# Blood Glucose Record


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B= Before Meal
Goal (Pre-meal): 70-130 gm/dL pre-meal

A = After Meal (2 hours post beginning of meal)
Goal (2-hours after the meal): under 180 mg/dL

Month: ______________________________

| Date | Breakfast | | Lunch | | Dinner | | Bedtime | Comments |
|---|---|---|---|---|---|---|---|---|
| | B | A | B | A | B | A | | |
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