



# **Gestational Diabetes Journal: Keeping Your Baby Healthy (Baby Steps For Gestational Diabetes)**

## **(Volume 2)**

*Mrs Mathea Ford*

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**Gestational Diabetes Journal Keeping Your Baby Healthy** As you begin your healthy "journey" with gestational diabetes it is important to track, document and manage the condition to improve your pregnancy. If you were just diagnosed or have been dealing with gestational diabetes a few weeks or even a month it is important to start NOW documenting the various aspects of the condition and how it affects you and your baby. This gestational diabetes journal will assist you in managing your calorie intake, recording blood sugar results, listing exercise activities and writing down medications taken for the day. As your travel from home, to work, to doctor appointments and beyond you should keep this with you at all times as way to document your path; past, present and future with gestational diabetes and your baby! A general introduction will lead you to the use of this journal as a resource and a great way of directing a healthy outcome and a beautiful baby. Each week of pregnancy has an overview page in which you document your week in general. This page also includes an area for the recording of doctor visit information and a place for a picture if you wish. This journal serves more of a practical purpose than as a memory book but can be used a way to show your child what you did as part of bringing them into this world. Each woman has different feelings about gestational diabetes but I hope that you will use this journal and keep this as happy remembrance of how well it helped you to a positive outcome.

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