

BLOOD GLUCOSE RECORD

Target Blood Sugars During Pregnancy

| | Test 4 times daily at the following times: | | | |
|------------|--|-----------|--|--|
| Full name: | Fasting (within 15 minutes of waking) 2 hours after first bite of Breakfast | below 5.3 | | |
| | 3. 2 hours after first bite of breaklast | below 6.7 | | |
| Birthdate: | 4. 2 hours after first bite of Supper | below 6.7 | | |

| Weekly Weight Measurement Please note if weight is kg or lb | | | | | |
|---|-------|--|--|--|--|
| Weight: | Date: | | | | |
| Weight: | Date: | | | | |

| DATE Fasting After Breakfast | After | After After | After | INSULIN DOSES | | | | | |
|------------------------------|-------|-------------|-------|---------------------|-----------------|------------------|---------|--|--|
| | Lunch | | NOTES | Before Breakfast | Before Lunch | Before Supper | Bedtime | | |
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