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| **WEEKLY BLOOD GLUCOSE DIARY – with doses** |
| **Date** | **Record** | **Morning / Breakfast** | **Midday / Lunch** | **Evening / Dinner** | **Night / Pre-bed** |
|  |  | **Pre-meal** | **Post Meal** | **Pre-meal** | **Post Meal** | **Pre-meal** | **Post Meal** | **Pre-meal** | **Post Meal** |
|  | **Level** |  |  |  |  |  |  |  |  |
|  | **Dose** |  |  |  |  |  |  |  |  |
|  | **Meal** |  |  |  |  |  |  |  |  |
|  | **Notes** |  |  |  |  |  |  |  |  |

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|  | **Level** |  |  |  |  |  |  |  |  |
|  | **Dose** |  |  |  |  |  |  |  |  |
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| **NOTES** |