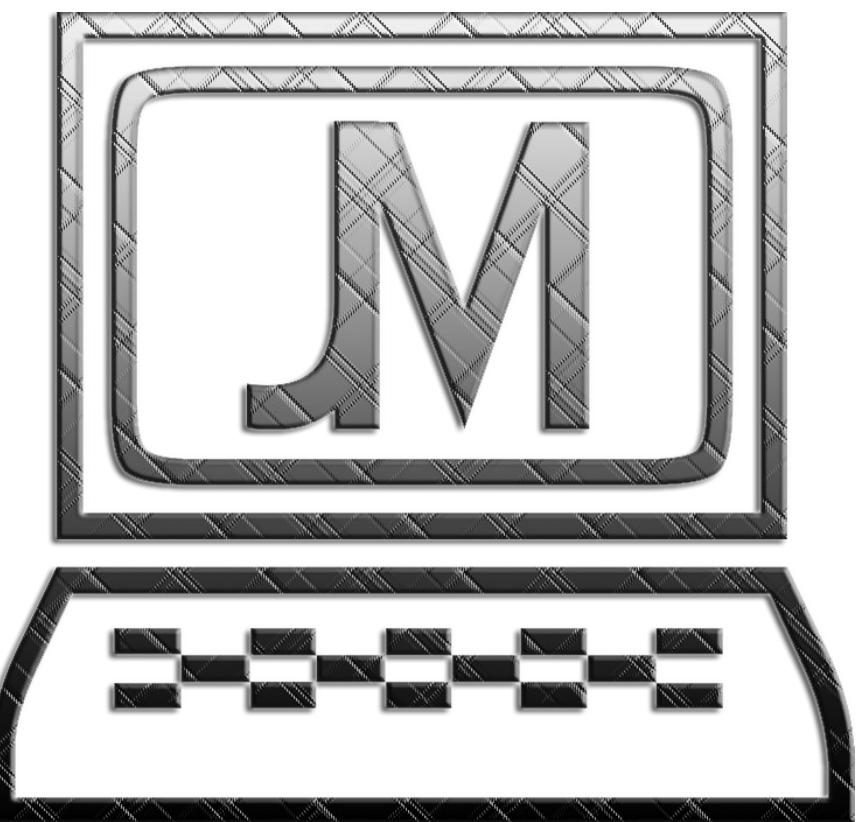


Diabetes Tracking Workbook



Weekly Glucose Sheet

	Breakfast Before / After	Lunch Before / After	Dinner Before / After	Snack Before / After
M				
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Weekly Medication Sheet

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Weekly Food Journal

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Weekly Glucose Sheet

	Breakfast Before / After	Lunch Before / After	Dinner Before / After	Snack Before / After
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Weekly Medication Sheet

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Weekly Food Journal

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Weekly Glucose Sheet

	Breakfast Before / After	Lunch Before / After	Dinner Before / After	Snack Before / After
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Weekly Medication Sheet

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Weekly Food Journal

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