Diabetes & Thyroid Care Center
Of Excellence
www.diabetesthyroidcenter.com
Mudit Jain, M.D., FACE

Patient Name: ________________________________ **DOB:** ________________________________

Goals: **Before Meals:** **80 - 120**
2 Hour After Meals: **Less than 180**

Date	***Before Breakfast***	*2 hrs after*	***Before Lunch***	*2 hrs after*	***Before Dinner***	*2 hrs after*	***Bedtime***	***Comments***