

Blood Glucose Tracking Tool

Month: _____

WEEK 1 DATES: _____

	Breakfast Blood Glucose/Medicine	Lunch Blood Glucose/Medicine	Dinner Blood Glucose/Medicine	Bedtime Blood Glucose/Medicine	Notes
S					
M					
T					
W					
T					
F					
S					

WEEK 2 DATES: _____

	Breakfast Blood Glucose/Medicine	Lunch Blood Glucose/Medicine	Dinner Blood Glucose/Medicine	Bedtime Blood Glucose/Medicine	Notes
S					
M					
T					
W					
T					
F					
S					



EAST REGION

[HumanaMilitary.com](https://www.humanamilitary.com)

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