

TRACK YOUR BLOOD SUGAR

In the chart below track symptoms indicative of low or high blood sugar, you may have both.
Print one page per day you are tracking. Refer to next page for symptom descriptions.

Name: _____

Date: _____

Time:	Symptom (LBS or HBS):	Time:	Symptom (LBS or HBS):
12:00 AM		12:00 PM	
12:30 AM		12:30 PM	
1:00 AM		1:00 PM	
1:30 AM		1:30 PM	
2:00 AM		2:00 PM	
2:30 AM		2:30 PM	
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	

Example:

Time:	Symptom (LBS or HBS):
8:00 AM	LBS/Energized after breakfast
2:00 PM	HBS/Sleepy after lunch

**In the chart also indicate when you
 WAKE UP and GO TO BED.**



SYMPTOMS OF LOW BLOOD SUGAR

In the chart indicate the symptoms below as “LBS” for Low Blood Sugar.

- Increased energy after meal
 - Drop in energy level
 - Irritated or light headed between meals
 - Sweet cravings in any time slot
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SYMPTOMS OF HIGH BLOOD SUGAR

(a.k.a. Insulin Resistance)

In the chart indicate the symptoms below as “HBS” for High Blood Sugar.

- Fatigue after meal
- Sugar cravings after meal
- Need caffeine after meal

