

## GESTATIONAL BLOOD SUGAR RECORD

Name:

Date:

Weeks Gestation:

<u>Date</u>	<b>Fasting</b>	1 hour	2 hours	<b>Pre-meal Lunch</b>	1 hour	2 hours	<b>Pre-meal Dinner</b>	1 hour	2 hours	<b>Bedtime</b>

Fasting Blood Sugar: Less than 5.3mmol/L  
 1hr: Less than 7.8mmol/L  
 2hrs: Less than 6.7mmol/L

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