

30-Day Blood Sugar Tracking Journal



YOUR PERSONAL GUIDE TO UNDERSTANDING & MANAGING GLUCOSE

“Consistency is key.
Even tracking for 30
days can reveal
patterns you never
noticed.”

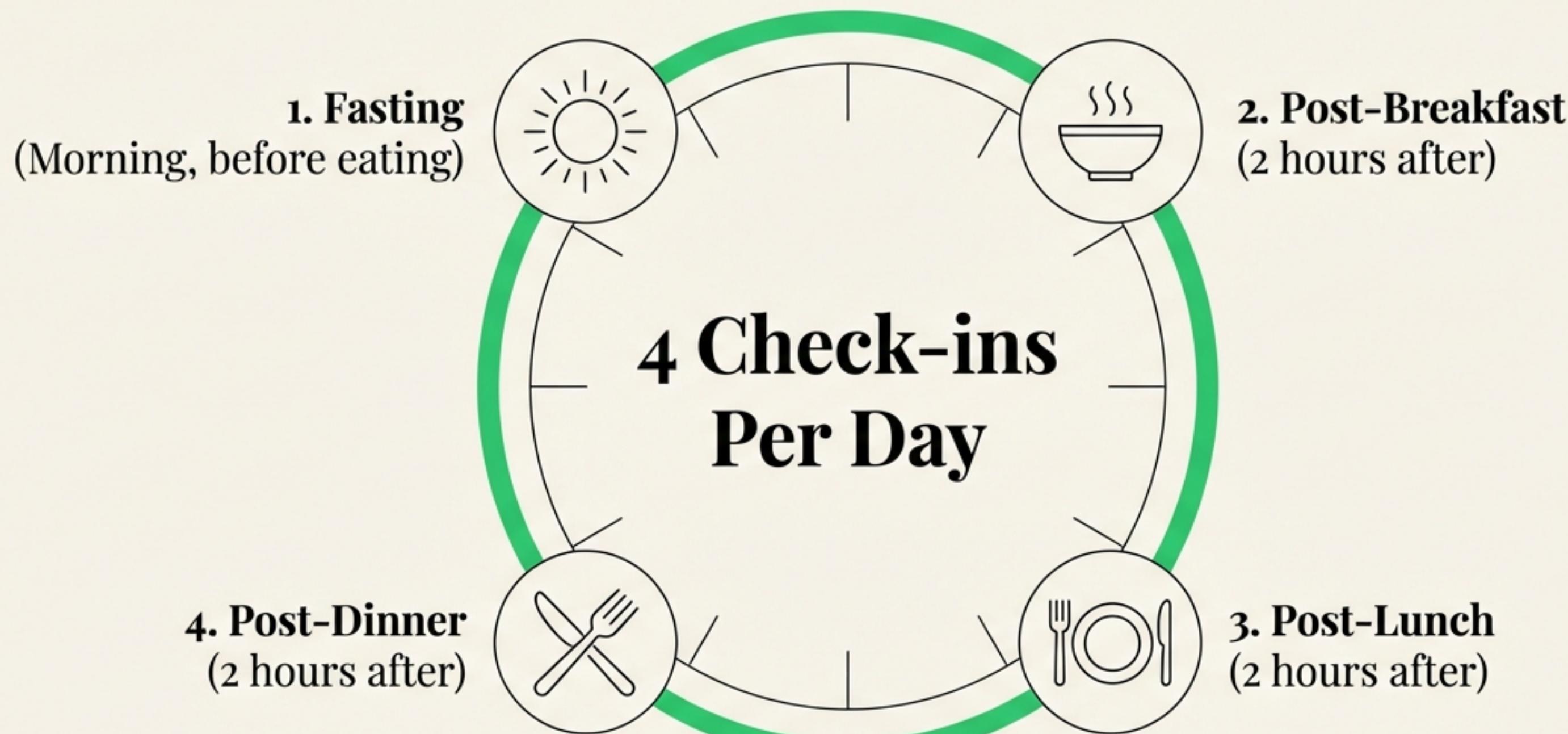


Welcome to Your Journey

This journal is a tool to help you. The insights you gain will help you make better choices for your health.

- ✓ Track daily blood sugar patterns
- ✓ Identify food triggers
- ✓ Monitor medication effectiveness
- ✓ Build healthy habits
- ✓ Share accurate data with your doctor

The Daily Rhythm: 5 Minutes a Day



Decoding Your Numbers

Target Ranges (Consult your doctor for specifics)

Fasting Targets

✓ Good (80-100)

⚠ Caution (100-125)

↑ High (>125)

Post-Meal Targets

✓ Good (80-140)

⚠ Caution (140-180)

↑ High (>180)

All values in mg/dL

Anatomy of a Daily Log

Be specific! List ingredients like 'Moong dal', not just 'Lunch'.

Date:
Fasting Reading:
Post-Breakfast Reading:
Meals:
Stress:
Sleep:
Notes:

Record at the 4 key times.

Context matters. High stress can spike sugar.

Reflect on how you felt.

Week 1: Establish Your Baseline

Days 1-7 | Theme: Observation



**Do not change
anything yet.
Just record.**

The Mission

- Record all 4 daily readings
- Note everything you eat
- Track sleep and stress

End of Week Review

- Look for: Average Fasting Reading, Average Post-Meal Reading, Highest & Lowest numbers.

Week 2: Identify Triggers

Days 8-14 | Theme: Discovery



**Start noticing
which foods spike
your sugar.**

The Mission

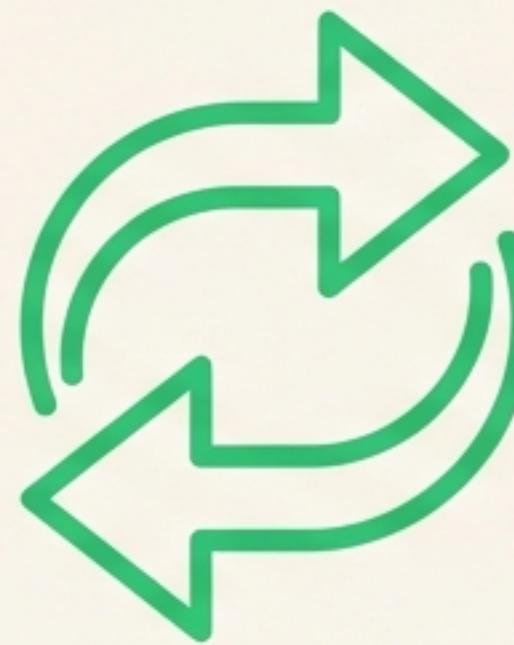
- Identify 3 foods that raise sugar (Spikers)
- Find 3 foods that keep sugar stable (Stabilizers)
- Test one food swap

End of Week Review

List your top 3 'Spike' foods and top 3 'Stable' foods.

Week 3: Make Changes

Days 15-21 | Theme: Pivot



**Implement small changes
based on data.**

The Mission

- Replace one trigger food
- Add a 10-minute post-meal walk
- Drink water before meals

End of Week Review

Question: What changes did I make? What results did I notice?

Week 4: Build Habits

Days 22-30 | Theme: Consistency



**Solidify habits and prepare
for your doctor.**

The Mission

- Maintain consistent meal times
- Continue post-meal walks
- Prepare summary for doctor

30-Day Summary

Starting Average
- .. -

Change
→

Ending Average
- .. -

Quick Reference: Indian Food GI Guide

Low GI (Good Choices) ●

-  Moong dal, chana dal
-  Brown rice, quinoa
-  Karela, palak, bhindi (vegetables)
-  Paneer, eggs, chicken
-  Curd/yogurt

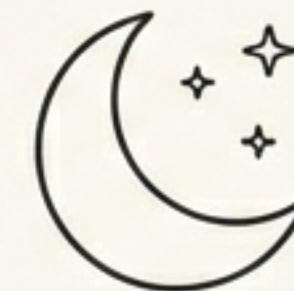
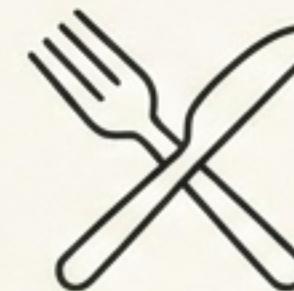
Medium GI (Moderate) ●

-  Whole wheat roti
-  Basmati rice
-  Oats upma
-  Fruits (apple, orange)

High GI (Limit These) ●

-  White rice
-  Maida (naan, bread)
-  Potatoes
-  Mango, Watermelon
-  Mithai / Sweets

Lifestyle Hacks for Better Numbers



Before Meals

Drink water.
Take a short walk.

During Meals

Eat veggies first.
Chew slowly (20x).
Stop at 80% full.

After Meals

Walk 10-15 mins.
Don't lie down
immediately.

Daily Habits

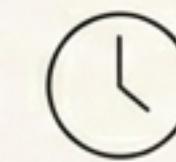
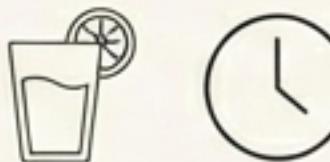
Sleep 7-8 hrs.
Manage stress.
Take meds.

Emergency Reference Protocols

Low Blood Sugar (Hypoglycemia) $< 70 \text{ mg/dL}$

Symptoms: Shaking, sweating, confusion, dizziness.

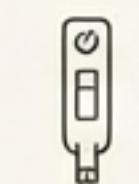
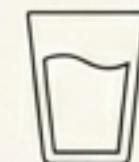
1. Eat 15g fast-acting carbs (juice, glucose tabs).
2. Wait 15 mins.
3. Recheck.
4. Eat protein snack.



High Blood Sugar (Hyperglycemia) $> 250 \text{ mg/dL}$

Symptoms: Thirst, frequent urination, fatigue.

1. Drink water.
2. Avoid carbs.
3. Check ketones if > 300 .
4. Call doctor if not improving.



My Commitment

I commit to tracking my blood sugar for the next 30 days. I understand that this journal is a tool to help me, and the insights I gain will help me make better choices for my health.

Start Date: _____

Target End Date: _____

Signature: _____

Questions for My Doctor:

1. _____
2. _____
3. _____

Continue Your Journey



Track digitally with the Health Gheware App.

- Log meals & readings
- Get AI insights
- See patterns automatically

Website: health.gheware.com

YouTube: youtube.com/@health_gheware

Blog: health.gheware.com/blog

Educational purposes only. Not medical advice. Always consult your doctor before making changes. If you experience severe symptoms, seek immediate medical attention. © 2026 Health Gheware.