3-Week Blood Sugar Record

Date (yyyy/mm/dd)	Before breakfast (less than 5.3)	2 hrs after breakfast (less than 6.7)	2 hrs after lunch (less than 6.7)	2 hrs after dinner (less than 6.7)	Notes
Date (yyyy/mm/dd)	Before breakfast (less than 5.3)	2 hrs after breakfast (less than 6.7)	2 hrs after lunch (less than 6.7)	2 hrs after dinner (less than 6.7)	Notes
Date	Before breakfast	2 hrs after breakfast	2 hrs after lunch	2 hrs after dinner	
(yyyy/mm/dd)	(less than 5.3)	(less than 6.7)	(less than 6.7)	(less than 6.7)	Notes

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