Blood Sugar Tracker

	FASTING:	
TARGETS —	PRE-MEAL:	
	POST-MEAL:	
'		

	MONTH:	YEAR:
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EARLY AM BREAKFAST		arly am $$		breakfast $oldsymbol{\mathcal{U}}$ lunch		DIN	BEDTIME			
Time	mg/dL	Time	Pre / Post	Time	Pre / Post	Time	Pre / Post	Time	mg/dL	Notes

Duto	mg/ az	 110 7 1000	 1 10 7 1000	 1.0 / 1.000	1g, 42	110100