

Before Meal: 70-100

1 Hour After Meal: less than 140

Bedtime (before snack): less than 120

DATE	BREAKFAST			INSULIN	LUNCH			INSULIN	DINNER			INSULIN	BEDTIME	INSULIN
TIME														
GLUCOSE														
Food & Exercise With Times				Food & Exercise With Times				Food & Exercise With Times						

DATE	BREAKFAST			INSULIN	LUNCH			INSULIN	DINNER			INSULIN	BEDTIME	INSULIN
TIME														
GLUCOSE														
Food & Exercise With Times				Food & Exercise With Times				Food & Exercise With Times						

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