

# B G TRACKER PAD



= before meal



= 2 hours after meal

WEEK OF

WEEK OF

WEEK OF

WEEK OF

	BG	carbs insulin	BG	BG	carbs insulin	BG	BG	carbs insulin	BG		
	breakfast			lunch			dinner			bedtime	notes
Mon											
Tues											
Wed											
Thur											
Fri											
Sat											
Sun											
	breakfast			lunch			dinner			bedtime	notes
Mon											
Tues											
Wed											
Thur											
Fri											
Sat											
Sun											
	breakfast			lunch			dinner			bedtime	notes
Mon											
Tues											
Wed											
Thur											
Fri											
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