



Perinatal
SPECIALISTS
OF KANSAS CITY

Blood Sugar Log

Bring to weekly appointment or email weekly to info@kcperinatal.com

Name _____ Medication(s) _____ No medications

Date	Fasting (<95)	Breakfast Time	2 Hours After Breakfast (<120)	Lunch Time	2 Hours After Lunch (<120)	Dinner Time	2 Hours After Dinner (<120)

Appointments: (913) 291-0069

Fax: (913) 291-0070

Email: info@kcperinatal.com