7-Day Glucose Tracking Sheet

This table helps you **track how your glucose responds to meals, snacks, sleep, stress, and daily habits.** If you already know your current values, fill in **Day 0** as your starting point. Then complete one row per day as you move through the 7-Day Reset. You don't need perfect numbers — even a few entries help you see patterns and progress.

You can continue using this table beyond the 7 days. **Repeat it for as many weeks as you want** to track your reactions, understand your patterns, and follow your long-term progress.

Days	Fasting	After Breakfast		After Lunch		After Dinner		After snack		Notes (food, stress, sleep, workouts etc)
		1h	2h	1h	2h	1h	2h	1h	2h	
Day 0										
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										
Day 6										
Day 7										