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HEALTHY LIVING HIMALAYAN
dodaberry
HERBAL TEA

Name:	My personal remarks:
Age:	
Gender:	
Type:	
Contact:	
e-mail:	Sign:

SUGAR LEVEL SELF MONITOR CHART

Fasting : morning before breakfast. **Post meal**: 2 hours after meal. **HbA1c:** 3 months average.

Best fasting 4 to 6 / 72-108	Best post meal 6 to 8 /108-144	Best HbA1c 4.5 to 6.4%

Before							
DATE	HbA1c %	FASTING	POST MEAL	WEIGHT	INSULIN	MEDICATION	REMARKS