Daily Journal S M T W Th F S Date:\_\_\_\_\_\_\_\_\_\_

**Daily journal**

Choctaw Nation of Oklahoma

**Today’s Blood Glucose Levels**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Mg/ dl | Time | Mg/ dl | Time | Mg/ dl |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Today’s Physical Activities**

|  |  |  |  |
| --- | --- | --- | --- |
| Type of Activity | Time/Duration(minutes) | Steps (walking) | Intensity (circle one) |
|  |  |  | **1 2 3 4 5 6 7** |
|  |  |  | **1 2 3 4 5 6 7** |
|  |  |  | **1 2 3 4 5 6 7** |
|  |  |  | **1 2 3 4 5 6 7** |

**Intensity scale: 1 = Very, very light……4 = Somewhat hard…...7 = Very, very hard**

**Today’ Food Choices**

**My food choices today were:**

![MCj02344780000[1]]()⁮ Excellent = I ate 5 servings of fruits and veggies today!

⁮ Good ⁮ Fair ⁮ Could have been better.

**Today I Felt:**

      

**⁮Happy ⁮Sad ⁮Stressed ⁮Worried ⁮Angry ⁮ Tired ⁮ Sick ⁮Other\_\_\_\_\_\_\_**

**Today’s thoughts: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**