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## Women's Clinic Blood Glucose Log

| DATE | FASTING | BREAKFAST |       | LUNCH  |       | DINNER |       | COMMENTS |
|------|---------|-----------|-------|--------|-------|--------|-------|----------|
|      |         | BEFORE    | AFTER | BEFORE | AFTER | BEFORE | AFTER | COMMENTS |
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| Recommended Blood Sugar Target   | My Blood Sugar Targets |  |
|----------------------------------|------------------------|--|
| Before first meal upon wakening  | 60 to 95 mg/dL         |  |
| 1 hour after start of each meal  | 140 mg/dL or lower     |  |
| 2 hours after start of each meal | 120 mg/dL or lower     |  |

