



Gestational Diabetes Diary

Keep a weekly log of your post meal blood glucose levels to spot patterns, see your response to different foods, and better understand what foods work well for you and your baby.

| Date | Fasting Reading | Breakfast | Post Breakfast Reading | Lunch | Post Lunch Reading | Dinner | Post Dinner Reading | Notes |
|------|-----------------|----------------|------------------------|------------------------|--------------------|---------------------|---------------------|-------------------------|
| E.g. | 3.8 | Overnight Oats | 9.2 | Chicken cous cous bowl | 8.6 | Roast veg & falafal | 7.8 | Lunch later than normal |
| Mon | | | | | | | | |
| Tue | | | | | | | | |
| Wed | | | | | | | | |
| Thur | | | | | | | | |
| Fri | | | | | | | | |
| Sat | | | | | | | | |
| Sun | | | | | | | | |

| Blood Sugar Targets | |
|---------------------|-------|
| Fasting | _____ |
| Post Breakfast | _____ |
| Post Lunch | _____ |
| Post Dinner | _____ |
| Before Bed | _____ |

Your guide to thriving with
Gestational Diabetes

