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## Fasting Blood Sugar Log

Date	Time	Blood Sugar Level	Comments
	□ a.m. □ p.m.		
	□ a.m. □ p.m.		
	□ a.m. □ p.m.		
	□ a.m. □ p.m.		
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	□ a.m. □ p.m.		
	□ a.m. □ p.m.		