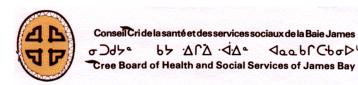
Self care diary	Medications:	



Date	Fasting Blood Sugar	Breakfast	1-2h Blood sugar	Before lunch blood sugar	Lunch	1-2h blood sugars	Before supper blood sugar	Supper	1-2 h blood sugar	Bedtime blood sugar	Physical activity for the day
				Suyai			Sugai				

<sup>\*\*</sup>write all the food and drinks that you consume during the day and specify portion sizes \*\*