

Name :

Blood glucose readings:

If not on insulin, take your BGL before each meal and before bed.



Date :

BGL before meal	MEAL : Write down everything you eat and drink including the approximate amounts	BGL 2 hours After meal	Any physical activity / other notes
	Breakfast :		
	Morning Tea :		
	Lunch :		
	Afternoon tea :		
	Evening Meal :		
	Supper :	Pre Bed:	
Extra Snacks & Drinks consumed over the days Eg : Fruit juice, nuts, chocolates, chips			

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