



Tracking for Awareness:

Food, Mood, Energy, Sleep & Glucose

Why Tracking Creates Breakthroughs

When it comes to balancing your blood sugar, awareness is everything. What you eat, how you sleep, your stress levels, and even how you feel emotionally all influence how your body responds—and whether you store fat, burn it, or feel like you're on a rollercoaster all day.

Tracking gives you *insight*. Not judgment. It helps you recognize what's working, spot patterns, and make small shifts that actually move the needle. You'll learn to trust your body's signals instead of ignoring them or trying to push through.

You don't need to be obsessive. Just consistent enough to connect the dots.

How to Use These Trackers

This isn't about perfection or logging every bite. It's about noticing how your body responds to what you do—and making informed decisions that help you feel better.

✓ Here's how to get started:

- **Fill out one tracker per day** - try a whole week to get week days and weekends too
- **Track meals without counting calories** — just note what you ate and how you felt afterward
- **Log your energy, mood, sleep, and cravings** — use a simple 1–10 scale or quick notes
- **Use CGM or glucose meter data if you have it** (but it's optional)
- **Review at the end of the week** to spot trends and identify what's working

 *The goal is to build awareness—not to be perfect.*

Daily Blood Sugar Awareness Tracker

Use this template once per day to log your inputs and observe your body's signals. You'll quickly start to see how food, sleep, stress, and movement affect your blood sugar and cravings. I've only included one, but you can print more.

Date: _____

Meal Time	What I Ate	Mood (1-10)	Energy (1-10)	Cravings? Y/N + What	Glucose Reading (optional)	Sleep (hrs + quality)
Break fast						
Snack						
Lunch						
Snack						
Dinner						
Other						

Notes

Glucose Patterns to Watch For

If you're using a continuous glucose monitor (CGM) or checking your glucose manually, you're getting a front-row seat to how your body processes food, stress, and life in general.

Here are a few things to pay attention to:

Healthy Glucose Trends

- ✓ Glucose rises *gently* after meals (ideally < 30–40 points)
- ✓ Glucose peaks **below 140 mg/dL** within 60–90 minutes
- ✓ Glucose returns to **pre-meal range** within 2–3 hours
- ✓ Your numbers stay fairly **stable overnight and between meals**
- ✓ You feel steady—fewer dips in energy, fewer cravings

Red Flags to Watch For

- ▶ Spikes above **160–180 mg/dL** after eating
- ▶ Crashes below **70 mg/dL** (especially paired with fatigue, irritability, shakiness)
- ▶ Big swings throughout the day (spike → crash → spike → crash)
- ▶ Waking up with high glucose (>100 mg/dL fasting) consistently
- ▶ Feeling *tired, craving sugar, or foggy-headed* even when eating “healthy”

This isn't about panic—it's about patterns.

Use this info to make gentle adjustments: add protein, reduce quick carbs, sleep more, walk more, stress less. Small changes can create *big* shifts.

Weekly Reflection Questions

1. When did I feel my best this week?

What did I eat, how did I sleep, and what else was going on?

2. Were there any days I felt more tired, moody, bloated, or craving sugar?

What do I think contributed to that?

3. Did I notice any patterns between my meals and how I felt afterward?

(Think: energy, mood, digestion, glucose spikes, or crashes)

4. Did anything outside of food affect my blood sugar?

(Think: sleep quality, workouts, stress, hormones, screen time, etc.)

5. What's one small change I want to make next week to support my blood sugar even more?

Keep it doable, specific, and realistic.

You're not trying to be perfect. You're learning how your body works—so you can support it in a way that feels *natural* and *sustainable*.

Give Yourself Credit for Paying Attention

The simple act of noticing—your energy, your cravings, your mood—is powerful. You're learning to tune in instead of tune out. And the more you do that, the more you'll trust your body to tell you what it needs.

Whether you're using a tracker daily or just jotting down a few reflections each week, this is about creating awareness and building a lifestyle that supports your blood sugar, your hormones, and your long-term goals.

You're doing amazing—keep going. Your consistency will pay off.

 Disclaimer

This content is for educational purposes only and is not intended to diagnose, treat, or cure any medical condition. It does not replace professional medical advice or guidance. Always consult with your healthcare provider before making any changes to your diet, exercise routine, or medication—especially if you are managing a health condition or using a glucose monitor.