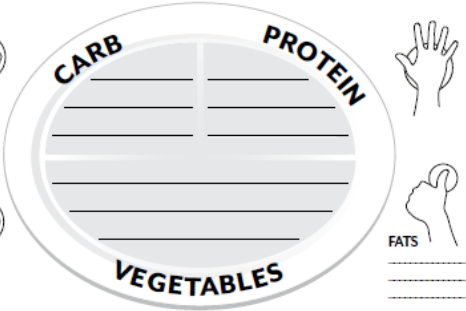
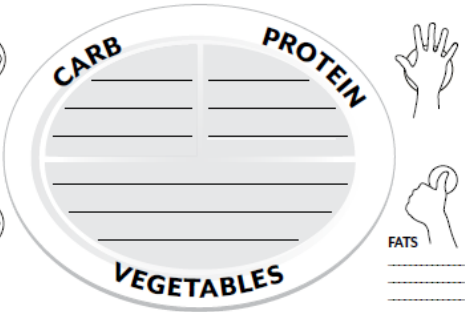


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Appendix B. Page from the daily log used in the Lifestyle Improvement through Food and Exercise (LIFE) Study. (Include on web as supplementary material but not in print.)

Time	Blood Sugar	Meal
	Fasting	Breakfast
		Snack
		Lunch
	Before Lunch	
	After Lunch	
		FATS

Time	Blood Sugar	Meal
	Before Dinner	Snack
		Dinner
		
	After Dinner	
		Snack (optional)

