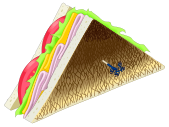
Name _____

Day	Pre Breakfast	Breakfast Foods Eaten	1-2 hr blood sugar	Before lunch blood sugar	Lunch foods eaten 	1-2 hr blood sugar	Before Even meal blood sugar	Evening Meal	1-2 hour blood sugar	Bed time blood sugar	Exercise Today	Special Comments	3 Am Blood sugar