

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

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|----|-----------|---|-------|---|-------|---|--------|---|---------|------------------|
| 17 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 18 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 19 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 20 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 21 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 22 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 23 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 24 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 25 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 26 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 27 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 28 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 29 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 30 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |
| 31 | ∅ | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | 🍏 | Ÿ | | |

- 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. ^



Always read instructions for use. Consult your healthcare professional if this product is right for you.

^On a compatible Android or iOS device. For a full list of compatible mobile operating systems, visit compatibility.contourone.com.

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