

Self-Monitoring Blood Glucose (SMBG) Frequency & Pattern Tool

<http://guidelines.diabetes.ca/self-management/smbg-tool>

Pattern Recommendation: Gestational diabetes

SMBG needs to be individualized and may involve ≥ 4 times per day.

- Please pick *one* of the following SMBG patterns below.

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

	breakfast		lunch		supper		bedtime	night
	before	after	before	after	before	after		
Sunday								
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