

WEEKLY FINGERSTICK LOG

Please fax a copy of this log to 646.453.4240 on a weekly basis. You should also bring it to ALL of your ultrasound and OB/GYN appointments

Goal:	60-90	60-120	60-120	60-120
	FASTING Before Breakfast	2 Hours AFTER Breakfast	2 Hours AFTER Lunch	2 Hours AFTER Dinner
Monday Date:				
Tuesday Date:				
Wednesday Date:				
Thursday Date:				
Friday Date:				
Saturday Date:				
Sunday Date:				