

Date:

It's a Sweet Life NOW Kudos Log

Track tiny steps, adjust & WIN!!!

Target BG: 70-180 (before & after meals)

HIT BG Target #:

Insulin: Carbs: Protein: Calories:

Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Noticed: _____

Daily Totals:

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2/5am 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12

TODAY:

BG																				
CGM																				
Carbs																				
Bolus																				
Basal	0.85	→	1.0	→	0.85	→	0.75	→	0.65	→	0.5	→	0.45	→						
Meds																				
Vit's																				
Fiber																				
H2O																				
Poop																				
Exer.																				
Relax																				

- Breathing
- Journal
- Goals
- 30 mins
- 15 mins
- 15 mins
- WalkMove
- Arms 5 lbs
- Vocal Wup
- AM 1
- AM 2
- PM
- Read
- Play
- Learn

Hours Slept: +8hrs: _____ IN Bed: _____ Asleep: _____ Rise time: _____ Sleep/Rise Quality: _____

“I'm SO proud of myself, I... _____”

Tested Exercised Drank Water Reduced Stress Resisted Food Smiled a lot! Laughed! Acknowledged ME!