

# BLOOD SUGAR TRACKER

<i>Week of:</i>	<i>Goals</i>	<i>Fasting:</i>	<i>Pre-Meal:</i>	<i>Post-Meal:</i>
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EARLY AM	BREAKFAST PRE / POST	LUNCH PRE / POST	DINNER PRE / POST	BEDTIME
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BLOOD SUGAR								
TIME								

*Sun*


BLOOD SUGAR								
TIME								

*Mon*


BLOOD SUGAR								
TIME								

*Tues*


BLOOD SUGAR								
TIME								

*Wed*


BLOOD SUGAR								
TIME								

*Thur*


BLOOD SUGAR								
TIME								

*Fri*


BLOOD SUGAR								
TIME								

*Sat*
