

Blood Glucose Log

MONTH YEAR

	BREAKFAST		LUNCH		SN	SNACK		DINNER		MEDICATION/NOTES
1	Ď	¥	Ď	Ý	Ď	¥	ě	¥		
2	Ď	¥	Ŭ	¥	Ď	¥	*	Ý		
3	Ď	¥	Ŭ	Ý	Ď	¥	*	Ĭ		
4	Ø	¥	ě	¥	Ď	¥	*	ĭ		
5	Ď	Ĭ	Ď	¥	Ď	¥	*	Ĭ		
6	Ď	¥	ě	Ý	Ď	¥	*	Ĭ		
7	Ď	Ý	*	Ý	Ď	Ý	*	ĭ		
8	Ď	¥	Ŭ	Ý	Ď	¥	*	¥		
9	Ď	Ĭ	ŭ	Ý	Ď	¥	*	¥		
10	Ď	Ĭ	ŭ	Ý	Ď	¥	*	¥		
11	Ď	Ĭ	*	ř	Ď	¥	*	ĭ		
12	Ď	Ĭ	Ŭ	Ý	Ď	¥	*	¥		
13	Ď	Ĭ	ŭ	ř	Ď	¥	*	¥		
14	Ď	Ĭ	ŭ	ř	Ď	¥	*	¥		
15	Ď	Ĭ	*	Ý	Ď	¥	*	¥		
16	Ď	¥	*	¥	*	¥	*	¥		

BREAKFAST		LUNCH		SNACK		DINNER		BEDTIME	MEDICATION/NOTES	
17	Ď	ř	Ŭ	ř	Ď	Ĭ	Ď	Ť		
18	Ø	Ĭ	Ŭ	ř	Ď	Ĭ	Ď	Ĭ		
19	Ď	¥	Ŭ	¥	Ď	¥	Ď	¥		
20	Ø	Ĭ	Ŭ	Ý	Ď	¥	Ď	¥		
21	Ď	¥	Ď	¥	Ď	¥	Ď	¥		
22	Ď	Ĭ	Ď	Ĭ	Ď	¥	Ď	Ĭ		
23	Ď	Ĭ	Ď	ĭ	Ď	¥	Ď	¥		
24	Ď	Ĭ	Ď	ĭ	Ď	Ť	Ď	Ť		
25	Ď	Y	Ď	Y	Ď	Ĭ	Ď	Ĭ		
26	Ď	¥	Ď	Y	Ď	Ĭ	Ď	Ĭ		
27	Ď	Y	Ď	γ	Ď	¥	Ď	¥		
28	Ď	Ĭ	Ď	Ĭ	Ď	Ť	Ď	Ĭ		
29	Ď	¥	Ď	¥	Ď	¥	Ď	¥		
30	Ď	¥	Ď	¥	Ď	¥	Ď	¥		
31	Ď	¥	Ŭ	¥	Ď	¥	Ď	¥		



Before mealAfter meal

Use this log to record your blood glucose test results along with the date and time you tested. You can also use it to record any notes or comments associated with the test or the result.



Use CONTOUR®DIABETES app to easily track your blood glucose results from CONTOUR® connected meters.

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