

Setting Up Your Profile

Start here before logging anything. Your profile tells GD SugarLog your name, gestational week, personal targets, and preferred unit — so every screen is personalised to you.

- Complete your profile first. The app uses your gestational week to calculate which pregnancy week badge appears on the home screen.

Step-by-Step Setup

1

Open Profile

Tap the Profile tab at the bottom of the screen.

2

Enter Your Name

Tap the Your name field and type the name you want the app to greet you with (e.g. "Maria"). This appears on the Home screen greeting.

3

Set Gestational Week

Tap Gestational week and pick your current week. The app calculates the live week badge automatically as time passes.

4

Choose Reading Unit

Select mg/dL or mmol/L. This setting changes how values are displayed everywhere.

5

Set Your Personal Targets

Enter your desired thresholds: Fasting and Post-meal. Default values of 95 mg/dL for fasting and 140 mg/dL for post-meal are prefilled, but you can change these anytime to fit your situation.

6

Add Your Contacts (Optional)

Expand My Contacts and add an email address so you can share your journal directly from the app.

7

Save

Tap Save Profile at the bottom. A gold toast message will confirm your changes.

Reading Units Reference

mg/dL	95 mg/dL	140 mg/dL	USA
mmol/L	5.3 mmol/L	7.8 mmol/L	Canada, UK, Australia

- Not sure which unit to use? Check your glucose meter — the unit is printed on the display.

Gestational Week Badge

Once you save your gestational week, the Home screen shows a live Week N badge that updates automatically each week without needing to edit your profile again.

At 50+ weeks, the badge changes to a celebration message and the Sugar Log and Food Log are locked — your journal history remains fully viewable and exportable.

■ If you know your due date, the Gestational Week Confirmed Date field lets the app calculate weeks more accurately. Set it once and forget it.

GD SugarLog is a personal tracking tool and is not a substitute for medical advice.