

F R I D A Y		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Comments	
Time:																											
Glucose																											
Insulin																											
Carbohydrate																											
Exercise																											
S A T U R D A Y		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Comments	
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Additional Comments: