



Apollo
Healthcare
Associates

Apollo Healthcare

1326 Malabar Rd SE
Suite 3
Palm Bay, FL 32907
P: 321-409-6100
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Blood glucose log pre & post meal

| Date | Breakfast | 2h pp | Lunch | 2h pp | Dinner | 2h pp | Bedtime |
|------|-----------|-------|-------|-------|--------|-------|---------|
| 1 | | | | | | | |
| 2 | | | | | | | |
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| 30 | | | | | | | |
| 31 | | | | | | | |

Goal BG: Before meals <100
2h after meals <140