

4-Week Glucose Tracker



**Track Patterns. Gain Clarity.
Support Your Health.**

By Paula Fournier, CHC | CMHC

Welcome to the 4-Week Glucose Tracker

If you've landed here, chances are you're ready to get real about what's going on with your body. Whether you're tracking glucose for a specific condition or just getting curious about how food, movement, and stress affect your numbers, you're in the right place.

This 4-week tracker is designed to keep things simple, organized, and judgment-free. You'll find space to log your numbers three times a day, track whether you've taken your meds, and jot down anything worth noting — like meals, stress, activity, or how you felt.

No fluff. No shame. Just clarity.

How to Use This Tracker

Step 1: When to Log

Most people track their glucose:

- **Morning (fasting):** First thing after waking
- **Afternoon:** 1–2 hours before or after lunch (per physician direction)
- **Evening:** After dinner or before bed (per physician direction)

Step 2: How to Use the Table

For each day, record:

- Your glucose reading
- Check the box if you took your medication (if applicable)
- Use the notes column to jot down food, stress, movement, or symptoms

Step 3: Weekly Reflections

At the end of each week, take a few minutes to reflect. What patterns did you notice? When were your numbers most stable? What do you want to try next?

Share It with Your Healthcare Team

Bring this tracker to your next appointment, or upload it to your patient portal. Real-life data, not just isolated numbers, helps your doctor or dietitian better support you.

Glucose Tracker Week 1



Day	Fasting	Lunch	Dinner	Meds Y/N	Notes (snacks, exercise, etc.)
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

REFLECTION WEEK 1

This week I noticed:

My glucose was most stable when I ...

My glucose was less stable when I ...

When did I feel my best and what might have contributed?

One thing I want to try next week is:

Glucose Tracker Week 2



Day	Fasting	Lunch	Dinner	Meds Y/N	Notes (snacks, exercise, etc.)
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

R E F L E C T I O N W E E K 2

This week I noticed:

My glucose was most stable when I ...

My glucose was less stable when I ...

When did I feel my best and what might have contributed?

One thing I want to try next week is:

Glucose Tracker Week 3



Day	Fasting	Lunch	Dinner	Meds Y/N	Notes (snacks, exercise, etc.)
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

REFLECTION WEEK 3

This week I noticed:

My glucose was most stable when I ...

My glucose was less stable when I ...

When did I feel my best and what might have contributed?

One thing I want to try next week is:

Glucose Tracker Week 4



Day	Fasting	Lunch	Dinner	Meds Y/N	Notes (snacks, exercise, etc.)
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

REFLECTION WEEK 4

This week I noticed:

My glucose was most stable when I ...

My glucose was less stable when I ...

When did I feel my best and what might have contributed?

One thing I want to try next week is:

F I N A L R E F L E C T I O N

Over the last 4 weeks, I noticed:

My biggest wins were:

My glucose was most stable when I ...

My glucose was less stable when I ...

When did I feel my best, it might have been because?

One thing I want to try next month is:

What's Next

You've done the work. You showed up, tracked consistently, and now you've got data, real insight, about how your body responds to everyday life. Now, let's talk about what to do with it.

Will You Keep Tracking?

- ☐ Yes – I'm starting another 4-week round
- ☐ I'll come back to it later when I need it
- ☐ I want to try another tracker that builds on this

What Do I Want to Learn More About?

Which areas do I feel curious or ready to explore?

(Check all that apply)

- ☐ Food & Mood Patterns
- ☐ Symptom Flare-Ups
- ☐ Energy or Fatigue
- ☐ Menstrual Cycle & Hormones
- ☐ Sleep & Recovery
- ☐ Movement & Exercise
- ☐ Stress & Emotional Regulation

Try One of These Next

If this tracker helped, one of these might be your next best step:

Food + Mood + Activity Tracker

→ Spot daily patterns and emotional triggers

Symptom & Flare Tracker

→ Great for autoimmune or hormone-related conditions

Mindfulness or Stress Tracker

→ Pair physical awareness with emotional grounding

Nutrition & Meal Journal

→ Log what fuels or drains you without calorie obsession

All available at eatthehealthyeateight.com - Just sign up for a FREE Membership!

You Did Something Powerful



You paid attention. You tracked. You reflected. And now you know more about how your body responds to life.

That's a big deal.

Even if every number wasn't "perfect," you showed up. You gave yourself data, clarity, and the chance to make choices from a place of knowledge — not guesswork.

This tracker isn't the end — it's a beginning.

Whether you decide to keep logging, try a new focus, or just rest for a while, know that this work matters.

You are worth the effort.

Stay curious. Stay kind to yourself. Keep going.

Paula Fournier, CHC | CMHC

Eat Healthy, Eat Right!

Nourishment for mind, body, and spirit