

BLOOD SUGAR LOG

| DAY | | | | | NOTES |
|-----------|--|--|--|--|-------|
| SUNDAY | | | | | |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |

AVERAGE:

WEEK OF: