

Week of:									
Talk to your doctor to set a schedule for testing your blood sugar and goals for healthy eating and exercise/activity.									
Goals	<110 mg/dL	<140 mg/dL							
Day	Blood Sugar Before Breakfast	Blood Sugar 2 Hours After Breakfast	Blood Sugar Before Lunch	Blood Sugar 2 Hours After Lunch	Blood Sugar Before Dinner	Blood Sugar Before Bed	Exercise/Activity	Healthy Eating	
Monday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Tuesday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Wednesday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Thursday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Friday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Saturday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Sunday								____ servings of vegetables/day ____ servings of fruit/day ____ servings of low-fat dairy products/day ____ oz. of lean protein/day ____ servings of whole grains/day	
Notes									