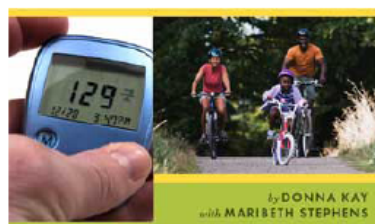


CHARTS TO MEASURE YOUR PROGRESS

- ★ Daily Fasting Blood Sugar
- ★ Daily Food, Blood Sugar, and Activity Log



The
**COMPLETE
DIABETES
LIFESTYLE**



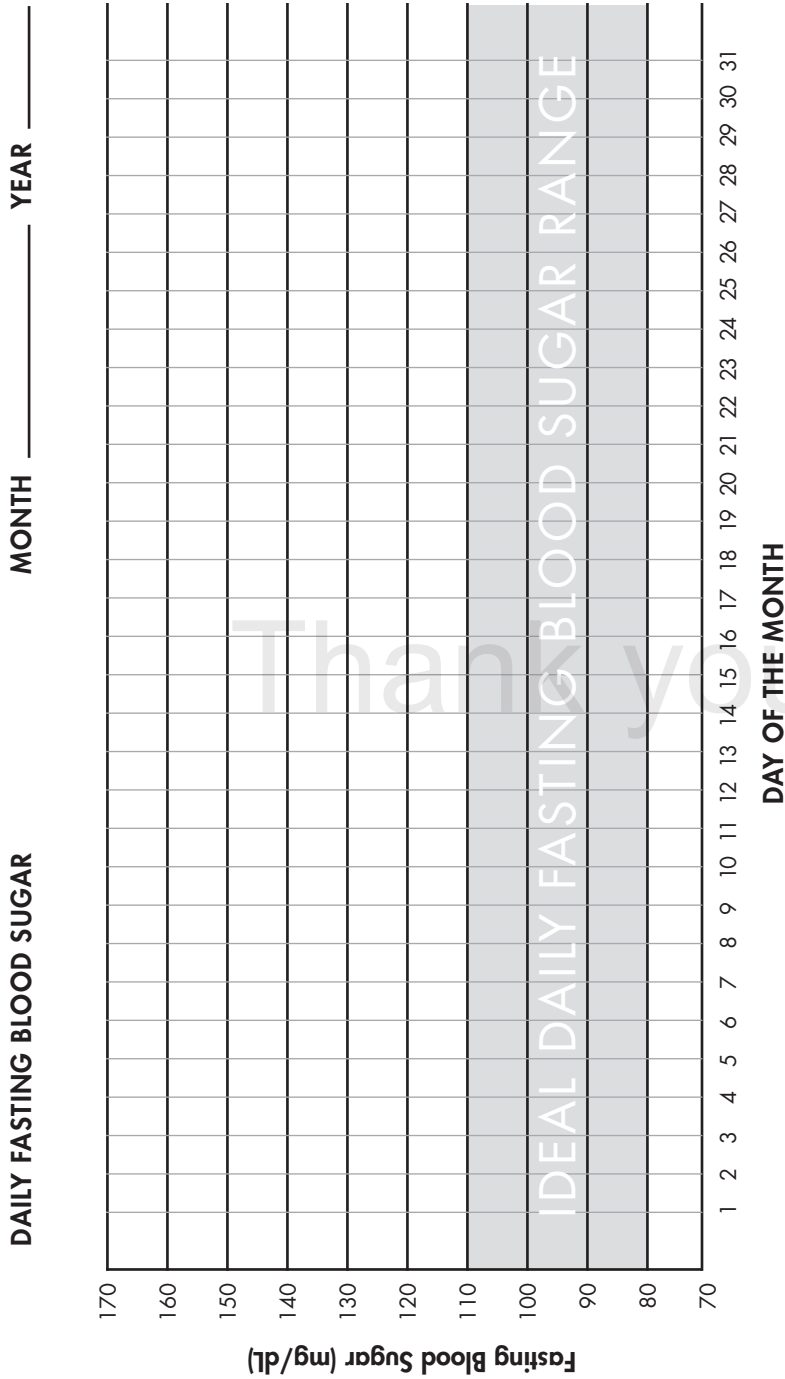
by **DONNA KAY**
with **MARIBETH STEPHENS**



The
**COMPLETE
DIABETES
LIFESTYLE**



by DONNA KAY
with MARI BETH STEPHENS





The
**COMPLETE
DIABETES
LIFESTYLE**



DATE _____

DAILY FOOD, BLOOD SUGAR, AND ACTIVITY LOG

TIME	FOOD	CARBS	BLOOD SUGAR (mg/dL)	EXERCISE
6:00 a.m.				
6:30 a.m.				
7:00 a.m.				
7:30 a.m.				
8:00 a.m.				
8:30 a.m.				
9:00 a.m.				
9:30 a.m.				
10:00 a.m.				
10:30 a.m.				
11:00 a.m.				
11:30 a.m.				
12:00 p.m.				
12:30 p.m.				
1:00 p.m.				
1:30 p.m.				
2:00 p.m.				
2:30 p.m.				
3:00 p.m.				

Thank you.

THE COMPLETE DIABETES LIFESTYLE



The COMPLETE DIABETES LIFESTYLE



by DONNA KAY
with MARIBETH STEPHENS

TIME	FOOD	CARBS	BLOOD SUGAR (mg/dL)	EXERCISE
3:30 p.m.				
4:00 p.m.				
4:30 p.m.				
5:00 p.m.				
5:30 p.m.				
6:00 p.m.				
6:30 p.m.				
7:00 p.m.				
7:30 p.m.				
8:00 p.m.				
8:30 p.m.				
9:00 p.m.				
9:30 p.m.				
10:00 p.m.				
10:30 p.m.				
11:00 p.m.				
Total				

Thank you.

Notes: