

# Blood Sugar

DATES

	MEAL	BEFORE	AFTER	NOTES
<b>MONDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>TUESDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>WEDNESDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>THURSDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>FRIDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>SATURDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			
<b>SUNDAY</b> .....	BREAKFAST			
	LUNCH			
	DINNER			
	BEDTIME			

