

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	2 hrs After Breakfast	Before Lunch	2 hrs After Lunch	Before Supper	2 hrs After Supper	Before Bed	Notes