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BLOOD SUGAR LOG

FASTING: Blood sugar when you awake, prior to eating or drinking any calories.

POSTPRANDIAL: After a meal, breakfast, lunch or dinner. This should be 1 OR 2 hours exactly.

Do not record values that are not within 5 minutes of the 1 or 2 hour marks.

You do not need to record both 1 and 2 hour postprandial values.

**if you have been asked to email your sugars in, please send them to records@juneauobgyn.com*

Date	Fasting	BREAKFAST		LUNCH		DINNER	
		1 hour	2 hour	1 hour	2 hour	1 hour	2 hour

Notes: _____

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