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| **Blood sugar readings.**  **DATE** | **Before breakfast** | **2 hours after**  **breakfast/**  **midmorning** | **Before lunch** | **2 hours after lunch** | **Before tea** | **2 hours after tea** | **Before bed** | **Comments eg exercise or different food** |
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| **Blood sugar readings.**  **Date** | **Before breakfast** | **2 hours after breakfast/midmorning** | **Before lunch** | **2 hours after lunch** | **Before tea** | **2 hours after tea** | **Before bed** | **Comments eg exercise or different food** |
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