

## Blood Sugar & Cravings Reflection Worksheet

*Instructions:*

Print out this worksheet or grab a blank sheet of paper or new Word document to complete the exercises below.

Use this worksheet to help you gain a greater awareness of the foods you eat and how they make you feel throughout the day.



### 1. TODAY'S MEALS

Breakfast	Lunch	Dinner	Snacks

I drank \_\_\_\_\_ cups of water today.

Have I eaten a lot of sweet, starchy, or carbohydrate-rich foods? What were they? (e.g. bread, rice, crackers, pasta, potato, sugar/treats, fruit)

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Have I eaten enough fat, fibre, and protein-rich foods? What were they? (e.g. nuts, seeds, avocado, eggs, fish, fruits, leafy greens)

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## 2. DIGESTION

Today my digestion was (circle):

Normal      Bloating      Gassy      Constipated      Loose stool/Diarrhea

## 3. CRAVINGS

My cravings today were (circle):      none/mild      moderate      intense

Foods I craved + when:

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## 4. ENERGY/MOOD

My energy levels today were (high, average, low, varied)

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My mood today was:

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## 6. FOOD PREPARATION

Was I rushed today? (circle)      Yes              No

3 ways I can be less rushed to have more time for meal/snack prep + to enjoy my meals:

1.

2.

3.

Healthy food/snacks I wish I had on hand today that I can stock up on:

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## 7. REFLECT

3 things I did/ate today that helped keep my blood sugar balanced:

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My favourite meal/food from today:

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## *Healthy Affirmations*

I love my body. My body does wonderful things for me every single day.  
I am in control. I know what's best for my body and I treat it with care.