## Your Diabetes Endocrine Nutrition Group, LLC

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SEFORE / AFTER BLOOD GLUCOSE RECORD of	COMMENTS ACTIVITY AND MEALS																				
	OR OPAL AGENT																				
	DOSE OF INSULIN OR ORAL AGENT																				
	OTHER TIMES																				
	BEDTIME												-								
	SUPPER				·																
	LUNCH																				
	BREAKFAST																				-
SEFORE	DATE																				

TEST BEFORE / AFTER

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