

Personal Information

Name _____

Phone _____

Address _____

In Case of Emergency Please Contact

Name _____

Phone _____

Address _____

Doctor's Contact

Name _____

Phone _____

Address _____

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

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Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

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Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
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	Note :				HbA1c :		
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	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
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	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

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Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
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FRI	Breakfast		Lunch		Dinner		Bedtime
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	Before	After	Before	After	Before	After	Before
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SUN	Breakfast		Lunch		Dinner		Bedtime
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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
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	Before	After	Before	After	Before	After	Before
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SUN	Breakfast		Lunch		Dinner		Bedtime
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MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
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	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
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	Before	After	Before	After	Before	After	Before
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	Before	After	Before	After	Before	After	Before
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
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	Before	After	Before	After	Before	After	Before
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WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		

Month _____

Date _____

Weight _____

MON	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
TUE	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
WED	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
THU	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
FRI	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SAT	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		
SUN	Breakfast		Lunch		Dinner		Bedtime
	Before	After	Before	After	Before	After	Before
	Note :				HbA1c :		