

BLOOD SUGAR *Planner*



EMERGENCY CONTACT LIST

FIRST AID KIT LOCATION:

EMERGENCY NUMBERS

AMULANCE:

POLICE:

PEDIATRICIAN:

OSBTETRICIAN:

VET:

FIRE DEPT:

PHARMACY:

DENTIST:

PSYCHOLOGIST:

PSYCHIATRIST:

ELECTRICAL:

INTERNET:

WATER:

GAS:

[illegible]

CONTACT LIST

NAME:	SPECIALIZATION:
CONTACT:	EMAIL ID:
ADDRESS:	NOTES:

NAME:	SPECIALIZATION:
CONTACT:	EMAIL ID:
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NAME:	SPECIALIZATION:
CONTACT:	EMAIL ID:
ADDRESS:	NOTES:

MEDICAL INSURANCE

PROVIDER:

POLICY NUMBER:

PLAN TYPE:

TELEPHONE:

EMAIL:

COVERAGE:

NOTES:

FAMILY MEDICAL HISTORY

[illegible]

MEDICAL HISTORY

NAME:	AGE:
	BLOOD GROUP:

[illegible]

MONTHLY HEALTH GOALS

YEAR OF:

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

BLOOD PRESSURE TRACKER

MONTH OF:

MORNING			EVENING		NOTES
DAY	BP	PULSE	BP	PULSE	
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WATER TRACKER

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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
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MON		Breakfast						
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BLOOD PRESSURE TRACKER

MONTH OF:

MORNING			EVENING		NOTES
DAY	BP	PULSE	BP	PULSE	
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WATER TRACKER

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BLOOD PRESSURE TRACKER

MONTH OF:

	MORNING		EVENING		NOTES
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BLOOD SUGAR TRACKER

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BLOOD PRESSURE TRACKER

MONTH OF:

	MORNING		EVENING		
DAY	BP	PULSE	BP	PULSE	NOTES
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WATER TRACKER

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		Snack						
TUE		Breakfast						
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SUN		Breakfast						
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		Dinner						
		Snack						

BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
		Snack						
		Dinner						
		Snack						
TUE		Breakfast						
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		Lunch						
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SAT		Breakfast						
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SUN		Breakfast						
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		Dinner						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
		Snack						
		Dinner						
		Snack						
TUE		Breakfast						
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SAT		Breakfast						
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		Dinner						
		Snack						
SUN		Breakfast						
		Snack						
		Lunch						
		Snack						
		Dinner						
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BLOOD PRESSURE TRACKER

MONTH OF:

MORNING			EVENING		NOTES
DAY	BP	PULSE	BP	PULSE	
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WATER TRACKER

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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
		Snack						
		Dinner						
		Snack						
TUE		Breakfast						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
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		Dinner						
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TUE		Breakfast						
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SUN		Breakfast						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
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BLOOD PRESSURE TRACKER

MONTH OF:

MORNING			EVENING		NOTES
DAY	BP	PULSE	BP	PULSE	
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WATER TRACKER

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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
		Snack						
		Dinner						
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TUE		Breakfast						
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BLOOD SUGAR TRACKER

WEEK OF:

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BLOOD SUGAR TRACKER

WEEK OF:

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BLOOD SUGAR TRACKER

WEEK OF:

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SUN		Breakfast						
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		Dinner						
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BLOOD SUGAR TRACKER

WEEK OF:

DATE			Time	PRE-MEAL BLOOD SUGAR	CARBS	INSULIN TAKEN?	BLOOD SUGAR 2 HRS LATER	INSULIN TAKEN?
MON		Breakfast						
		Snack						
		Lunch						
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LOW CARB FOOD IDEAS

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LOW CARB FOOD IDEAS

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LOW CARB FOOD IDEAS

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TRIGGERS TRACKER

YEAR OF:

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TRIGGERS TRACKER

YEAR OF:

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TRIGGERS TRACKER

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TRIGGERS TRACKER

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YEAR OF:

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