sup	
day review								
	key sx			key sx			key sx	

	Day	Date		Day	Date		Day	Date
waking	BG		T	BG		T	BG	
	sleep			sleep			sleep	
	BM			BM			BM	
a.m.	xer			xer			xer	
break	sup			sup			sup	
fast	protein		carb	protein		carb	protein	
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	
	BG 1 hr		BG 2 hr	BG 1 hr		BG 2 hr	BG 1 hr	
	sx			sx			sx	
snack	xer			xer			xer	
	symptoms			symptom			symptom	
lunch	sup			sup			sup	
	protein		carb	protein		carb	protein	
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	
	BG 1 hr		BG 2 hr	BG 1 hr		BG 2 hr	BG 1 hr	
	sx			sx			sx	
snack	xer			xer			xer	
	sx			sx			sx	
dinner	sup			sup			sup	
	protein		carb	protein		carb	protein	
	veg			veg			veg	
	fruit		oil	fruit		oil	fruit	
	BG 1 hr		BG 2 hr	BG 1 hr		BG 2 hr	BG 1 hr	
	sx			sx			sx	
snack	exer			xer			xer	
	sx			sx			sx	
bed	sup			sup			sup	
time								
day								
review	key sx			key sx			key sx	