

# Fertility & Midwifery Care Center



## Blood Sugar Log

Name: \_\_\_\_\_

DATE	Meal	Time + 1 hr	Blood Sugar	Target Level	Food eaten - include amount and beverages
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	

**FASTING:** Check your blood sugar before eating or drinking anything except water in the morning after not eating for >8hrs.

**MEALS:** Postprandial blood sugar measures blood glucose after you eat a meal. You should check your blood sugar 1 hour after you START eating

PLEASE SEND A COPY/PICTURE OF YOUR LOG THROUGH THE **PATIENT PORTAL**

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	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	
	Fasting			<95	
	Breakfast			<140 1 hr	
	Lunch			<140 1 hr	
	Dinner			<140 1 hr	

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