VIRGINIA ENDOCRINOLOGY

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NAME: **Month:**

Date	Breakfast			Lunch			Dinner			Bedtime		Notes
	Premeal Sugar	Insulin	1hr sugar	Premeal sugar	Insulin	1hr Sugar	Premeal Sugar	Insulin	1hr Sugar	Sugar	Insulin	
	<90-95		<130-140	<90-95		<130-140	<90-95		<130-140			
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