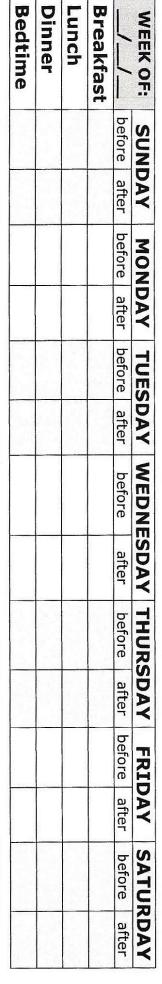
BLOOD SUGAR TRACKER



WEEK OF: SUNDAY MONDAY	/ before after before after	Breakfast	Lunch	Dinner	
TUESDA	before after				
MONDAY TUESDAY WEDNESDAY	er before				
SDAY	after				
THURSDAY	before				
DAY	after				
	before				
DAY	after				
FRIDAY SATURDAY	after before after before after				
RDAY	after				

WEEK OF:	SUNDAY	DAY		DAY	TUES	DAY	MONDAY TUESDAY WEDNESDAY	ESDAY	THURSDAY	SDAY	FRIDAY		SATURDAY	NDA
	before	after	before after before after before after	after	before	after	before	after	before	after	before	after	before	afte
Breakfast														
Lunch														
Dinner			antice.											
Bedtime														

WEEK OF:	SUNDAY	YAC	MON	DAY	TUES	DAY	MONDAY TUESDAY WEDNESDA	SDAY	THURSDAY	SDAY	FRIDAY	YAC	SATURDAY	IDAY
	before after	after	before after	after	before after	after	before	after	before	after	before	after	before	after
Breakfast														
Lunch														
Dinner														
Bedtime														