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| **Date** | **Results** | **Breakfast** | **Mid-morning** | **Lunch** | **Afternoon** | **Dinner** | **Bedtime** | **Overnight** | **Comments** (Exercise, illness, ketones, snacks, other) |
|  | **Time****BG** |  |  |  |  |  |  |  |  |
| **Carbs****Insulin** |  |  |  |  |  |  |  |  |
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