

Blood Sugar Tracker

[#blood sugar tracker](#) [#glucose level log](#) [#diabetes management app](#) [#blood glucose monitor](#) [#track blood sugar daily](#)

Empower your health journey with our intuitive blood sugar tracker, designed to simplify glucose level log management. This essential diabetes management app allows you to easily track blood sugar daily, providing a clear blood glucose monitor of your readings to help you understand trends and make informed health decisions for optimal well-being.

Our repository of research papers spans multiple disciplines and study areas.

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Here you can access the full version Blood Sugar Tracker App without any cost.

Diabetes Log Book

Diabetes log for pre-diabetes and diabetes type 1 to record daily blood sugar. Detail Personal information and blood sugar levels chart. 2 pages per weekly (53 weeks) records before and after for breakfast, lunch, dinner, snacks, bedtime & sleep (hr), medication / insulin, daily comments (such as diet, exercises, illness, stress), weight and weekly note. 2 blank note pages. Pocket size 6 x 9 Inches. Use this tracker as a guide for your physician to determine what your glucose levels are now and what your target goals should be to manage your condition. Keeping a daily log of your results is vital in tracking how your diabetes care plan is working

Blood Sugar Tracker

This Blood Sugar Diary has been specially designed for you to be able to accurately monitor your blood glucose. You can keep a 2 Year History in one log offering you and health professionals easy and safe access. Each day allows for monitoring your blood sugar up to 7 times a day (before & after meals + bedtime) and can be started at any time of the year. Every day also contains an extra section to write down your notes. The diary is also small (approx. 6x9 inches or 15 x 23cm) so you can easily take it with you wherever you go. 2 Year Blood Sugar Diary - Each day has plenty of space to record all the important details. Practical Size - The dimensions of our Glucose Log Book are 6 x 9 inch (15.2 by 22.9 cm) allowing you to take it anywhere. Glucose Records - You can track your results 7 times a day, 7 days a week. It includes before and after results for breakfast, lunch, dinner and bedtime. Plus, an extra section each day for all your notes. Safe Record Keeping - Using your blood sugar logbook allows you to keep all your records safely for 104 weeks (2 years!) in one place. This diary has been thoughtfully designed to assist you in your blood sugar record keeping as recommended by health professionals. Get your copy today

All My Diabetes Shit

Two Years Diabetic Planner and Blood Sugar Tracker Easy Daily Tracker Diabetes Glucose Notebook | Diabetic Health Monitor Journal | Glucose Log Book | Organizer & Medical Diary | Daily Record Book For Glucose Features: PORTABLE SIZE -Slim enough to fit into most purse with only 6" x 9". Bring this anywhere with you! TAKE CONTROL OF DIABETES -Keep track of important information for diabetes blood sugar levels, health notes and meal tracking TWO YEARS DIABETES LOG BOOK -This helpful two years blood sugar journal acts as a log book for diabetics, which you can take down your level of blood glucose before & after breakfast, lunch, dinner and bedtime. This glucose monitor log book is daily and undated, thus you would not miss any important days. EVERY DAY NOTES -List down the what worked, what did not work, and also how is your morning changed or improved, for every day. Keep improving and changing your habits and diet to make it better and better. Room to record information for every day of the week Daily sections for the date, breakfast, lunch, dinner and bedtime notes, readings for before and after meals Record what your blood sugar level is at that moment If you would like to see a sample of the notebook, click on the "Look Inside" feature>About this notebook: Dimensions: 6" x 9" 15.24 x 22.86 cm) Interior: White Paper Pages: 110 Acid Free Paper Soft, laminated paperback cover Great size to carry everywhere in your bag, backpack for work, office and home Perfect for gel pen, ink or pencils Click Author name to see more books. Get yours now!

All My Diabetes Shit, Blood Sugar Log

All My Diabetes Shit, Blood Sugar Log: Blood Sugar Tracker, Daily Record & Chart Your Glucose Readings Book This Blood Sugar Log is a perfect way to keep track and monitor your glucose levels for diabetics. Makes a great way to take control of your diabetes health, whether you have type 1 or type 2. This journal comes with: Personal Contacts Page Notes For Details & Information (Insulin Use, Food Intake, Symptoms, Etc.) Undated For Your Convenience Sunday-Saturday Daily Record Your Reading Before & After Breakfast, Lunch, Dinner & Bedtime 180 Weeks, Almost 3 1/2 Years Easy to use. Makes a great gift for that special diabetic in your life. Size is 6x9 inches, white paper, black ink. soft matte finish cover, paperback.

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Glucose Monitoring Log

Diabetes is a manageable disease - if managed well. Diabetes and data go hand in hand, and without data it's hard to know what to change or where to focus. A blood sugar log helps diabetics do just that. We have designed our log book to be: USEFUL & CONVENIENT -What better way to keep record of two of your most vital signs, blood sugar and blood pressure than by doing it the old-fashioned way? By writing everything down, you will find it easier to refer back and see what you did or did not do. Keep track without feeling overwhelmed. Simple and easy to use, the pages are ready and waiting to be filled with: Before And After Blood Sugar Readings Sections For - Breakfast - Lunch - Dinner - Snacks - Bedtime A NOTEBOOK BUILT TO LAST- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. WELL-CRAFTED INTERIOR- With 104 pages, we used only thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. PERFECT SIZE- With its 15.24 x 22.86 cm (6" x 9") dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect companion no matter how far or close, or wherever your trip will be. COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. While it takes effort and a little discipline to keep a diabetes logbook, once started, it quickly becomes a habit. Becoming more engaged with your diabetes should improve overall diabetes management. Get started today and add this monitoring log to your cart!

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Blood Sugar Log Book: Diabetes Blood Glucose Monitoring Journal

If you are diabetic, then keeping track of your blood sugar levels is essential to preventing complications and to ensure that your diabetes care plan is working. Use this handy undated blood sugar tracker to keep a running log of your daily blood sugar levels. Lightweight and convenient size 6 x 9 inches with 122 pages, this log book can help you identify blood glucose problems before they get out of control.

Blood Sugar Log

Blood Sugar Log: Blood Sugar Tracker, Daily Record & Chart Your Glucose Readings Book This Blood Sugar Log is a perfect way to keep track and monitor your glucose levels for diabetics. Makes a great way to take control of your diabetes health, whether you have type 1 or type 2. This journal comes with: Personal Contacts Page Notes For Details & Information (Insulin Use, Food Intake, Symptoms, Etc.) Undated For Your Convenience Sunday-Saturday Daily Record Your Reading Before & After Breakfast, Lunch, Dinner & Bedtime 180 Weeks, Almost 3 1/2 Years Easy to use. Makes a great gift for that special diabetic in your life. Size is 6x9 inches, white paper, black ink. soft matte finish cover, paperback.

Taking Fucking Control of This Diabetes Shit

Two Years Diabetic Planner and Blood Sugar Tracker Easy Daily Tracker Diabetes Glucose Notebook | Diabetic Health Monitor Journal | Glucose Log Book | Organizer & Medical Diary ~~F~~ **Daily Record Book For Glucose Features: PORTABLE SIZE** -Slim enough to fit into most purse with only 6" x 9". Bring this anywhere with you! **TAKE CONTROL OF DIABETES** -Keep track of important information for diabetes blood sugar levels, health notes and meal tracking **TWO YEARS DIABETES LOG BOOK** -This helpful two years blood sugar journal acts as a log book for diabetics, which you can take down your level of blood glucose before & after breakfast, lunch, dinner and bedtime. This glucose monitor log book is daily and undated, thus you would not miss any important days. **EVERY DAY NOTES** -List down the what worked, what did not work, and also how is your morning changed or improved, for every day. Keep improving and changing your habits and diet to make it better and better. Room to record information for every day of the week Daily sections for the date, breakfast, lunch, dinner and bedtime notes, readings for before and after meals Record what your blood sugar level is at that moment If you would like to see a sample of the notebook, click on the "Look Inside" feature ~~About this notebook:~~ Dimensions: 6" x 9" 15.24 x 22.86 cm) Interior: White Paper Pages: 110 Acid Free Paper Soft, laminated paperback cover Great size to carry everywhere in your bag, backpack for work, office and home Perfect for gel pen, ink or pencils Click Author name to see more books. Get yours now!

The Blood Sugar Tracker

The Blood Sugar Tracker is a journal and log book to track your eating and record your blood sugar levels four times per day during breakfast, and lunch, dinner, and at bedtime. In this daily tracker. You can record your daily blood sugar levels, carb intake, insulin usage, and physical activity. There is also a

notes section to write any other events that took place during the day. The daily log pages are also good for recording diet and nutritional information like meals and ingredients in your food. In addition, you can also write down mood, energy level, and activity level during each blood glucose tracking event.

