



7-DAY BLOOD SUGAR TRACKER

Date	Fasting Sugar	Post-Meal (PP) Sugar	Notes (Sleep, Stress, Cheats)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			





Ready for a Full Reversal?

This starter kit is just the beginning. True reversal requires a plan personalised to your blood sugar triggers, medication history, and lifestyle.

If you want to speed up your results: Book a Free 15-Minute Discovery Call with Diacure.
(Limited to 15 new clients/month)

[Book Appointment](#)

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