

	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Supper	After Supper	Bedtime
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
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Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

**TARGETS:** \*Before meals 4 - 7 (4 - 6 if possible)  
 \*2 hours after meals 5 -10 (5 - 8 if possible)  
 \*Before to 2 hours after meal, the glucose rise should be within 2 – 4 mmol/L