

## Daily Activities o

S.N	Sugar Level	Breakfast	Lunch	Dinner	Exercise Time	Health Issues	Date
1	120 mg/dL	Daal Rice and egg	chowmein	Rice dal and chicken	25 minutes	Have common cold	7/6/2022
2	132	Rice and	Chwmein with	Braed, curd,	60 minutes	no	7/7/2022

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	mg/dL	mushroom	cold drink	lauka vendi			