Blood Glucose Goals: Before Eating _____ After Eating _____ Weight _____

DATE	Breakfast		Lunch		Dinner		Bedtime	Other	Comments
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER			

Blood Glucose Goals: Before Eating _____ After Eating _____ Weight _____

DATE	Breakfast		Lunch		Dinner		Bedtime	Other	Comments
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER			