Gestational diabetes blood sugar log

Week 1

Name _____ Weeks pregnant _____ Care team phone _____

My targets (from my care team): fasting _____ after meals _____ Test after meals at: ☐ 1 hour ☐ 2 hours Unit: ☐ mmol/L ☐ mg/dL

Date	Fasting	Breakfast time · reading	Lunch time · reading	Dinner time · reading	Bedtime	Notes: food, medicines as prescribed, how I felt

Free printable log from Ladna — kernex.md/en/ladna/gestational-diabetes-log. Not medical advice: your care team sets your targets and testing times. If a reading is outside them, follow their plan.

Gestational diabetes blood sugar log

Week 2

Name _____ Weeks pregnant _____ Care team phone _____

My targets (from my care team): fasting _____ after meals _____ Test after meals at: ☐ 1 hour ☐ 2 hours Unit: ☐ mmol/L ☐ mg/dL

Date	Fasting	Breakfast time · reading	Lunch time · reading	Dinner time · reading	Bedtime	Notes: food, medicines as prescribed, how I felt

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