2-DAY SELF CARE DIARY FOR PREGNANT WOMEN

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UU	Cree Boar	d of He	alth and	Social S	ervices of James Bay

Date	Fasting blood	Food/drinks for breakfast**	1h PC* blood	Food/drinks for lunch**	1h PC* blood	Food/drinks for supper**	1h PC* blood sugar	Food/drinks at bedtime**	Physical activity for the day
	sugar		sugar		sugar		Jugai		

*PC = After meal

**Write all the food and drinks that you consumed during the day, and indicate the amount you ate or drank