Seguimiento del nivel de azúcar en la sangre

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semana | domingo | | lunes | | martes | | Miércoles | | jueves | | viernes | | sábado | |
| desayuno | Antes | Despues | A | D | A | D | A | D | A | D | A | D | A | D |
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| comida |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| cena |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| antes de dormir |  | |  | |  | |  | |  | |  | |  | |
|  | | | | | | | | | | | | | | |
| Semana | domingo | | lunes | | martes | | miércoles | | jueves | | viernes | | sábado | |
| Desayno | antes | despues | A | D | A | D | A | D | A | D | A | D | A | D |
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| Comida |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cena |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Antes de dormir |  | |  | |  | |  | |  | |  | |  | |
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| Semana | domingo | | lunes | | martes | | miercoles | | jueves | | viernes | | sabado | |
| Desayuno | antes | despues | A | D | A | D | A | D | A | D | A | D | A | D |
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| Comida |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cena |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Antes de dormir |  | |  | |  | |  | |  | |  | |  | |
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