Blood Sugar Log Book

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DATE	SLN	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Blood Glucose	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	
BREAKFAST															
LUNCH															
DINNER															
DURING THE NIGHT															
DATE	S	NDAY	MO	VDAY	TUE	SDAY	WEDN	ESDAY	THUE	SDAY	R	DAY	SATU	RDAY	
Blood Glucose	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	
BREAKFAST															
LUNCH															
DINNER															
DURING THE NIGHT															
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Blood Glucose	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	
BREAKFAST															
LUNCH															
DINNER															
DURING THE NIGHT															
DATE	SUNDAY		MON	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Blood Glucose	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	BEFORE MEAL	AFTER MEAL	
BREAKFAST															
LUNCH															
DINNER															
DURING THE															

NIGHT