**Diary for Adult Diabetics**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Month/Year:\_\_\_\_\_\_\_\_\_\_\_

**Sunday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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 **Monday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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**Tuesday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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**Wednesday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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**Thursday**

Date\_\_\_\_ Mg/dL Activity Comments

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| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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**Friday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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**Saturday**

Date\_\_\_\_ Mg/dL Activity Comments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME: |  |  |  |  |
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|  |  |  |  |  |
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