

MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

M

FASTING

_____ mg/dL

time : _____

How I felt:

What I ate:



O

BREAKFAST

_____ mg/dL

time : _____

How I felt:

What I ate:



N

LUNCH

_____ mg/dL

time : _____

How I felt:

What I ate:



D

DINNER

_____ mg/dL

time : _____

How I felt:

What I ate:



A

SNACK

_____ mg/dL

time : _____

How I felt:

What I ate:



Y

MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

T

U

E

S

D

A

Y

FASTING

_____ mg/dL

time : _____

How I felt:

What I ate:



BREAKFAST

_____ mg/dL

time : _____

How I felt:

What I ate:



LUNCH

_____ mg/dL

time : _____

How I felt:

What I ate:



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What I ate:



SNACK

_____ mg/dL

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How I felt:

What I ate:



MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

W
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D
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MY BLOOD SUGAR

Log



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Date: _____

T
H
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R
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D
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Y

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How I felt:

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_____ mg/dL

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MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

F

FASTING

_____ mg/dL

time : _____

How I felt:

What I ate:



R

BREAKFAST

_____ mg/dL

time : _____

How I felt:

What I ate:



I

LUNCH

_____ mg/dL

time : _____

How I felt:

What I ate:



D

DINNER

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A

SNACK

_____ mg/dL

time : _____

How I felt:

What I ate:



Y

MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

S
A
T
U
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D
A
Y

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time : _____

How I felt:

What I ate:



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_____ mg/dL

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What I ate:



MY BLOOD SUGAR

Log



Target Ranges:

Date: _____

S

FASTING

_____ mg/dL

time : _____

How I felt:

What I ate:



U

BREAKFAST

_____ mg/dL

time : _____

How I felt:

What I ate:



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How I felt:

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SNACK

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time : _____

How I felt:

What I ate:



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