BLOOD SUGAR MONITORING

DATE	BLOOD SUGAR	HOURS AFTER MEAL	CLASSIFICATION OF BLOOD GLUCOSE LEVELS	DIETARY INTAKE RECORD
		Fasting		
		1hr after breakfast		
		2hrs after breakfast		
		Pre-meal		
		1hr after Lunch		
		2hrs after Lunch		
		Pre-meal		
		1hr after Dinner		
		2hrs after Dinner		