

Miami County Park District

Daily Food Log

Weight:			Su M Tu W Th F Sa Sleep:				Weight:			Su M Tu W Th F Sa Sleep:				Weight:			_ SuM TuW ThFS _ Sleep:			
Time	Qty	Food	Calories	Carbs	Sugar	Fat	Time	Qty	Food	Calories	Carbs	Sugar	Fat	Time	Qty	Food	Calories	Carbs	Sugar	Fat
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Time	Notes			lood Sugar Level and I Level SBF		Pressure DBP	Time	Notes		Blood Sugar Level	Level and Blood SBP		DBP	Time	Notes		Blood Sugar Level	Level and SE		Pressur
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Water	(1 cup	per circle)					Water	(1 cup	per circle)					Water	(1 cup p	per circle)				
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Exercise		Time	Dist	Wght	Reps	Exercise			Time	Dist	Wght	Reps	Exercise			Time	Dist	Wght	t Rep	
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