Gestational Blood Glucose Levels

Date	Breakfast				Lunch				Dinner				Bedtime snack
	Before	1hr after	2 hrs after	comments	Before	1hr after	2 hrs after	comments	Before	1hr after	2 hrs after	comments	before

Targets

Before Meal < 5.3   1 Hour After Meal < 7.8   2 Hours After Meal < 6.7   Before Bedtime Snack < 7.8