

Glucometer Reading

Week Starting / /	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Breakfast	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	
Lunch															
Dinner															
Bed time															
7-Day Average Level:					14-Day Average Level:							30-Day Average Level:			

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Dinner															
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7-Day Average Level:					14-Day Average Level:							30-Day Average Level:			

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