

		BLOOD SUGAR			BLOOD PRESSURE		
Date	Meal	Before	After	Time	Systolic	Diastolic	Heart Rate
Monday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Tuesday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Wednesday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Thursday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Friday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Saturday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			
Sunday / /	Breakfast			am			
	Lunch			am			
	Dinner			pm			
	Bedtime			pm			