

Year  Month  Date  Day  Weight

Time  08:00 O2  Pulse Rate  Temp

Before Breakfast Blood Pressure Reading  /  Before Breakfast Blood Sugar Reading

Stress - 0 1 2 3 4 5 6 7 8 9 10 Anxiety - 0 1 2 3 4 5 6 7 8 9 10 Pain - 0 1 2 3 4 5 6 7 8 9 10  
- <-----|-----> +  
Mood - 0 1 2 3 4 5 6 7 8 9 10

08:00	Carb Grams
BREAKFAST	
TOTAL CARBS -	

=====

Time  10:00 Blood Sugar Reading

Stress - 0 1 2 3 4 5 6 7 8 9 10 Anxiety - 0 1 2 3 4 5 6 7 8 9 10 Pain - 0 1 2 3 4 5 6 7 8 9 10  
- <-----|-----> +  
Mood - 0 1 2 3 4 5 6 7 8 9 10

	Carb Grams
SNACK	
TOTAL CARBS -	

=====

Time  12:00 Blood Sugar Reading

Stress - 0 1 2 3 4 5 6 7 8 9 10 Anxiety - 0 1 2 3 4 5 6 7 8 9 10 Pain - 0 1 2 3 4 5 6 7 8 9 10  
- <-----|-----> +  
Mood - 0 1 2 3 4 5 6 7 8 9 10

	Carb Grams
SNACK	
TOTAL CARBS -	

=====

Time  14:00 O2  Pulse Rate  Temp

Blood Pressure Reading  /  Blood Sugar Reading

Stress - 0 1 2 3 4 5 6 7 8 9 10 Anxiety - 0 1 2 3 4 5 6 7 8 9 10 Pain - 0 1 2 3 4 5 6 7 8 9 10  
- <-----|-----> +  
Mood - 0 1 2 3 4 5 6 7 8 9 10

	Carb Grams
LUNCH	
TOTAL CARBS -	

Time 16:00 Blood Sugar Reading \_\_\_\_\_

Stress - 0 1 2 3 4 5 6 7 8 9 10

Anxiety - 0 1 2 3 4 5 6 7 8 9 10

Pain - 0 1 2 3 4 5 6 7 8 9 10

Mood - 0 1 2 3 4 5 6 7 8 9 10  
- ← | → +

		Carb Grams
SNACK		
TOTAL CARBS -		

=====

Time 18:00 O2 \_\_\_\_\_ Pulse Rate \_\_\_\_\_ Temp \_\_\_\_\_

Blood Pressure Reading \_\_\_\_\_ / \_\_\_\_\_ Blood Sugar Reading \_\_\_\_\_

Stress - 0 1 2 3 4 5 6 7 8 9 10

Anxiety - 0 1 2 3 4 5 6 7 8 9 10

Pain - 0 1 2 3 4 5 6 7 8 9 10

Mood - 0 1 2 3 4 5 6 7 8 9 10  
- ← | → +

		Carb Grams
DINNER		
TOTAL CARBS -		

=====

Time 20:00 Blood Sugar Reading \_\_\_\_\_

Stress - 0 1 2 3 4 5 6 7 8 9 10

Anxiety - 0 1 2 3 4 5 6 7 8 9 10

Pain - 0 1 2 3 4 5 6 7 8 9 10

Mood - 0 1 2 3 4 5 6 7 8 9 10  
- ← | → +

		Carb Grams
SNACK		
TOTAL CARBS -		

=====

Time 22:00 O2 \_\_\_\_\_ Pulse Rate \_\_\_\_\_ Temp \_\_\_\_\_

**Before Bed** Blood Pressure Reading \_\_\_\_\_ / \_\_\_\_\_ **Before Bed** Blood Sugar Reading \_\_\_\_\_

Stress - 0 1 2 3 4 5 6 7 8 9 10

Anxiety - 0 1 2 3 4 5 6 7 8 9 10

Pain - 0 1 2 3 4 5 6 7 8 9 10

Mood - 0 1 2 3 4 5 6 7 8 9 10  
- ← | → +

		Carb Grams
SNACK		
TOTAL CARBS -		

TOTAL DAILY CARBS -