

Two Week Record Diary

Thank you for downloading an online-only version of the Ascensia Diabetes Care record diary. There is enough space to record two weeks' of blood glucose results. Your diabetes healthcare team will advise when it is most appropriate to test your blood glucose.

DATE		TEST TIME							TREATMENT				Comments, Reactions, Medication, Illness, Diet, etc.
Day	Time	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Before Bed	AM	AM	PM	PM	

As a Contour meter user, you are entitled to a free of charge full-year record diary if you register your meter. To register your meter call, Ascensia Diabetes Care Support on 0345 600 6030 (Mon-Fri, 8am - 8pm). Ascensia Diabetes Care Support Ireland 1 890 920 111 (Mon to Fri 8am - 8pm). © 2018 Ascensia Diabetes Care UK Ltd. & Ascensia Diabetes Care Ireland Ltd. All rights reserved.

