

**Brookings Health System**  
 Gestational Diabetes Log



Date	Before Breakfast Glucose	Insulin	After Breakfast Glucose 1 hour 2 hour	Insulin	After Lunch Glucose 1 hour 2 hour	Insulin	After Supper Glucose 1 hour 2 hour	Bedtime	Ketones	Fetal Movements (Time for 10 kicks)	Notes (exercise, illness, etc.)

**Goal blood sugar (glucose) range:**

- Fasting: 60-95 mg/dL
- 1 hour after meals: under 140 mg/dL
- 2 hours after meals: under 120 mg/dL

**Instructions for Fetal Movement Counting:**

Note the time you begin counting fetal movements. Note the number of times your baby kicks or moves until you reach a total number of 10 movements. Record the amount of time it takes your baby to reach that number of movements/kicks on the space provided on this form. If you feel less than 10 movements in one hour OR if it takes longer each day to reach the target number of kicks, **CONTACT YOUR DOCTOR OR BROOKINGS HEALTH SYSTEM** as this may indicate that your baby needs further assessment.