

Project14:

Name:

Date:



DAY 1: Monday		DAY 2: Tuesday		DAY 3: Wednesday		DAY 4: Thursday		DAY 5: Friday		DAY 6: Saturday		DAY 7: Sunday	
Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
Snacks		Snacks		Snacks		Snacks		Snacks		Snacks		Snacks	
Hydration		Hydration		Hydration		Hydration		Hydration		Hydration		Hydration	
Walking		Walking		Walking		Walking		Walking		Walking		Walking	
Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose	
High	Average	High	Average	High	Average	High	Average	High	Average	High	Average	High	Average

Notes:

DAY 8: Monday		DAY 9: Tuesday		DAY 10: Wednesday		DAY 11: Thursday		DAY 12: Friday		DAY 13: Saturday		DAY 14: Sunday	
Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
Snacks		Snacks		Snacks		Snacks		Snacks		Snacks		Snacks	
Hydration		Hydration		Hydration		Hydration		Hydration		Hydration		Hydration	
Walking		Walking		Walking		Walking		Walking		Walking		Walking	
Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose		Blood Glucose	
High	Average	High	Average	High	Average	High	Average	High	Average	High	Average	High	Average

Notes: