Alberta Health Services

BLOOD SUGAR LOGBOOK

Name *(Last, First)*
Birthdate *(yyyy-m-d)*

Target Blood Sugars During Pregnancy
Test 4 times daily at the following times:

1. Fasting (within 15 minutes of waking)	below 5.3
2. 2 hours after start of Breakfast	below 6.7
3. 2 hours after start of Lunch	below 6.7
4. 2 hours after start of Supper	below 6.7

DATE *(yyyy-m-d)*	Fasting	After Breakfast	After Lunch	After Supper	COMMENTS	INSULIN DOSES			
						Before Breakfast	Before Lunch	Before Supper	Bedtime