



Date: _____ Su M T W Th F Sa
Weight: _____ Sleep: _____

Blood Sugar Level and Blood Pressure				
Time	Notes	Level	SBP	DBP

O O O O O O O O O O O O O O O

1 cup = 8 fluid oz = 0.24 liters

Exercise/Activity	Time	Dist	Wght	Reps

Fold Here

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