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Diabetes Sheet Record: Blood Sugar And Meal Log



Synopsis

Blank Blood Sugar LogGet Your Copy Today!Portable Size 6 inches by 9 inchesEnough Space for writingInclude Sections for:YearMonthDateMealsBreakfastLunchDinnerSnacksBedtimeNotesBuy One Today and keep track of your sugar level

Book Information

Paperback: 103 pages

Publisher: Independently published (June 8, 2017)

Language: English

ISBN-10: 1521463409

ISBN-13: 978-1521463406

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

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Customer Reviews

Perfect to keep up with my blood sugar test and room for comments, etc. I recently found out that I'm diabetic and I'm testing 3 to 4 times a day so that I can see how what I eat affects my blood sugar. This log book has an entry place for Fasting (before breakfast) and before and after all other meals and bedtime. I even write my blood pressure results in it so that I'll have my readings all in one place. I can put this in my purse and take it to the doctor with me so he can see exactly how I've been doing since my last visit.

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Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) DIABETES: The Best Foods for Diabetes - 100 Easy, Delicious and Mouthwatering Superfoods to Reverse Diabetes and Lower Blood Sugar - The Smart Blood Sugar ... cookbook,diabetic food,diabetes mellitus) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Diabetes Sheet Record: Blood Sugar And Meal Log DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And ... Cookbook, Diabetes Diet Plan) (Volume 7) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6)

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