**BLOOD SUGAR**

**Weekly logbook**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fasting:** |  | **mg/dL to** |  | **mg/dL** |
| **Pre meal:** |  | **mg/dL to** |  | **mg/dL** |
| **Post meal:** |  | **mg/dL to** |  | **mg/dL** |

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| --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Bedtime** |
| **Week of:** | Pre | Post | Pre | Post | Pre | Post | Pre | Post |
| **SUNDAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **MODAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **TUESDAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **WEDNESDAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **THURSDAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **FRIDAY** | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |

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| **SATURRDAY**  | Comments: | Blood sugar: |  |  |  |  |  |  |  |  |
| Time: |  |  |  |  |  |  |  |  |
| Meds: |  |  |  |  |  |  |  |  |
| Carbs: |  |  |  |  |  |  |  |  |