Glucose Monitoring Log

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Only The Coolest Diabetics Have Beards, Blood Sugar Log

Only The Coolest Diabetics Have Beards, Blood Sugar Log: Blood Sugar Tracker, Daily Record & Chart Your Glucose Readings Book This Blood Sugar Log is a perfect way to keep track and monitor your glucose levels for diabetics. Makes a great way to take control of your diabetes health, whether you have type 1 or type 2. This journal comes with: Personal Contacts Page Notes For Details & Information (Insulin Use, Food Intake, Symptoms, Etc.) Undated For Your Convenience Sunday-Saturday Daily Record Your Reading Before & After Breakfast, Lunch, Dinner & Bedtime 180 Weeks, Almost 3 1/2 Years Easy to use. Makes a great gift for that special diabetic in your life. Size is 6x9 inches, white paper, black ink. soft matte finish cover, paperback.

Blood Sugar Tracker Log Book

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Diabetes Log Book for Kids

Diabetes log for kids to record daily blood sugar. 2 pages per weekly (53 weeks) records before and after for breakfast, lunch, dinner, snacks, bedtime & sleep (hr), medication / insulin, daily comments (such as diet, exercises, illness, stress), weight and weekly note. 2 blank note pages. Size 7 x 10 Inches.

Use this tracker as a guide for your physician to determine what your glucose levels are now and what your target goals should be to manage your condition. Keeping a daily log of your results is vital in tracking how your diabetes care plan is working

All My Diabetes Shit

~~Two Years~~ Glucose Log Book - This Glucose Log Book has been specially designed for You to be able to keep accurate blood sugar monitoring. You can keep a full 2 years history safely in one place allowing you and health professionals easy and safe access. If you want to find out why you should keep a diary and in what he can help you - read on - ~~Why should you keep a diary?:~~ ~~U~~Makes it possible to control the disease ~~U~~Checks if the insulin dose is well-chosen ~~U~~Allows you to see what are the fluctuations in sugar ~~U~~Helps the doctor choose the right therapy Daily measurements of the level of glucose in the blood enable normal functioning of the patient. Self-control is very important in the treatment of diabetes, because it is thanks to her that therapy is possible. It should be remembered, however, that diary will be useful only if three golden rules are used in it: Regularly - Only daily and systematic measurements will ensure health and good functioning of the body. Insulin administration depends on them, which is why it is extremely important element of treatment. Honestly - It should be remembered that diary is a personal notebook, so it is up to the patient to decide whether what he records in it will be effective in the form of effective treatment. Only real records will benefit you. Currently - It is worth remembering that diary should contain all current data. In addition to the measurements must have personal data, as well as information about chronic diseases. Update them on a regular basis. Features: PORTABLE SIZE - Slim enough to fit into most purse with only 6" x 9". Bring this anywhere with you! TAKE CONTROL OF DIABETES - Keep track of important information for diabetes blood sugar levels, health notes and meal tracking TWO YEARS DIABETES LOG BOOK - This helpful two years blood sugar journal acts as a log book for diabetics, which you can take down your level of blood glucose before & after breakfast, lunch, dinner and bedtime. This glucose monitor log book is daily and undated, thus you would not miss any important days. EVERY DAY NOTES - List down the what worked, what did not work, and also how is your morning changed or improved, for every day. Keep improving and changing your habits and diet to make it better and better. Room to record information for every day of the week Daily sections for the date, breakfast, lunch, dinner and bedtime notes, readings for before and after meals Record what your blood sugar level is at that moment If you would like to see a sample of the notebook, click on the "Look Inside" feature - About this notebook: Dimensions: 6" x 9" 15.24 x 22.86 cm) Interior: White Paper Pages: 110 Acid Free Paper Soft, laminated paperback cover Great size to carry everywhere in your bag, backpack for work, office and home Perfect for gel pen, ink or pencils Click Author name to see more books. Get yours now!

