**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 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **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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