BLOOD SUGAR TRACKER

TARGETS

MONTH: _____ YEAR: _____

FASTING: _____

PRE-MEAL: _____

POST-MEAL: _____

	EARLY AM		BREAKFAST				LUNCH				DINNER				BEDTIME	
DATE	TIME	MG/DL	TIME		PRE / POST		TIME		PRE / POST		TIME		PRE / POST		TIME	MG/DL

NOTES:

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