



Tradjenta[®]
(linagliptin) tablets 5mg

Your Daily Tracker

Use this journal to log your meals, exercise, and any questions you may have for your doctor, and take it with you to your appointment.

If you haven't done so already, call your doctor to make an appointment

food  day 1

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 2

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 3

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 4

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 5

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 6

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 7

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 8

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 9

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 10

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 11

Breakfast: _____

Lunch: _____

Dinner: _____


Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 12

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 13

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 14

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

food  day 15

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

exercise 

Activity: _____

Minutes performed: _____

medications AM PM

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Lilly

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