

Gestational Diabetes Sugar Level Chart

Patient Information:

- Name:
- Date of Birth:
- Gestational Age:

Target Blood Glucose Levels:

- Fasting Blood Sugar (mg/dL): 70-95
- Pre-Meal Blood Sugar (mg/dL): 95-105
- Post-Meal Blood Sugar (mg/dL): <120

Instructions:

- **Fasting:** Measure blood sugar in the morning before eating (fasting).
- **Pre-Meal:** Measure blood sugar before each meal.
- **Post-Meal:** Measure blood sugar 1-2 hours after each meal.

Chart:

Time of Day	Fasting	Pre-Meal (Before Breakfast)	Pre-Meal (Before Lunch)	Pre-Meal (Before Dinner)	Post-Meal (1-2 hours after Breakfast)	Post-Meal (1-2 hours after Lunch)	Post-Meal (1-2 hours after Dinner)
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							

Notes:

Additional Instructions:

Healthcare Provider's Name: *Date of Chart Review:*