VIRGINIA ENDOCRINOLOGY

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**NAME:** **Month:**

| Date | Breakfast | | | Lunch | | | Dinner | | | Bedtime | | Notes |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Premeal Sugar | Insulin | 2hr sugar | Premeal sugar | Insulin | 2hr Sugar | Premeal Sugar | Insulin | 2hr Sugar | Sugar | Insulin | |
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