PRINTER: Cut sheet on dotted line exactly (at 75)

Home blood glucose monitoring diary

Date of first entry _____ Gestation week+day _____ + _____

You may find the following pages useful to record your blood glucose test results on, alternatively you can continue to use your home monitoring diary. Use one line per day and enter the result in the box beside the correct date and time. Your specialist team will set agreed blood glucose targets which you may wish to record in the boxes below.

My blood glucose targets: before meals _____ after meals _____

Day of Month	Blood Glucose level							Insulin dose				Comments **
	Before BF	After BF	Before L	After L	Before EM	After EM	Before BT	BF	L	E	BT	

BF = Breakfast; L = Lunch; EM = Evening Meal; E = Evening; BT = Bedtime

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Day of Month	Blood Glucose level							Insulin dose				Comments **
	Before BF	After BF	Before L	After L	Before EM	After EM	Before BT	BF	L	E	BT	