<Month>	Blood Sugar Record				<Year>
Name:					**Remarks:** Insulin reaction, weight change, diet, meal times, illness, stress, activity, etc.
Date	**Before Breakfast**	**Before Lunch**	**Before Dinner**	**Bedtime**	
1					AVG =
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

AVG =

<Month>	Blood Sugar Record				<Year>
Name:					**Remarks:** Insulin reaction, weight change, diet, meal times, illness, stress, activity, etc.
Date	**Before Breakfast**	**Before Lunch**	**Before Dinner**	**Bedtime**	
1					AVG =
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

AVG =