	 		 T		i 	1
						Date
						Fasting Blood Sugar
						Foods eaten at Breakfast (note time & amount)
BI COD SI						BS 2hrs after Breakfast
BLOOD SUGAR GOALS: Refore eating						BS before Lunch
				·		Foods eaten at Lunch (note time & amount)
						BS 2hrs after Lunch
						BS before Supper
Thre after eating						Foods eaten at Supper (note time & amount)
pting						BS 2hrs after Supper
						BS before Bedtime
-						3am BS
						Exercise & Comments about the day