

BLOOD SUGAR TRACKER

MONDAY		BREAKFAST	LUNCH	DINNER	BEDTIME	PHYSICAL ACTIVITY
	<i>Before</i>					
	<i>After</i>					
TUESDAY						
	<i>Before</i>					
	<i>After</i>					
WEDNESDAY						
	<i>Before</i>					
	<i>After</i>					
THURSDAY						
	<i>Before</i>					
	<i>After</i>					
FRIDAY						
	<i>Before</i>					
	<i>After</i>					
SATURDAY						
	<i>Before</i>					
	<i>After</i>					
SUNDAY						
	<i>Before</i>					
	<i>After</i>					