

GESTATIONAL DIABETES LOG

WEEK OF:

NAME:

PREGNANCY WEEK:

WEIGHT:

DAY	FASTING (UPON WAKING)	BREAKFAST		LUNCH		DINNER		BEDTIME
		MEAL	1H / 2H	MEAL	1H / 2H	MEAL	1H / 2H	
		Monday						
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Standard Targets: Fasting: < 95 mg/dL 1-Hour Post: < 140 mg/dL 2-Hour Post: < 120 mg/dL

WEEKLY NOTES (MEDICATIONS, EXERCISE, OR SYMPTOMS):