VIRGINIA ENDOCRINOLOGY

Ben Phillips MD • Cynthia Ryan MD • Akta Mukherjee MD • Kristin Fabiato MD
Elizabeth Wallace MD • Maria Iuorno MD • Anita Prakash MD • Samantha Hudson MD
Alexander Millis MD • Sarah Bearer MD • Laura Harris PA • Marsha Di Peppe FNP
Alejandra Lozada MD • Erin Myers PA

2384 Colony Crossing Place | Midlothian, VA 23112
3460 Mayland Court, Suite 100 | Henrico, VA 23233

**(804) 423-3636 (tel) (804) 423-3637 (fax)**
**WWW.VIRGINIAENDO.COM**

**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 | | | |
| 1 | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | |
| 24 | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | |
| 31 | | | | | | | | | | | | |