## Blood Sugar Tracker

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Week Starting	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	Afte
Lunch														
Dinner														
Bed time						I		I		I				
Week Starting	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	Afte
Lunch														
Dinner														
Bed time														
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Breakfast	Before	After	Before	After	Before	After	Before	After	Before	After	Before	After	Before	Afte
Lunch														
Dinner														
Bed time		l				l		l		l				
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Lunch														
Dinner														
Bed time						<u> </u>		<u> </u>		<u> </u>		<u> </u>		<u> </u>