Blood Glucose Log

Week of _____











	MEAL			MEAL			MEAL			SNACK/ OTHER	BED	
DAY	6	¥		6	¥		6	*	Joseph Land	4		
Mon												
TIME												
Notes:												
Tues												
TIME												
Notes:												
Wed												
TIME												
Notes:						•		`	•			
Thurs												
TIME												
Notes:												
Fri												
TIME												
Notes:		,			'							
Sat												
TIME		+	+		ļ	+		ļ	+			
Notes:												
Sun												
TIME												
Notes:												

Blood Glucose Log

Week of _____











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