[redacted]

Steps TO Balance™

A knowledge & support program for managing type 2 diabetes

Blood Glucose and Medicine Tracker (< = less than)

Goal	<___ mg/dL	<___ mg/dL							
Date	Before Breakfast	2 Hours After Breakfast	Before Lunch	2 Hours After Lunch	Before Dinner	2 Hours After Dinner	Before Bed	Exercise	Notes

[redacted]