BLOOD SUGAR LOG

	Goals			
Fasting:	PreMeal:	Post [_] Meal:	Year:	

	EARLY AM			BREAKFAST			LUNCH			DINNER			BEDTIME				
Date	Time	mg/dL	Ti	me	Pre /	Post	Tir	me	Pre /	Post	Tir	ne	Pre /	Post	Time	mg/dL	Notes

