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**Blood Sugar Goals**

Fasting: 70-95

1 hr: <140

2hr: <120

Date	Fasting	1hr after Breakfast	1hr after Lunch	1hr after Dinner	Extra blood sugars/time	Medication Adjustments/Notes

Med:	AM	Lunch	Dinner	Bedtime
Meal Insulin: (Clear, Fast)				
Long Acting Insulin/NPH (cloudy/ slow)				
Metformin				

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Metformin				

Name: \_\_\_\_\_