blood sugar log

MONTH: _____ YEAR: _____

FASTING TARGET: _____ PRE-MEAL TARGET: _____ POST-MEAL TARGET: _____

	START OF DAY		BREAKFAST				LUNCH				DINNER				BEDTIME	
DATE	TIME	mg/dL	TIME		BEFORE/AFTER		TIME		BEFORE/AFTER		TIME		BEFORE/AFTER		TIME	mg/dL

Notes

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