



Try ExtendBar and use this journal to track your personal improvement compared to days without using ExtendBar (in the shaded area).

To prevent low blood sugar overnight or high blood sugar in the morning, enjoy an extend bar as a bedtime snack.

ExtendBar Consumed		At Bedtime		Overnight (Between 1-3 a.m.)		Morning (Upon Waking)		Notes
Date	Time	Time	Glucose Levels	Time	Glucose Levels	Time	Glucose Levels	
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		

To prevent low blood sugar during and after physical activity, enjoy an ExtendBar up to 1 hour before you begin the activity.

ExtendBar Consumed		Before Activity		Immediately After Activity		3 Hours After Activity		Notes
Date	Time	Time	Glucose Levels	Time	Glucose Levels	Time	Glucose Levels	
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		a.m. p.m.		

To prevent low blood sugar between meals, enjoy an ExtendBar as an in-between meal snack.

ExtendBar Consumed		2 Hours Later		4 Hours Later		Notes
Date	Time	Time	Glucose Levels	Time	Glucose Levels	
	a.m. p.m.	a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		
	a.m. p.m.	a.m. p.m.		a.m. p.m.		