

# Weekly Diabetes Diary

Week # \_\_\_\_\_

| Blood Sugar level (BS)                  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Fasting BS                              |        |         |           |          |        |          |        |
| What did you have for Breakfast?        |        |         |           |          |        |          |        |
| Before Lunch BS                         |        |         |           |          |        |          |        |
| What did you have for lunch?            |        |         |           |          |        |          |        |
| Before Dinner BS                        |        |         |           |          |        |          |        |
| What did you have for dinner?           |        |         |           |          |        |          |        |
| Bedtime BS                              |        |         |           |          |        |          |        |
| Snacks today?                           |        |         |           |          |        |          |        |
| Any dizziness, palpitations or sweating |        |         |           |          |        |          |        |
| Feet check-any numbness or tingling     |        |         |           |          |        |          |        |
| Eye symptoms?                           |        |         |           |          |        |          |        |

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

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