FOOD	AND	RI	COD	GI.	IICO	SE	DIA	RY
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NAME:

Goals: Premeal BS Less than 120

2 hours after 1st bite of meal, BS Less than 160

	BREAKFAST			LUNCH			DINNER		BREAKFAST	LUNCH	DINNER	ACTIVITIES OTHER NOTES	
	Before meal BS	Insulin	After meal BS	Before meal BS	Insulin	After Meal BS	Before Meal BS	Insulin	After Meal BS				
MON													
time													
TUES													
time													
WED								ł					
time								1					
THURS													
time													
FRI.													
time													
SAT													
time													
SUN													
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