BLOOD SUGAR LOG

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	1 / 1 1 / 1		F/PP/R		TIME F / PP / R	READING
M 1/1/15	F / PP / R 7am F	76	2:30pm PP	128	10pm R	116
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KEY: F=Fasting PP=Post prandial (2 hours after meal) R=Ran BS Goals for many: Fasting BS 70-110 PP or Random: Less than 140

R=Random

Your blood sugar goals may be different, so please confirm these with the doctor.