Contour
Evolving with you

Blood Glucose Log

MONTH [ ] YEAR [ ]

	BREAKFAST		LUNCH		SNACK		DINNER		BEDTIME	MEDICATION/NOTES
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										

	BREAKFAST		LUNCH		SNACK		DINNER		BEDTIME	MEDICATION/NOTES
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										

Fasting
Before meal
After meal

Use this log to record your blood glucose readings every time you check with the date and time along with any notes or comments.

Use **CONTOUR®DIABETES App** to easily track your blood glucose readings from a **CONTOUR®NEXT** connected meter. Available on a compatible Android or iOS device.^

ASCENSIA
Diabetes Care