

Central Vermont Medical Center

Month _____	Blood Sugars						
	Breakfast	After	Lunch	After	Dinner	After	Bedtime
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							

Name: _____

Phone _____

Targets:
 Before Meal _____
 Post Prandials: 2 Hours after a meal _____

CVMC Endocrinology:
 802-225-3980