Glucose Tracker

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My Blood Sugar Tracker: Blood Glucose & Diet Diabetes Tracking Journal Log. 6 X 9 Inch Record Daily Breakfast, Lunch, Dinner, Bedtime Sugar Le

* Beautiful Cover With Low-Visible Title For Privacy * Portable 6 x 9 size, fits Purse, Briefcase, Backpack or Nightstand* Designed For 26 Weeks Of Tracking Daily Numbers* Personal Information

Blood Sugar Tracker

The Insulin Home Diabetic Chart and Diabetic Log Book helps you monitor your blood sugar levels at least 4 times a day (before and after meals, before bedtime and other readings) Keep all of your results in one place. Take and show to the doctor. (No more worries about forgetting the details.) The Diabetic Log is a great way to keep record of two of your most vital signs, blood sugar and blood pressure. This large 8.5" x 11" book has plenty room to write plus its easy to read! 30 Pages 4 Weeks/Page Total 120 Weeks

The Book of Little Pricks

Your health is so important! The perfect blood sugar logbook for you to make it easy and quick to write down your daily blood sugar readings & notes before and after breakfast, lunch, dinner and bedtime. Plus, an additional section each day for all significant notes that might influence your health. Ideal for recording your daily blood glucose levels and keep track of all your results in one place. Take this record book with you at every Doctor's appointment and stay on top of your blood sugar issues before they get out of control. What makes this logbook very useful? Pocket Size 6x9 inches, practical & easy to carry with you. 110 Pages enough to keep track of your blood sugar for 2 year Grab your blood sugar logbook and start monitoring your blood sugar levels today! Get your copy now.

All My Diabetes Shit

1 Year Blood Sugar Log Book Note your daily blood sugar readings with this journal and rate your weekly overall feeling. Light and small, so easy to carry with you! Use the extra space for notes, meals, carbs, fat, etc. Record your levels from Monday till Sunday for up to 53 weeks. Breakfast (before and after) Lunch (before and after) Dinner (before and after) Bedtime (before and after) Product Features: Diabetes Log Book One Year Glucose Tracker 6" x 9" (15.24 x 22.86 cm) Premium Matte (Soft) matte Cover Perfect present for moms, daughters, fathers, sons, family or friends for their Birthday or for Christmas. GET YOURS TODAY!

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Blood Sugar Tracker Log Book

Keep track of your diabetes using our simple blood sugar tracker log book! This Blood Sugar Tracker log book is perfect to keep track of your blood sugar levels. Each page contains columns that include before and after tracking for breakfast, lunch, dinner, and bedtime and space for writing your daily notes. This blood sugar tracker journal is great for your friend or family member who is diabetic and needs to keep track and manage their diabetes. The Book Contains: * 118 pages containing Before and after blood sugar reading section for "Breakfast"

Blood Sugar Tracker For Girls

Blood Sugar Tracker For Girls: Blood Sugar Diary Diabetes For Girls Journal Blood Sugar Level Chart 100 Record Pages For Girls 8.5 In By 11 In This Blood Sugar Log book contains 100 of pages to monitor tracking your blood glucose level and take notes. Blood Glucose Monitoring Record Journal Blood Sugar And Meal Log Use this tracker as a guide for your physician to determine what your glucose levels are now and what your target goals should be to manage your condition. This journal makes it easy to keep track of your insulin injections and blood sugar readings. Blood Glucose Record page Blood Sugar Level Chart

Glucose Log Book

~~Two~~ Years Glucose Log Book ~~This~~ Glucose Log Book has been specially designed for You to be able to keep accurate blood sugar monitoring. You can keep a full 2 years history safely in one place allowing you and health professionals easy and safe access. If you want to find out why you should keep a diary and in what he can help you - read on ~~Why~~ should you keep a diary?: ~~U~~ Makes it possible to control the disease ~~C~~ Checks if the insulin dose is well-chosen ~~A~~ Allows you to see what are the fluctuations in sugar

Helps the doctor choose the right therapy Daily measurements of the level of glucose in the blood enable normal functioning of the patient. Self-control is very important in the treatment of diabetes, because it is thanks to her that therapy is possible. It should be remembered, however, that diary will be useful only if three golden rules are used in it: Regularly - Only daily and systematic measurements will ensure health and good functioning of the body. Insulin administration depends on them, which is why it is extremely important element of treatment. Honestly - It should be remembered that diary is a personal notebook, so it is up to the patient to decide whether what he records in it will be effective in the form of effective treatment. Only real records will benefit you. Currently - It is worth remembering that diary should contain all current data. In addition to the measurements must have personal data, as well as information about chronic diseases. Update them on a regular basis. Features: PORTABLE SIZE -Slim enough to fit into most purse with only 6" x 9". Bring this anywhere with you! TAKE CONTROL OF DIABETES -Keep track of important information for diabetes blood sugar levels, health notes and meal tracking TWO YEARS DIABETES LOG BOOK -This helpful two years blood sugar journal acts as a log book for diabetics, which you can take down your level of blood glucose before & after breakfast, lunch, dinner and bedtime. This glucose monitor log book is daily and undated, thus you would not miss any important days. EVERY DAY NOTES -List down the what worked, what did not work, and also how is your morning changed or improved, for every day. Keep improving and changing your habits and diet to make it better and better. Room to record information for every day of the week Daily sections for the date, breakfast, lunch, dinner and bedtime notes, readings for before and after meals Record what your blood sugar level is at that moment If you would like to see a sample of the notebook, click on the "Look Inside" feature>About this notebook: Dimensions: 6" x 9" 15.24 x 22.86 cm) Interior: White Paper Pages: 110 Acid Free Paper Soft, laminated paperback cover Great size to carry everywhere in your bag, backpack for work, office and home Perfect for gel pen, ink or pencils Click Author name to see more books. Get yours now!

