

Glucometer Reading

Week Starting	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Breakfast	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	
Lunch															
Dinner															
Bedtime															
1 Day Average Level:				2 Day Average Level:				3 Day Average Level:				4 Day Average Level:			

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Dinner															
Bedtime															
1 Day Average Level:				2 Day Average Level:				3 Day Average Level:				4 Day Average Level:			

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