Katy Women's Care

Blood Glucose Log for Pregnancy

Medication	Before Breakfast	Before Lunch	Before Dinner	Bedtime

Target Glucose: 95 and below for fasting blood glucose, 120 and below 2 hours after meals.

1. Fill in glucose levels below.
2. Exercise 30 minutes a day, most days of the week.
3. Bring your log, medications, and supplies to every appointment.

Date	Fasting	2 hours after Breakfast	2 hours after Lunch	2 hours after Dinner	Minutes of Exercise

Notes: