

LAURA PARIS

— HEALING ARTS —

Blood Sugar Tracking Form

Instructions: [Follow this link](#) to purchase a *FreeStyle Lite* blood glucose meter. The page will direct you to one of the many pharmacies that offer this meter, or you can buy online. Once you get it, test your blood sugar over a period of three days (does not need to be consecutive) as follows:

- First thing in the morning, after at least 12 hours of fasting, before breakfast
- Just before lunch (no food between breakfast and lunch)
- 45 minutes after you finish your last bite of lunch
- 1 hour after that (no food in between)
- 1 hour after that (no food in between)

Record what you ate for lunch on those days, as well as how you felt at the times you took the measurements.

DAY ONE

# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			

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DAY TWO

# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			

DAY THREE

# of hours fasted			
# of hours slept			
quality of sleep			
what you ate for breakfast			
what you ate for lunch			
	Time	Result	How did you feel at the time of measurement (2-3 words)?
AM Fasting			
Before Lunch			
After Lunch (45 min)			
After Lunch (1 hour later)			
After Lunch (2 hours later)			