

DAY	TIME		12AM			Breakfast		Snack		Lunch		Snack		Dinner		Snack		Bedtime
Mon	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Tue	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Wed	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Thur	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Fri	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Sat	BG																	
	Carbo's																	
	H/N/A																	
	L																	
Sun	BG																	
	Carbo's																	
	H/N/A																	
	L																	
7-Day average																		

Week of: \_\_\_\_\_

Name: \_\_\_\_\_