Date	TRI-STATE PERINATOLOGY Blood Sugar Diary	Date	TRI-STATE PERINATOLOGY Blood Sugar Diary
Fasting Blood Sugar BREAKFAST Blood sugar 2-hours	Time Please list food items & amount consumed for this meal	Fasting Blood Sugar BREAKFAST Blood sugar 2-hours	Time Please list food items & amount consumed for this meal
after meal Time:		after meal Time:	
BEFORE LUNCH		BEFORE LUNCH	
LUNCH Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal	LUNCH Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal
BEFORE DINNER		BEFORE DINNER	
DINNER Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal	DINNER Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal
BEDTIME Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal	BEDTIME Blood sugar 2-hours after meal Time:	Please list food items & amount consumed for this meal