



Daily Food Log

Date: _____ Su M Tu W Th F Sa

Weight: _____ Sleep: _____

[illegible]

Fold Here

Blood Sugar Level and Blood Pressure				
Time	Notes	Level	SBP	DBP

Water (1 cup per circle)

1 cup = 8 fluid oz = 0.24 liters

Exercise	Time	Dist	Wght	Reps