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Diabetes Log

Name: _____
 I need to test my blood sugar _____ times per day.
 Target Ranges: Pre-meal _____ Post-meal _____

Day:	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12-1 AM	2-3 AM	4-5 AM	
Date:																						
Blood Sugar:																						
Grams Carb:																						
Insulin:																						
Phys. Activity:																						
Notes:	Breakfast:							Lunch:							Dinner:							

Day:	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12-1 AM	2-3 AM	4-5 AM	
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Notes:	Breakfast:							Lunch:							Dinner:							

Day:	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12-1	2-3	4-5
Date:	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM
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