BLOOD SUGAR LOG

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

MONTH: _____ YEAR: _____

	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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