

BG=Blood glucose, CHO=Carbohydrate, INS=Insulin

Month/year		BREAKFAST		LUNCH		SNACK		DINNER		EVENING SNACK		Reading at bedtime	Other readings	Notes
		Before meal	After meal	Before meal	After meal									
Date	BG/CHO													
	INS													
	BG/CHO													
	INS													
	BG/CHO													
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