

Please check your blood sugar four times a day: 1) Fasting blood sugar to be taken prior to any meal or beverage as soon as you wake up, 2) 1 hour after Breakfast, 3) 1 hour after Lunch, 4) 1 hour after Dinner. Blood sugar readings at each of these time points are always reflective of your previous meal, i.e. FBS reflects what you may have eaten for dinner the night before or a snack you had after dinner. This log is for you to use to help you modify your diet to meet the blood sugar goals as well as to bring in for Dr. Sodhi to review during each visit.

DATE	FASTING BLOOD SUGAR (mg/dL) Goal <95mg/dL	1 HOUR AFTER BREAKFAST (mg/dL) Goal <140mg/dL	1 HOUR AFTER LUNCH (mg/dL) Goal <140mg/dL	1 HOUR AFTER DINNER (mg/dL) Goal <140mg/dL	NOTES Records meals you enjoy that kept your sugar within goal as well as foods to avoid.



Bloom

OBSTETRICS & GYNECOLOGY, INC.

BLOOD SUGAR LOG

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