

# Blood Sugar Log

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	
<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>
Before Breakfast	Before Lunch	Before Dinner	Before Bed
2 Hours After Breakfast	2 Hours After Lunch	2 Hours After Dinner	

[MolinaHealthcare.com](http://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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