

Days 1-14

Record your morning and evening readings.

| Date | AM (sys/dia) | PM (sys/dia) | Notes |   |   |
|------|--------------|--------------|-------|---|---|
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |

Days 15-28

Consistency matters more than perfection.

| Date | AM (sys/dia) | PM (sys/dia) | Notes |   |   |
|------|--------------|--------------|-------|---|---|
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |

Days 29-43

Walk into every appointment prepared.

| Date | AM (sys/dia) | PM (sys/dia) | Notes |   |   |
|------|--------------|--------------|-------|---|---|
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |
|      | P            | P            | S     | T | M |