CGM Tracker Template (14-Day Glucose Log)

🧠 Use this tracker to log your daily glucose trends alongside meals, mood, sleep, and energy levels.

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| Date | Meal/Event | Time | Glucose Before (mg/dL) | Glucose After (mg/dL) | Mood / Energy Notes |
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✅ Tips:

• Log 2–3 key moments daily: meals, workouts, sleep, stress, etc.

• Aim to spot patterns: What spikes you? What keeps you stable?

• Use emoji or a 1–10 scale in the 'Mood / Energy Notes' column.