

Date	Meal	Blood Glucose		Insulin Dose	Medi/Notes
		Before	After		
Mon 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Tue 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Wed 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Thu 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Fri 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Sat 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				
Sun 1.1.11	Breakfast				
	Lunch				
	Dinner				
	Bedtime				

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