

Please remember to either bring your log to your next appointment or take a picture and email it to southwestmidwives@gmail.com

Blood sugar goals: Fasting (when you wake up) <95mg/dl, Postprandial (2 hours after eating) <120mg/dl

Date							
Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blood sugar when I woke up							
What I ate for breakfast							
Blood sugar after breakfast							
What I ate for lunch							
Blood sugar after lunch							
What I ate for dinner							
Blood sugar after dinner							
Exercise							

