



	Breakfast	Snack	Snack	Lunch	Snack	Dinner	Bed	Breakfast
Blood sugar								
>20 mmol/l								
18-19.9								
17-17.9								
16-16.9								
15-15.9								
14-14.9								
13-13.9								
12-12.9								
11-11.9								
10-10.9								
9-9.9								
8-8.9								
7-7.9								
6-6.9								
5-5.9								
4-4.9								
3-3.9								
<3 mmol/l								
3 day average								

Day 1

Day 2

Day 3