

## My Food Journey

Date: \_\_\_\_\_ - \_\_\_\_\_

*For each meal, include what you ate, what you were doing right before you ate and what emotions you were feeling before, during and/or after you ate. Also include your Blood Sugar Values before and after each meal. For each day, describe any physical you participated in and how long you were active.*

	Monday	BS Values	Tuesday	BS Values
<b>Daily Activity</b>				
<b>Breakfast</b>		Before: After:		Before: After:
<b>AM Snack</b>		Before: After:		Before: After:
<b>Lunch</b>		Before: After:		Before: After:
<b>PM Snack</b>		Before: After:		Before: After:
<b>Dinner</b>		Before: After:		Before: After:
<b>Evening Snack</b>		Before: After:		Before: After:

My Food Journey  
Date: \_\_\_\_\_ - \_\_\_\_\_

	Wednesday	BS Values	Thursday	BS Values
Daily Activity				
Breakfast		Before: After:		Before: After:
AM Snack		Before: After:		Before: After:
Lunch		Before: After:		Before: After:
PM Snack		Before: After:		Before: After:
Dinner		Before: After:		Before: After:
Evening Snack		Before: After:		Before: After:

My Food Journey  
Date: \_\_\_\_\_ - \_\_\_\_\_

	Friday	BS Values	Saturday	BS Values
Daily Activity				
Breakfast		Before: After:		Before: After:
AM Snack		Before: After:		Before: After:
Lunch		Before: After:		Before: After:
PM Snack		Before: After:		Before: After:
Dinner		Before: After:		Before: After:
Evening Snack		Before: After:		Before: After:

My Food Journey  
Date: \_\_\_\_\_ - \_\_\_\_\_

	Sunday	BS Values
Daily Activity		
Breakfast		Before: After:
AM Snack		Before: After:
Lunch		Before: After:
PM Snack		Before: After:
Dinner		Before: After:
Evening Snack		Before: After: