

Blood Sugar Tracker/**Laajrak In Katoñalnāl**

Week starting Jinoiñ Wiik	Sunday Jaboť		Monday Mande		Tuesday Juje		Wednesday Woñje		Thursday Taije		Friday Bołaide		Friday Jađede	
Breakfast Moñā in Jibboñ	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik
Lunch Moñā in Raelep														
Dinner Moñā in Jota														
Bedtime Ien Kiki														

Week starting Jinoiñ Wiik	Sunday Jaboť		Monday Mande		Tuesday Juje		Wednesday Woñje		Thursday Taije		Friday Bołaide		Friday Jađede	
Breakfast Moñā in Jibboñ	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik
Lunch Moñā in Raelep														
Dinner Moñā in Jota														
Bedtime Ien Kiki														

Week starting Jinoi Wiik	Sunday Jaboť		Monday Mande		Tuesday Juje		Wednesday Woñje		Thursday Taije		Friday Bołaide		Friday Jādede	
Breakfast Moñā in Jibbon̄	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik
Lunch Moñā in Raelep														
Dinner Moñā in Jota														
Bedtime len Kiki														
Week starting Jinoi Wiik	Sunday Jaboť		Monday Mande		Tuesday Juje		Wednesday Woñje		Thursday Taije		Friday Bołaide		Friday Jādede	
Breakfast Moñā in Jibbon̄	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	Breakfast Moñā in Jibbon̄	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik
Lunch Moñā in Raelep								Lunch Moñā in Raelep						
Dinner Moñā in Jota								Dinner Moñā in Jota						
Bedtime len Kiki														

Week starting Jino in Wiik	Sunday Jaboṭ		Monday Mande		Tuesday Juje		Wednesday Woṇje		Thursday Taije		Friday Boḷaide		Friday Jādede	
Breakfast Moṇā in Jibbon	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	Breakfast Moṇā in Jibbon	Before Mokta	After Elik	Before Mokta	After Elik	Before Mokta	After Elik
Lunch Moṇā in Raelep								Lunch Moṇā in Raelep						
Dinner Moṇā in Jota								Dinner Moṇā in Jota						
Bedtime len Kiki														