**BLOOD SUGAR TRACKER**

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|  | **Week** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Starting** | | **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **\_\_\_/\_\_\_\_/\_\_\_** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** |
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| **Breakfast** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Lunch** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Dinner** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Bed time** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Week** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Starting** | | **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **\_\_\_/\_\_\_\_/\_\_\_** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** |
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| **Breakfast** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Lunch** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Dinner** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Bed time** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Week** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Starting** | | **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **\_\_\_/\_\_\_\_/\_\_\_** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** | **Before** | **After** |
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| **Breakfast** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Lunch** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Dinner** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Bed time** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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