

blood sugar



DAY	MEAL	BEFORE	AFTER	NOTES
MONDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
TUESDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
WEDNESDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
THURSDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
FRIDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
SATURDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
SUNDAY	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			

