•		GREY	BRUCE	
12	h	0		1
		C		-
Education	n   Supp	port   Tre	atment	

## Gestational Meal/Activity/Blood Sugar Record Patient's Name:

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**Ideal Blood Sugars:** Before meals: Less than 5.3

1 hour after meals: Less than 7.8

tor	Education   Support   Treatment			Test before and 1 hour after eating each meal (6 times each day).					day).	2 hours after meals: Less than 6.7				
Ketor	Bı	reakfast	t	Snack/Activity		Lunch		Snack/Acti	ivity	S	Supper		Snack/Activity	/
	Before	1 hr after:					]							
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