

Name: _____

Corey Schuler, RN, MS, CNS, DC
Chris Oswald, CNS, DC
Metabolic Treatment Center



Glycemic Factors

Instructions: Track your capillary glucose readings with a common glucometer available at any drug store. You will need the glucometer, lancets, and strips. Complete the below log for 1 week. The glucometer we recommend can be found by [clicking here](#).

Day 1

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 2

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 3

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 4

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 5

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 6

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					

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Day 7

Date:	Time	Results	What you ate	Headaches or other symptoms	Other notes
Upon Wakening					
Meal					
2 hours after breakfast					
30 minutes before lunch					
Meal					
2 hours after lunch					
30 minutes before supper					
Meal					
2 hours after supper					