Eric Horst, MD · Marjan Karegar, MD · Laura LaBoone, MD Janelle Hinson, PA-C · Meredith Everett, FNP · Gina McKelvey, FNP

Basal insulin:	
	Goals for your sugar levels:
Mealtime insulin:	- fasting (before breakfast) < 95
	- 1 hour after meals < 140
Bedtime insulin:	- 2 hours after meals < 120

Please take a picture of this sheet and send through MyChart once per week for review

DATE	Fasting	After BK	After lunch	After dinner	Comments