BLOOD SUGAR TRACKER

		Fasting: Pre - Meal: Post-Meal:								$\neg m$	Month:						
											g 500 6						
	START	OF DAY						LUNCH				DINNER				BEDTIME	
Date	Time	mg / dL	Tù	ne	Pre	/ Post	τι	me	Pre	/ Post	τι	me	Pre ,	/ Post	Time	mg / dL	
Notes:																	
rioles.																	