BLOOD SUGAR LOG

Date	Day of Week	BREAKFAST		LUNCH		DINNER		Bedtime	NOTES
		Before	2 hours after	Before	2 hours after	Before	2 hours after		
	Sunday								
	Monday								
	Tuesday								
	Wednesday								
	Thursday								
	Friday								
	Saturday								

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		Before	2 hours after	Before	2 hours after	Before	2 horas despues		
	Sunday								
	Monday								
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