



HOME BLOOD SUGAR READINGS

Follow this chart if you are pregnant or have gestational diabetes.

- The shaded areas are examples of when to test.
- REMEMBER, if you are feeling shaky, sweaty, or lightheaded then TEST your blood sugar levels. If your levels are below 4.0, treat with 2/3 cup regular pop or juice.
- Target blood sugar levels:
 - No higher than 5.3 when you wake up or before a meal
 - No higher than 6.7 two hours after a meal

Name: _____

Day	First Meal		Second Meal		Third Meal		Bedtime
	Before	2hr After	Before	2hr After	Before	2hr After	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
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