

Health Trial Tracking Log

A Weekly Companion for Watching Patterns Unfold

Why Track These Together

No single number tells the whole story. Fasting glucose, overnight trends, blood pressure, weight, energy, and how your body feels day-to-day all move together. Logging them side by side over several weeks turns scattered impressions into a pattern you can actually see and act on.

Fill this log in daily, where possible. Some entries (like Dawn Phenomenon, Time in Range, and Time Above Range) come straight from your CGM app's daily summary. Others (BP, weight, edema, energy, hunger) take thirty seconds of your own observation.

What I am testing: Amla Powder 1 teaspoon QD-AM & Oregano Oil No observable influence from Amla

What to Track

Metric	What It Is	Why It Matters
Fasting Glucose	Blood glucose first thing in the morning, before food or drink.	A baseline reading of how your body is managing glucose overnight and going into the day.
Overnight Average Glucose	The average glucose level while you are asleep (via CGM data). (BTG+FBG+lowest overnight ÷ 3)	Shows how steady or unstable your glucose is when you are not eating or active.
Dawn Phenomenon	The rise in glucose is typically seen in the early morning hours before waking, driven by hormone release.	A natural rise is common, but tracking the size of the rise over weeks shows whether it is shrinking, growing, or staying flat.
Time in Range	The percent of the day your glucose stays within your target range (commonly 70 to 180 mg/dL, but confirm your own target). (via CGM data)	A higher TIR generally reflects more stable glucose control throughout the day, not just from single readings.
Time Above Range (>180 mg/dL)	The percentage of the day glucose spends above 180 mg/dL. (via CGM data)	Tracks how often and how long glucose runs high, which is useful for spotting patterns tied to meals or stress.
Post-Meal Peaks	The highest glucose reading reached after a meal, usually checked 1 to 2 hours after the first bite. (Post-Meal – Pre Prandial)	Helps connect specific foods or meal combinations to how much your glucose rises.
Blood Pressure	Systolic and diastolic pressure, ideally measured at a consistent time of day.	Glucose, weight, and fluid balance can all influence blood pressure, so tracking it alongside glucose adds context.
Weight	Body weight, ideally measured at the same time of day under similar conditions.	Useful for spotting trends over weeks rather than day-to-day fluctuation, which is normal.
Edema	Visible swelling, especially in the ankles, feet, or hands.	Can reflect fluid retention, circulation, or other changes worth noticing alongside the other metrics.
Energy Level	A simple self-rating of how energetic you feel (for example, 1 to 10).	Subjective, but often tracks closely with glucose stability and sleep quality.
Hunger / Satiety	Notes on hunger intensity, timing, and how full or satisfied you feel after meals.	Helps connect how foods affect not just glucose, but appetite and fullness signals.

Daily Tracking Log

Each week below has space for seven days. Add the date in the first column of each row. B / L / D stands for Breakfast / Lunch / Dinner peak readings.

Week 1 Starting Date 06/26/2026

Glucose Metrics

Date	Fasting Glucose	Overnight Avg	Dawn Phenomenon	Time in Range %	Time Above Range % (>180)	Post-Meal Peak (B)	Post-Meal Peak (L)	Post-Meal Peak (D)	Notes
Starting	170	?	?	66	34	?	?	?	
6/26/2026	174	168	48	66	34	22	54	114	Naked PB & syrup
6/27/2026	180	215	—	53	47	42	42	39	
6/28/2026	155	155	48	63	37	26	-50	50	Naked PB & syrup
6/29/2026	180	225.5	11	71	29	57	21	58	
6/30/2026	200	215.5	34	59	41	36	52	33	
7/1/2026	170	159	30	56	44	21	39	45	2 oil of oregano TID
7/2/2026	170	172	40	60	40	51	145	—	Fatty lunch

Other Metrics

Date	Blood Pressure	Weight	Edema (Y/N + Location)	Energy (1-10)	Hunger / Satiety Notes
Starting	114/66 P83	251.4	Feet mild	4	
6/26/2026	121/68 P86	253.6	Feet mild	4	A little hungry because I skipped lunch. Had 2 apples
6/27/2026	124/72 P84	253.6	Feet mild	3	
6/28/2026	125/74 P82	252.2	Feet mild	2	
6/29/2026	125/71 P83	250.2	Feet mild	4	
6/30/2026	119/68 P76	249.8	Feet mild	3	
7/1/2026	117/64 P77	250.2	Feet mild	2	
7/2/2026	119/66 P81	251.8	Feet mild	2	Had a very fatty lunch

Week 2

Glucose Metrics

Date	Fasting Glucose	Overnight Avg	Dawn Phenomenon	Time in Range %	Time Above Range % (>180)	Post-Meal Peak (B)	Post-Meal Peak (L)	Post-Meal Peak (D)	Notes
7/3/2026	192	154	21	67	33	44	29	60	Started Vit D
7/4/2026	152	163	25	73	27	32	43	41	
7/5/2026	136	144	47	78	22	30	10	14	*TIR see note below
7/6/2026	178	147	41	71	29	—	19	65	Had Todd's granola
7/7/2026	164	182	24	77	23	34	42	33	
7/8/2026	188	190	8	68	32	33	37	63	Apples + PB+granola
7/9/2026	194	206	21	51	49	25	62	16	Sushi bowl no fat w/lunch

