

Blood Sugar Log Sheet

Please follow instructions exactly. They have been tailored to best suit your needs. If your result is **higher** than target goal, please list **ALL** food and drink consumed within 2 hours prior to testing, unless otherwise instructed. If results are high after 3 consecutive tests, please contact midwife.

| Date | Fasting Value | Morning Meal | Afternoon Meal | Evening Meal |
|------|--|--------------|----------------|--------------|
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |
| | mg/dL | mg/dL | mg/dL | mg/dL |
| | Target goals: Fasting: < 99 mg/dL 1-hr: < 140 mg/dL 2-hr: < 120 mg/dL | | | |