:		weight:			water:	
		walked:			tea:	
BG/Ket	Time	Meal/Activity				
			Protein		Carbs (Veg)	Fat
		Coffee				
		Broth				
		Breakfast				
		Lunch				
		Dinner				
		Broth				
		Snack				
		Totals				
	Breakfast			Lunch		
	Dinner			Snacks		
	BG/Ket	BG/Ket Time	BG/Ket Time Meal/Activity BG/Ket Time Coffee Broth Broth Breakfast Lunch Dinner Broth Broth Broth Snack Intersection Breakfast Intersection	walked: BG/Ket Time Meal/Activity Protein Coffee Broth Broth Breakfast Lunch Dinner Broth Snack Broth Breakfast Image: Single S	walked: BG/Ket Time Meal/Activity Protein Coffee Broth Broth Breakfast Lunch Dinner Broth Broth Snack Totals Lunch	walked: tea: BG/Ket Time Meal/Activity Protein Carbs (Veg) Coffee Broth Breakfast Lunch Dinner Broth Broth Snack Image: Totals Totals

Day/Date:			weight:			water:	
T :		T :	walked:			tea:	
Time	BG/Ket	Time	Meal/Activity				- .
				Protein		Carbs (Veg)	Fat
			Coffee				
			Broth				
			Breakfast				
			Lunch				
			Dinner				
			Broth				
			Snack				
			Totals				
		Breakfast	-		Lunch		
		Dinner			Snacks		