

Blood Sugar Log Book: Gestational Diabetes

**Target Blood Sugars – (during Pregnancy)**

Test 4 times daily at the following times:

1. Fasting (first thing upon 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 (y/m/d)	Breakfast		Lunch	Supper	Comments:
	Before	After	After	After	

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	Before	After	After	After	

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