Blood Sugar Log for Diabetes with NPH/Regular Twice Daily

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Date	Breakfast						Lunch						Dinner						Bedtime	
	Before Meal	Carbs	Units Reg	Units NPH	2 Hrs After Meal	Units Reg	Before Meal	Carbs	Units Reg	Units NPH	2 Hrs After Meal	Units Reg	Before Meal	Carbs	Units Reg	Units NPH	2 Hrs After Meal	Units Reg	BS	Units Reg