

The NeuroGlic Pocket Tracker

Meça o progresso, não a perfeição. • Measure progress, not perfection.

DIA Day of the Week	GLICOSE EM JEJUM Fasting Glucose	ATIVAÇÃO MATINAL Morning Soundwave	RESET NOTURNO Nighttime Reset	NÍVEL DE ENERGIA Energy Level (1-5)
Segunda-feira Monday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Terça-feira Tuesday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Quarta-feira Wednesday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Quinta-feira Thursday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Sexta-feira Friday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Sábado Saturday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5
Domingo Sunday	_____ MG/DL	<input type="checkbox"/> 7 MIN AUDIO	<input type="checkbox"/> SLEEP AUDIO	○ ○ ○ ○ ○ 1 2 3 4 5

MINHA META DA SEMANA MY WEEKLY TARGET	Meta de A1C A1C Goal	Meta de Glicose em Jejum Fasting Glucose Goal (mg/dL)	Minha Intenção desta Semana My Intention This Week
_____	_____	_____	_____