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glucose tracker Journal With Weekly Reviews; Medical Diary, Organizer & Logbook with Matte Cover.Good Size: Slim enough to fit into the most purse with only 6"x 9". take it with you for any place!diabetes management book: This helpful 120 pages blood sugar journal acts as a logbook for diabetics, which you can take down your level of blood glucose before & after breakfast, lunch, dinner and during bedtime. This glucose monitor logbook is daily and undated, thus you would not miss any important days.CONTROL OF DIABETES: This diabetic blood sugar logbook has reviewed at the end of every 4 weeks. Put down what has worked, not worked, and also the plan for the next month. This makes you stay motivated to any plan that you have and also monitor your progress towards a better life.EVERY MONTH REVIEW: List down the "what Good\

Be Nice to Diabetics We Deal with Enough Pricks: Blood Sugar Tracker

Keep your information about blood sugar with this Blood Sugar Tracker Featuring daily pages for recording Before And After Blood Sugar Readings. this logbook is an invaluable tool that can help you manage your blood sugar for optimal health. Details 8.5 x 11 inches Paper Colour white 100 Pages

Diabetes Blood Sugar Tracker Journal

Keep a daily record of your blood glucose levels with The Tracker Journal: A Blood Sugar Journal, a beautifully designed, easy to use workbook that's perfect for Type 1 or 2 Diabetes. A blood sugar diary is a valuable tool to communicate with your healthcare providers, and may help reveal trends and patterns that you may not have noticed. This 6x9 softcover logbook includes one page per week fields for your blood sugar reading before and after breakfast, lunch, dinner, and bedtime, a short checklist for key reminders of the week. Space is provided for 2 years of tracking.

Blood Sugar Tracker

When dealing with diabetes, holding yourself accountable for diet and lifestyle changes is crucial to managing the condition. Our Diabetes Log Book is the perfect place to record every detail, including meals, sugar levels, water consumption, and activity. By maintaining a consistent diary, you can improve your numbers as you learn more about what works. This straightforward and practical approach takes health journaling to the next level with additional prompts for notes on feelings and a sleep tracker. Discover the most simple and complete method for living your best life. Product Details:

Diabetic Log Book

This food and blood sugar log will help you to not only track blood glucose levels, but also track your insulin doses, carbs, and activity four times per day - breakfast, lunch, dinner, and at bedtime (along with snacks in between). It provides a weekly log per page and contains 120 pages (over 2 years worth). There's extra space to record notes for other nutritional content, meal or activity information each day.

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Diabetic Log for Kids

Diabetes log for kids to record daily blood sugar. 2 pages per weekly (53 weeks) records before and after for breakfast, lunch, dinner, snacks, bedtime & sleep (hr), medication / insulin, daily comments (such as diet, exercises, illness, stress), weight and weekly note. 2 blank note pages. Size 7 x 10 Inches. Use this tracker as a guide for your physician to determine what your glucose levels are now and what your target goals should be to manage your condition. Keeping a daily log of your results is vital in tracking how your diabetes care plan is working

Blood Sugar Tracker

Blood Sugar Record Book! Your Doctor Will Love It! Skipping meals is just one low blood sugar cause you need to avoid. When you skip meals your body is starved for nutrients and doesn't really know what to do with itself. When your body does not know what to do with itself it will eventually tell you it needs food by sending signals that it needs to eat. Some symptoms that your body sends out are blurred vision, dizziness, mental confusion, sweating, weakness, and abnormal behavior. When you experience these symptoms the only thing that should enter your mind is to get something to eat to raise your blood sugar as fast as you can. You need to get your blood sugars under control otherwise you may find yourself in some serious trouble at some point. Low blood sugar, or hypoglycemia, can be a serious condition if not brought under control. Here's what you do: keep a daily record of your BS, included in this log book is: Days of Week, Breakfast, Lunch, Dinner, Bedtime, place for Notes, Before, After and So Much More! Makes a Great Gift Under 10 For: Diabetics Long Term Care Patients Clients Medical Information Type One and Two Doctor's Visits Nurses

