GREENWAY ENDOCRINOLOGY, PA – WWW.GREENWAYENDO.COM
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Blood Sugar	Normal	Target
Fasting	<100	<110
Bedtime	<110	<120
2 Hours after a Meal	<140	<150

NAME: _____ **DOB:** _____

Date	Before Breakfast	Insulin dose	After Breakfast	Before Lunch	Insulin Dose	After Lunch	Before Dinner	Insulin Dose	After Dinner	Bedtime	Insulin dose	Notes