3 DAY BLOOD SUGAR LOG

Date	6-7 AM	7-8 AM	8-9 AM	9-10 AM	10-11 AM	11-12 N	12-1 PM	1-2 PM	2-3 PM	3-4 PM	4-5 PM	5-6 PM	6-7 PM	7-8 PM	8-9 PM	9-10 PM	10-11 PM	11-12 M	12-1 AM	1-2 AM	2-3 AM	3-4 AM	4-5 AM	5-6 AM
Blood Sugar																								
Grams Carb																								
Insulin																								
Phys. Activity																								
Notes																								

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MAINE PPODS
A TYPE 1 DIABETES COMMUNITY