

Home Monitoring for Gestational Diabetes

Date:	MON	TUE	WED	THU	FRI	SAT	SUN
Ketones (✓ if yes)							
Fasting BG:							
Time:							
BKFST Time:							
Foods/beverages:							
One-hour BG:							
SNACK Time:							
Foods/beverages:							
LUNCH Time:							
Foods/beverages:							
One-hour BG:							
SNACK Time:							
Foods/beverages:							
DINNER Time:							
Foods/beverages:							
One-hour BG:							
SNACK Time:							
Foods/beverages:							
EXERCISE (type & duration)							

Note: List all foods and beverages eaten as well as portion size.

Abbreviations: BG= blood glucose