

BLOOD GLUCOSE LOG SHEET



Name: _____

Age: _____

DATE	BREAKFAST		LUNCH		DINNER		NOTES (Food, Medications, Exercise)
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	

For more information about your disease, visit www.hearthartclub.com



Health Art Club

Project of MSG™

TO GET YOUR CUSTOMIZED MEAL PLAN & PERSONALIZED SUPPLEMENT RECOMMENDATIONS, VISIT US AT;
WWW.HEALTHARTCLUB.COM

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Name: _____

Age: _____

DATE	BREAKFAST		LUNCH		DINNER		BEDTIME
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	



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