



GlucosTrol

SUGAR

STORY

Your Blood Sugar
Daily Journal



GlucosTrol

BLOOD SUGAR LOG

Date:

Time:

	Breakfast	Lunch	Dinner	Snack
Time				
Blood Sugar Level	Before Meal:	Before Meal:	Before Meal:	Before Meal:
	After Meal:	After Meal:	After Meal:	After Meal:
Meal Details				
Physical Activity				
Medication /Insulin				
Notes/ Comments				



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