

Name:					PHN:				Phone:			
Medications:								Blood sugar goals: Fasting/before meals: 4 to 7 mmol/L 2 hours after meals: 5 to 10 mmol/L				
Date	Before Breakfast	Insulin	2 hrs After Breakfast	Before Lunch	Insulin	2 hrs After Lunch	Before Supper	Insulin	2 hrs After Supper	Before Bed	Bedtime Insulin	Notes