

## Carb Test Tracking Form

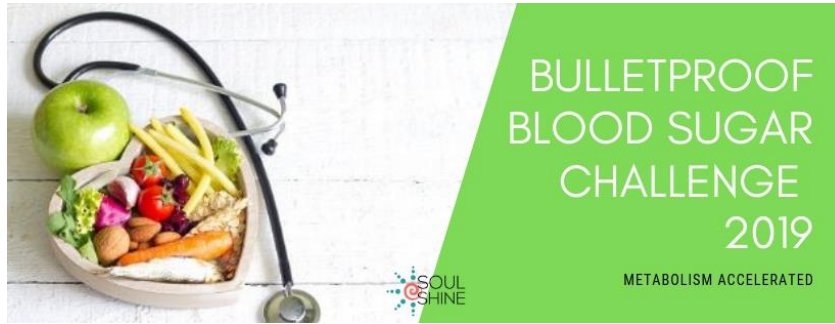
Week # \_\_\_\_\_

Instructions: This form will help you track your blood sugar for 3 different carb test days. The carb test meal is eaten for breakfast, with no other food or drink. (does not need to be consecutive) as follows:

- First thing in the morning BEFORE eating or drinking anything for breakfast and ideally after at least 12 hours of fasting
- 1 hour after breakfast (no food in between)
- 2 hours after breakfast (no food in between)

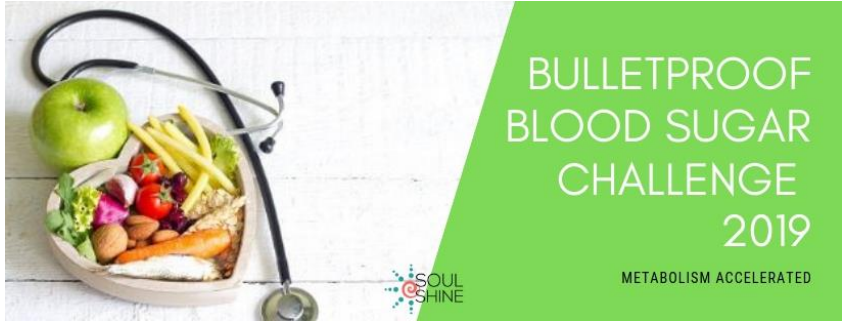
Record what you ate for breakfast on those days, as well as how you felt at the times you took the measurements.

DAY ONE			
# of hours fasted			
# of hours slept			
Quality of sleep			
What you ate for breakfast	50g of net carbs of: (No other food/drink)		
	Time	Result (ng/mL)	How did you feel at the time of testing? (2-3 words or a phrase)
AM fasting			
1 hour after lunch			
2 hours after lunch			



DAY TWO			
# of hours fasted			
# of hours slept			
Quality of sleep			
What you ate for breakfast	50g of net carbs of: (No other food/drink)		
	Time	Result (ng/mL)	How did you feel at the time of testing? (2-3 words or a phrase)
AM fasting			
1 hour after lunch			
2 hours after lunch			

DAY THREE			
# of hours fasted			
# of hours slept			
Quality of sleep			
What you ate for breakfast	50g of net carbs of: (No other food/drink)		
	Time	Result (ng/mL)	How did you feel at the time of testing? (2-3 words or a phrase)
AM fasting			
1 hour after lunch			
2 hours after lunch			



BULLETPROOF  
BLOOD SUGAR  
CHALLENGE  
2019

METABOLISM ACCELERATED

