# BLOOD SUGAR TRACKER

| | Fasting | Breakfast | | Lunch | | Dinner | | Bedtime |
|---|---|---|---|---|---|---|---|---|
| Sunday | | PRE | POST | PRE | POST | PRE | POST | |
| Monday | | PRE | POST | PRE | POST | PRE | POST | |
| Tuesday | | PRE | POST | PRE | POST | PRE | POST | |
| Wednesday | | PRE | POST | PRE | POST | PRE | POST | |
| Thursday | | PRE | POST | PRE | POST | PRE | POST | |
| Friday | | PRE | POST | PRE | POST | PRE | POST | |
| Saturday | | PRE | POST | PRE | POST | PRE | POST | |

# MEDICATION LOG

| Medicine Name | Dose | Frequency | Reason For Taking | Date Started/ Stopped |
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