



Blood Sugar Pattern Tracker™

Discover possible connections between your meals, blood-sugar readings, hunger, cravings, energy and movement.

Use one page for a typical day. Repeat for several days and look for patterns rather than judging a single meal or number.

Date: _____ Sleep last night: Poor ☐ Fair ☐ Good ☐ Stress today: Low ☐ Moderate ☐ High ☐

MEAL 1 Time: _____

What I ate and drank: _____

Hunger before: 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 0 = none 10 = extreme

Blood sugar before, if measured: _____ mg/dL Blood sugar 1-2 hours after, if measured: _____ mg/dL

Energy afterward: Low ☐ Steady ☐ High ☐ Hunger or cravings 2-3 hours later: None ☐ Mild ☐ Strong ☐

Movement after the meal: _____ Minutes: _____

MEAL 2 Time: _____

What I ate and drank: _____

Hunger before: 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 0 = none 10 = extreme

Blood sugar before, if measured: _____ mg/dL Blood sugar 1-2 hours after, if measured: _____ mg/dL

Energy afterward: Low ☐ Steady ☐ High ☐ Hunger or cravings 2-3 hours later: None ☐ Mild ☐ Strong ☐

Movement after the meal: _____ Minutes: _____

MEAL 3 Time: _____

What I ate and drank: _____

Hunger before: 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 0 = none 10 = extreme

Blood sugar before, if measured: _____ mg/dL Blood sugar 1-2 hours after, if measured: _____ mg/dL

Energy afterward: Low ☐ Steady ☐ High ☐ Hunger or cravings 2-3 hours later: None ☐ Mild ☐ Strong ☐

Movement after the meal: _____ Minutes: _____

What I Noticed

Meals that kept me satisfied and steady: _____

Meals followed by an energy dip, hunger or cravings: _____

One small thing I may try next: _____



Martine's Midlife Wellness Tip

A short walk after a meal may support your body's glucose response.
Record what you actually do and notice how you feel.



Blood-sugar targets and testing times are individualized. Follow the guidance provided by your healthcare professional and do not change medication based on this tracker.