

Ruch Clinic
 6215 Humphreys Boulevard
 Suite 500
 Memphis, TN 38120
 Phone: 901.682.0630
 Fax: 901.682.0635

Name: _____

DOB: ____/____/____

Normal Values: FASTING 65-95 1 HR after meals 140 or less *2 HR after meals 120 or less

Day of Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Fasting															
1 hour after breakfast															
1 hour after lunch															
1 hour after dinner															

Medications/Exercise

Other Notes

Day of Month	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Fasting																
1 hour after breakfast																
1 hour after lunch																
1 hour after dinner																

Medications/Exercise

Other Notes

Current Medications: _____