

My Target Blood Sugar Ranges are \_\_\_\_\_ mg/dL to \_\_\_\_\_ md/dL before meals

Week of \_\_\_\_\_ mg/dL to \_\_\_\_\_ md/dL 2 hours after meals

	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Bedtime Time
		Pre-/Post- Time			Pre-/Post- Time			Pre-/Post- Time			
Monday											
Comments:											
Tuesday											
Comments:											
Wednesday											
Comments:											
Thursday											
Comments:											
Friday											
Comments:											
Saturday											
Comments:											
Sunday											
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