Other Metrics

Date	Blood Pressure	Weight	Edema (Y/N + Location)	Energy (1-10)	Hunger / Satiety Notes
7/3/2026	125/67 P81	252.8	N	3	
7/4/2026	125/73 P82	250.0	N	3	
7/5/2026	125/72 P78	249.6	N	3	
7/6/2026	122/72 P92	249.0	N	3	
7/7/2026	117/65 P85	248.4	N	3	
7/8/2026	115/68 P89	249.0	N	3	
7/9/2026	125/72 P92	250.0	N	3	

* Marks move out of very high Time In Tange down to only highs

Week 3

Glucose Metrics

Date	Fasting Glucose	Overnight Avg	Dawn Phenomenon	Time in Range %	Time Above Range % (>180)	Post-Meal Peak (B)	Post-Meal Peak (L)	Post-Meal Peak (D)	Notes
7/10/2026	173	166	16	46	54	33	57	62	A lot of granola
7/11/2026	176	222	29	32	68	36	44	76	
7/12/2026	174	186	45	40	60	30	48	40	Granola
7/13/2026	178	176	—	41	59	74	87	28	Cereal
7/14/2026	171	190	42	44	56	56	10	72	
7/15/2026	182	185	87	53	47	—	78	59	
7/16/2026	195	160	41	51	49	78	—	109	Increase Oregano Oil

Other Metrics

Date	Blood Pressure	Weight	Edema (Y/N + Location)	Energy (1-10)	Hunger / Satiety Notes
7/10/2026	125/76 P91	250.4	N	3	
7/11/2026	134/72 P86	251.4	N	3	
7/12/2026	116/64 P77	249.8	N	3	
7/13/2026	127/72 P82	248.4	N	3	
7/14/2026	124/66 P78	247.8	N	3	
7/15/2026	122/73 P77	248.4	N	3	
7/16/2026	127/72 P79	248.0	N	3	

Week 4

Glucose Metrics

Date	Fasting Glucose	Overnight Avg	Dawn Phenomenon	Time in Range %	Time Above Range % (>180)	Post-Meal Peak (B)	Post-Meal Peak (L)	Post-Meal Peak (D)	Notes
7/17/2026	145	140	19	60	40	64	30	39	
7/18/2026	153	151	—	71	29	22	2	71	Increased Oregano Oil
7/19/2026	150	184	9	81	19	25	34	52	Nuts w/tahini
7/20/2026	146	169	12	87	13	52	30	13	cookies
7/21/2026	154	158	—	84	16	43	78	-55	Candy. Negative delayed reduction into next meal
7/22/2026	152	150	15	86	14	33	47	16	
7/23/2026	169	156	59	88	12	27	24	34	

Other Metrics

Date	Blood Pressure	Weight	Edema (Y/N + Location)	Energy (1-10)	Hunger / Satiety Notes
7/17/2026	121/65 81	247.8	N	3	
7/18/2026	123/68 74	249.0	N	2	
7/19/2026	117/71 73	247.4	N	4	
7/20/2026	114/67 75	246.0	N	4	
7/21/2026	124/73 81	247.4	N	4	
7/22/2026	117/66 76	249.2	N	3	
7/23/2026	117/62 75	248.4	N	4	

Four-Week Summary

After each week, step back and average the numbers. This is where the real story shows up, the week-to-week trend, not any single day.

Week	Avg Fasting Glucose	Avg TIR %	Avg TAR %	Avg BP	Weight Change	Avg Energy	Notable Patterns / Adjustments
1	176	61	39	121/69	251.6	3	Increase oregano oil
2	172	69	31	121/70	249.8	3	This week moved out of time in Very High Time Above Range
3	178	44	56	125/71	249.2	3	Increase oregano oil
4	153	80	20	119/67	247.9	3	Increase oregano oil

Closing Reflection

After four weeks: What changed the most? What surprised you? What is worth adjusting going into the next stretch?

- What surprised me the most is the immediate effect oregano oil had on my blood sugar. It started working faster than anything, including metformin.
- I also noted the direct effect granola and candy had on my numbers.
- I also noted the improvement in blood pressure in the fourth week. My blood pressure improvement lagged behind my glucose improvement. That timing argues against a dramatic acute effect.
- There were no notable improvements attributable to Amla, with the exception of maybe the blood pressure, but that could have been from the reduced water retention from the HCTZ as well. **The edema change was surprisingly clean.** Week 1: Feet mild edema Weeks 2–4: None I think that's the most parsimonious explanation because it preceded this experiment. But it's worth noting how consistently the edema stayed gone afterward.
- Fasting glucose improved in Week 4, but **Time in Range improved proportionally even more.** Beginning in Week 2 I no longer went into the Very High range.
- **Week 3 looks like a "diet overwhelmed the intervention" week.** Week 3 initially looks like oregano stopped working, but my notes tell another story: "A lot of granola" "Granola" "Cereal"
- **Weight kept drifting downward despite variability.** Daily weight bounced around—as body weight always does—but the weekly averages tell a clearer story: 251.6 → 249.8 → 249.2 → 247.9 lb. That's roughly **3.7 pounds over four weeks.**
- Energy started out bouncing around with a lot of 2s and ended with more 3s and 4s