Blood Glucose Log Book

Blood Glucose Log Book This Glucose log book has been specially designed for you to be able to keep accurate blood sugar logs. You can keep a full 2 years history safely in one place allowing you and health professionals easy and safe access. -Safe Record Keeping - Using your 'Glucose Log Book' allows you to keep all your records safely for 2 years in one place. Don't rely on scraps of paper, or electronic devices that can fail at any moment. These records are important, please treat them that way. -Glucose Log Book' has been thoughtfully designed to assist you in your blood sugar record keeping as recommended by health professionals. Get your copy now.

All My Diabetes Shit Notebook

Awesome Blood Sugar Tracker Journal: Note your daily blood sugar readings with this journal and rate your weekly overall feeling. Light and small, so easy to carry with you and it makes an useful Christmas or birthday gift! Use the extra space for notes, meals, carbs, fat, etc. Record your levels from Monday till Sunday (2 years) you will never have to lose your records again !: • Breakfast (before and after) • Lunch (before and after) • Dinner (before and after) • Bedtime (before and after) Product Details: Premium Matte-Finish cover design 109 Pages of Diabetic Blood Sugar Log Book Plus Owners Details and a few journal enter pages Check the inside to see full details of the pages which include space for 4 tests during the day at breakfast, lunch, dinner and bedtime. Also includes undated pages so you can start at any time. Printed on High Quality, Bright White Paper Stock

Glucose Monitoring Log

Diabetes is a manageable disease - if managed well. Diabetes and data go hand in hand, and without data it's hard to know what to change or where to focus. A blood sugar log helps diabetics do just that. We have designed our log book to be: **USEFUL & CONVENIENT** -What better way to keep record of two of your most vital signs, blood sugar and blood pressure than by doing it the old-fashioned way? By writing everything down, you will find it easier to refer back and see what you did or did not do. Keep track without feeling overwhelmed. Simple and easy to use, the pages are ready and waiting to be filled with: Before And After Blood Sugar Readings Sections For - Breakfast - Lunch - Dinner - Snacks - Bedtime A **NOTEBOOK BUILT TO LAST**- We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart. The sturdy cover is made of tough paperback with strong, secure professional trade binding so the pages won't fall out after a few months of use. **WELL-CRAFTED INTERIOR**- With 104 pages, we used only thick, white paper to avoid ink bleed-through. The columns are clearly marked to make it easy to fill out and to cross reference. **PERFECT SIZE**- With its 15.24 x 22.86 cm (6" x 9") dimensions, you can squeeze it into a purse with ease. Lightweight and durable, it's the perfect companion no matter how far or close, or wherever your trip will be. **COOL COVERS!**- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. While it takes effort and a little discipline to keep a diabetes logbook, once started, it quickly becomes a habit. Becoming more engaged with your diabetes should improve overall diabetes management. Get started today and add this monitoring log to your cart!

Blood Sugar Tracker And Food Diary

This comprehensive and easy to use food journal and blood sugar log makes keeping track of your food intake and blood glucose easy! You can use this to log up to 90 days to record your meals and your blood sugar readings. Features: 6"x9" dimensions makes each page large enough to record your blood sugar readings and food intake, but still convenient to carry with you! Places to record information for breakfast, lunch, dinner and three snacks. Places to record calories, carbs, sugars, protein, and fat for each food. Track your blood sugar readings four times a day with places to record before and after readings at breakfast, lunch, dinner and bedtime as well as insulin taken. The ability to track water intake, exercise, sleep patterns, weight, and medicines. This book includes a title page to record who the log book belongs to as well as emergency contact information. Also includes nine pages at the back back of the book for any general notes that you may have regarding your health or nutrition. Paperback with Matte Finish **ORDER TODAY FOR YOU OR A LOVED ONE!!**

Blood Sugar Tracker

This unique blood sugar log book been created for diabetic person who can track blood sugar, insulin dose, grams and carbs. Keep all your results in one place and take it to the doctor if needed. Stay healthy and happy !This notebook makes a perfect gift for your friends and family ! Grab one today.