



PHP's Blood Glucose Record Chart

Week # Record both your fasting blood glucose level (prior to meals) and the time of the day that you consumed your Scoop of Greens to see the progress for yourself. Note any changes in how you feel (energy, digestion, libido, etc) in the comments section.

Before	Pre Breakfast Level	1 Scoop (Time Taken)	Pre Lunch Level	1 Scoop (Time Taken)	Pre Dinner Level	1 Scoop-Optional (Time Taken)	Pre Bedtime Level	Other	Medications: Time & Amt.	Comments
Sun										
Mon										
Tues										
Wed										
Thurs										
Fri										
Sat										

Week #

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Sun										
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