

Daily Food Log



Today's Date: _____

	Glucose Level	Food or Drink	Serving Size	Hunger Level Before (1=starving, 5=full)	Mood (happy, bored, anxious, etc.)	Alone or with people?	Location
Breakfast Time:							
Before Meal							
2 Hrs After Meal							
Snack Time:							
Before Meal							
2 Hrs After Meal							
Lunch Time:							
Before Meal							
2 Hrs After Meal							
Snack Time:							
Before Meal							
2 Hrs After Meal							
Dinner Time:							
Before Meal							
2 Hrs After Meal							
Snack Time:							
Before Meal							
2 Hrs After Meal							

Glasses of Water 8 oz. (Circle one for each glass you drink)



Notes: