DATE:				
Fasting				
2 hr after				
Breakfast 2 hr after				
Lunch				
2 hr after				
Supper				

Targets: Fasting 60-95mg/dL, 2-hr after meals 120mg/dL or less

DATE:				
Breakfast:				
Snack:				
Lunch:				
Snack:				
Supper:				
Snack:				

Comments:





DATE:				
Fasting				
2 hr after				
Breakfast				
2 hr after				
Lunch				
2 hr after				
Supper				

Targets: Fasting 60-95mg/dL, 2-hr after meals 120mg/dL or less

DATE:				
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Snack:				

Comments:



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