

Blood Sugar Log

Monday	Tuesday	Wednesday	Thursday
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
Friday	Saturday	Sunday	Monday
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
Tuesday	Wednesday	Thursday	Friday
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
Saturday	Sunday	Monday	Tuesday
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	

MolinaHealthcare.com



Your Extended Family.

Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English: **(888) 275-8750** Español: **(866) 648-3537** TTY/TDD: **711**

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