Weekly	ekly Blood Sugar Monitoring Log Sheet							Date: to							
		Breakfast				Lunch				Dinner					
	Pre Meal	Food	2 hr Post	Snack	Pre Meal	Food	2hr Post	Snack	Pre Meal	Food	2hr Post	Bedtime	Snack	3am test	
Blood Sugar Insulin/ Meds															
Notes/ph	lotes/physical activity:														
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Blood Sugar Insulin/ Meds	yoldar dott														
Notes/ph	ysical acti	vity:													
Blood Sugar Insulin/ Meds															
	ysical acti	vity:													
Blood Sugar Insulin/ Meds															

Before Meal Blood Sugar Target Range: 4-7 mmol

Notes/physical activity:

2 hours post meal Blood Sugar Target Range: 5-8 mmol

