



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 first bite of Breakfast	below 6.7
3. 2 hours after first bite of Lunch	below 6.7
4. 2 hours after first bite of Supper	below 6.7

Birthdate:

Please note if weight is kg or lb

Weight: Date:

[illegible]