**Blood Sugar Log for Diabetes Not on Insulin**

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| Date | Breakfast | | Lunch | | Dinner | | Bedtime |
|---|---|---|---|---|---|---|---|
| | Before Meal | 2 Hours After Meal | Before Meal | 2 Hours After Meal | Before Meal | 2 Hours After Meal | |
| | *70-100* | *70-140* | *70-100* | *70-140* | *70-100* | *70-140* | *70-140* |
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