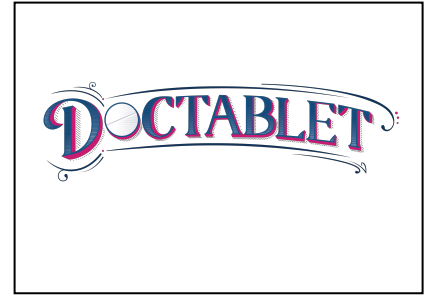


Date: _____

Please bring your log to all appointments

Monday	Breakfast	Lunch	Dinner	Bedtime
Tuesday	Breakfast	Lunch	Dinner	Bedtime
Wednesday	Breakfast	Lunch	Dinner	Bedtime
Thursday	Breakfast	Lunch	Dinner	Bedtime
Friday	Breakfast	Lunch	Dinner	Bedtime
Saturday	Breakfast	Lunch	Dinner	Bedtime
Sunday	Breakfast	Lunch	Dinner	Bedtime
Monday	Breakfast	Lunch	Dinner	Bedtime
Tuesday	Breakfast	Lunch	Dinner	Bedtime
Wednesday	Breakfast	Lunch	Dinner	Bedtime
Thursday	Breakfast	Lunch	Dinner	Bedtime
Friday	Breakfast	Lunch	Dinner	Bedtime
Saturday	Breakfast	Lunch	Dinner	Bedtime
Sunday	Breakfast	Lunch	Dinner	Bedtime



Correct Time to Check Your Blood Sugar:

- Before Breakfast
- Before Lunch
- Before Dinner
- At Bedtime

Your glucometer model:

Name of your testing strips (taken from the bottle):
