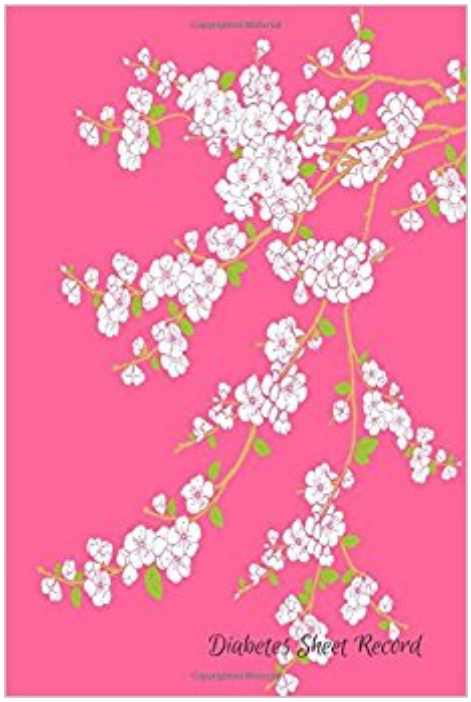
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Paperback: 103 pages

Publisher: Independently published (June 8, 2017)

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Customer Reviews

Perfect to keep up with my blood sugar test and room for comments, etc. I recently found out that I'm diabetic and I'm testing 3 to 4 times a day so that I can see how what I eat affects my blood sugar. This log book has an entry place for Fasting (before breakfast) and before and after all other meals and bedtime. I even write my blood pressure results in it so that I'll have my readings all in one place. I can put this in my purse and take it to the doctor with me so he can see exactly how I've been doing since my last visit.

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