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Type 2 Diabetes Blood Glucose Monitoring Log For Testing Your Blood Sugar 2 Times a Day (Type 2 Diabetes Blood Glucose Monitoring Logs)

Mr Courtney R McGlynn

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The Type 2 Diabetes Blood Glucose Monitoring Log For Testing Your Blood Sugar 2 Times a Day is a log book that will help you keep track of your daily blood glucose levels, medication(s), diet and exercise. Type 2 Diabetes Blood Glucose Monitoring Log For Testing Your Blood Sugar 2 Times a Day is one of a series of log books for people who test their blood glucose levels 1, 2, or 3 times a day. These easy-to-use logs help you monitor your blood glucose level, your meals and snacks, and keep track of your medications and exercise. I created these books to help me manage my own Type 2 diabetes. I think that others will find them as helpful to them as they have been to me since I was diagnosed with diabetes and began testing my blood glucose levels with a glucometer. Recording my levels, exercise and foods has helped me spot trends and problems. I recommend this book to anyone in a similar situation. According to the American Diabetes Association: “ The accepted, tried-and-true treatment for type 2 diabetes is a balance of diet and exercise. Even if you need medications, healthy eating and exercise habits continue to be key in caring for your type 2 diabetes.”

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