

## WakeMed MFM Diabetes in Pregnancy Blood Glucose Log

Your Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone Number \_\_\_\_\_

Your Blood Sugar Medications \_\_\_\_\_

Please circle 1 hr if the reading was obtained 1 hour after meals; circle 2hr if the reading was obtained 2 hours after meals

Date	Fasting	After Breakfast	After Lunch	After Dinner	Notes
1		1hr/2hr	1hr/2hr	1hr/2hr	
2		1hr/2hr	1hr/2hr	1hr/2hr	
3		1hr/2hr	1hr/2hr	1hr/2hr	
4		1hr/2hr	1hr/2hr	1hr/2hr	
5		1hr/2hr	1hr/2hr	1hr/2hr	
6		1hr/2hr	1hr/2hr	1hr/2hr	
7		1hr/2hr	1hr/2hr	1hr/2hr	
8		1hr/2hr	1hr/2hr	1hr/2hr	
9		1hr/2hr	1hr/2hr	1hr/2hr	
10		1hr/2hr	1hr/2hr	1hr/2hr	
11		1hr/2hr	1hr/2hr	1hr/2hr	
12		1hr/2hr	1hr/2hr	1hr/2hr	
13		1hr/2hr	1hr/2hr	1hr/2hr	
14		1hr/2hr	1hr/2hr	1hr/2hr	

Blood Sugar Goals: Fasting < 95 mg/dL; one hour after meals 70-140 mg/dL; two hours after meals 70-120 mg/dL