

In case of emergency

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DAY	MEAL	BLOOD	NOTES	
5,11	1012712	BEFORE	AFTER	100120
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DAY	MEAL	BLOOD	NOTES	
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DAY	BLOOD SUGAR MEAL			NOTES
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	Bedtime			
	Breakfast			
MED	Lunch			
WED	Dinner			
	Bedtime			
	Breakfast			
THU	Lunch			
Inu	Dinner			
	Bedtime			
	Breakfast			
EDI	Lunch			
FRI	Dinner			
	Bedtime			
	Breakfast			
CAT	Lunch			
SAT	Dinner			
	Bedtime			
	Breakfast			
CLIN	Lunch			
SUN	Dinner			
	Bedtime			

DAY	BLOOD SUGAR MEAL			NOTES
	1012712	BEFORE	AFTER	100120
	Breakfast			
MON	Lunch			
IVIOIN	Dinner			
	Bedtime			
	Breakfast			
TUE	Lunch			
IOE	Dinner			
	Bedtime			
	Breakfast			
MED	Lunch			
WED	Dinner			
	Bedtime			
	Breakfast			
THU	Lunch			
Inu	Dinner			
	Bedtime			
	Breakfast			
EDI	Lunch			
FRI	Dinner			
	Bedtime			
	Breakfast			
CAT	Lunch			
SAT	Dinner			
	Bedtime			
	Breakfast			
CLIN	Lunch			
SUN	Dinner			
	Bedtime			

DAY	BLOOD SUGAR MEAL			NOTES
	1012712	BEFORE	AFTER	100120
	Breakfast			
MON	Lunch			
IVIOIN	Dinner			
	Bedtime			
	Breakfast			
TUE	Lunch			
IOE	Dinner			
	Bedtime			
	Breakfast			
MED	Lunch			
WED	Dinner			
	Bedtime			
	Breakfast			
THU	Lunch			
Inu	Dinner			
	Bedtime			
	Breakfast			
EDI	Lunch			
FRI	Dinner			
	Bedtime			
	Breakfast			
CAT	Lunch			
SAT	Dinner			
	Bedtime			
	Breakfast			
CLIN	Lunch			
SUN	Dinner			
	Bedtime			

DAY	BLOOD SUGAR MEAL			NOTES
	1012712	BEFORE	AFTER	100120
	Breakfast			
MON	Lunch			
IVIOIN	Dinner			
	Bedtime			
	Breakfast			
TUE	Lunch			
IOE	Dinner			
	Bedtime			
	Breakfast			
MED	Lunch			
WED	Dinner			
	Bedtime			
	Breakfast			
THU	Lunch			
Inu	Dinner			
	Bedtime			
	Breakfast			
EDI	Lunch			
FRI	Dinner			
	Bedtime			
	Breakfast			
CAT	Lunch			
SAT	Dinner			
	Bedtime			
	Breakfast			
CLIN	Lunch			
SUN	Dinner			
	Bedtime			

DAY	BLOOD SUGAR MEAL			NOTES
	1012712	BEFORE	AFTER	100120
	Breakfast			
MON	Lunch			
IVIOIN	Dinner			
	Bedtime			
	Breakfast			
TUE	Lunch			
IOE	Dinner			
	Bedtime			
	Breakfast			
MED	Lunch			
WED	Dinner			
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FRI	Dinner			
	Bedtime			
	Breakfast			
CAT	Lunch			
SAT	Dinner			
	Bedtime			
	Breakfast			
CLIN	Lunch			
SUN	Dinner			
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	1012712	BEFORE	AFTER	100120
	Breakfast			
MON	Lunch			
IVIOIN	Dinner			
	Bedtime			
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MED	Lunch			
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FRI	Dinner			
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FRI	Dinner			
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SAT	Dinner			
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	Breakfast			
MON	Lunch			
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MED	Lunch			
WED	Dinner			
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FRI	Dinner			
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SAT	Dinner			
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FRI	Dinner			
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SAT	Dinner			
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SUN	Dinner			
	Bedtime			