Monitoring Blood Glucose

CANDIAN DIABETES CARE GUIDE

	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Supper	2 Hours After Supper	Before Bed
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							