



Blood Sugar Diary: Diabetes Journal for 53 Weeks (Pink) (Paperback)

By Cute Food Diary Ideas

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Blood Sugar Diary Blood Sugar Chart for One Full Year (53 Weeks) Monitor your blood sugar 4 times a day. The following areas are included: Weekdays Monday - Sunday: - Breakfast (before / after) - Lunch (before / after) - Dinner (before / after) - Bedtime (before) - Other measurements You can start your journal at any time. Use the Look Inside feature of Amazon or look at the back of the book to see a sample page of the inside. The pages of this journal are cream-colored and tightly bound with a shiny paperback cover (flexible, thin binding, no firm cover) - perfect for customers who prefer slim, light notebooks. Comfortable division of sections and line spacing. The journal is 6x9 inch tall.



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