BLOOD SUGAR LOG

MONTH:	TARGETS							
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YEAR:	FASTING:	PRE-MEAL:	POST-MEAL:	ノ				

Date	Start of Day			Brea	kfast			Lui	ıch			Dinner				time
	Time	mg/dL	ng/dL Ti		Time Before/After		Time Before/After			Time Before/After			After	Time mg/dL		
otes:																