

## *Diet Check Record*

Use this 1 - 2 hours after each meal to see if your new eating habits are stabilizing your blood sugar and you're getting the energy you need from your food

- ☐ Feel full, satisfied
- ☐ Do NOT have sweet cravings
- ☐ Do NOT desire more food
- ☐ Do NOT feel hungry
- ☐ Do NOT need to snack before next meal
- ☐ Energy feels renewed
- ☐ Have good, lasting, "normal" sense of energy
- ☐ Improved well-being
- ☐ Sense of feeling refueled, renewed and restored
- ☐ Some emotional upliftment
- ☐ Improved mental clarity and sharpness
- ☐ Normalization of thought processes
- ☐ Feel physically full, but still hungry
- ☐ Craving something sweet
- ☐ Not satisfied, feel like something was missing
- ☐ Already hungry
- ☐ Feel the need for a snack
- ☐ Meal gave too much or too little energy
- ☐ Became hyper, jittery, shaky, nervous or speedy
- ☐ Felt hyper, but exhausted "underneath"
- ☐ Energy dip – exhaustion, sleepiness, drowsiness, listlessness or lethargy
- ☐ Mentally slow, sluggish, or spacy
- ☐ Inability to think quickly or clearly
- ☐ Hyper, overly rapid thoughts
- ☐ Inability to focus or concentrate
- ☐ Apathy, depression, withdrawal or sadness
- ☐ Anxious, obsessive, fearful, angry or irritable