



Apollo
Healthcare
Associates

Apollo Healthcare

1326 Malabar Rd SE
Suite 3
Palm Bay, FL 32907
P: 321-409-6100
F: 321-409-6063

Gestational blood sugar log

Date	Breakfast	2h after	Lunch	2h after	Dinner	2h after	Bedtime
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

Goal BG: Before meals <95

1h after meals <140

2h after meals <120

Please call the office if BG is >180