

Gestational Diabetes Log Template

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Blood Sugar Log

A4

A one-week layout for the common four-check routine: fasting plus post-meal readings after breakfast, lunch, and dinner. Use the timing and targets your obstetric care team gives you.

Use clinician targets

Record the unit with every value and write down whether your team wants 1-hour or 2-hour post-meal checks.

Name		Week of	
Unit	[] mg/dL [] mmol/L	Post-meal	[] 1 hour [] 2 hours

Fasting target	After breakfast target	After lunch target	After dinner target
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DATE	FASTING	POST-BREAKFAST	POST-LUNCH	POST-DINNER	NOTES / MEALS / MEDICATION
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					