

# Glucose Tracking

Fasting

1 hr post

2 hrs post

## Monday

70-85

<140

<100

Breakfast

Lunch

Dinner

## Tuesday

Breakfast

Lunch

Dinner

## Wednesday

Breakfast

Lunch

Dinner

## Thursday

Breakfast

Lunch

Dinner

## Friday

Breakfast

Lunch

Dinner

## Saturday

Breakfast

Lunch

Dinner

## Sunday

Breakfast

Lunch

Dinner