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Type 2 Diabetes Blood Glucose Monitoring Log

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This is a log book that will help you keep track of your daily blood glucose levels, medication(s), diet and exercise. I created this book to help me manage my Type 2 diabetes and hope that others will find as helpful to them as it has been to me since I was diagnosed with diabetes and began testing my blood glucose levels with a glucometer. Recording my levels, exercise and foods has helped me spot trends and problems. I recommend this book to anyone in a similar situation.

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