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| Monthly blood glucose logbook | Month of: |  |  |

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| **Day** | **Breakfast** | | **Lunch** | | **Dinner** | | **Bedtime** | | **Comments** |
|  | Pre | Post | Pre | Post | Pre | Post | Pre | Post |  |
| **1** |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |
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| **31** |  |  |  |  |  |  |  |  |  |