

Date	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	BEFORE	BEFORE	AFTER	CUR- RENT Weight	Meal History		Cals Carb Sgrs Prot Fat Sod					
	Break-fast	Break-fast	Lunch	Lunch	Dinner	Dinner	Bed-time	Exer-cising	Exer-cising									
Blood Test Result											B—							
Time of Test											L—							
/	<b>SUN</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>MON</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>TUES</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>WED</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>THUR</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>FRI</b>								Type of Exercise >			D—						
											ALCOHOL—		DAILY TOTALS—					
Blood Test Result											B—							
Time of Test											L—							
/	<b>SAT</b>								Type >			D—						
											ALCOHOL—		DAILY TOTALS—					