

**Guardian**



**Diabetes Logbook**

From \_\_\_\_\_

Date	Breakfast		Lunch	
	Before	2h after	Before	2h after
Sun				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				



To \_\_\_\_\_

Dinner		Bedtime	Other	Notes
Before	2h after			



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Contour.

Stop wasting  
your test  
strips!



**Second-Chance®  
Sampling** allows  
you to apply more  
blood to the same test  
strip within 60 seconds.

The **only** blood glucose meter brand  
that prompts patients to apply more blood  
when the first sample is not enough.<sup>1</sup>

When it comes to diabetes management,  
**Trust CONTOUR®.**



[ascensidiabetes.ca](http://ascensidiabetes.ca)

® TM see [ascensidiabetes.ca/tm-mc](http://ascensidiabetes.ca/tm-mc). © 2026 Ascensia Diabetes  
Care Canada Inc. 1. CONTOUR®NEXT GEN Blood Glucose  
Monitoring System User Guide, Rev. 02/22



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To \_\_\_\_\_

Dinner		Bedtime	Other	Notes
Before	2h after			



**This logbook belongs to:**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

**Pharmacy**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

**Primary Healthcare Provider**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

**Emergency Contact**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

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To \_\_\_\_\_

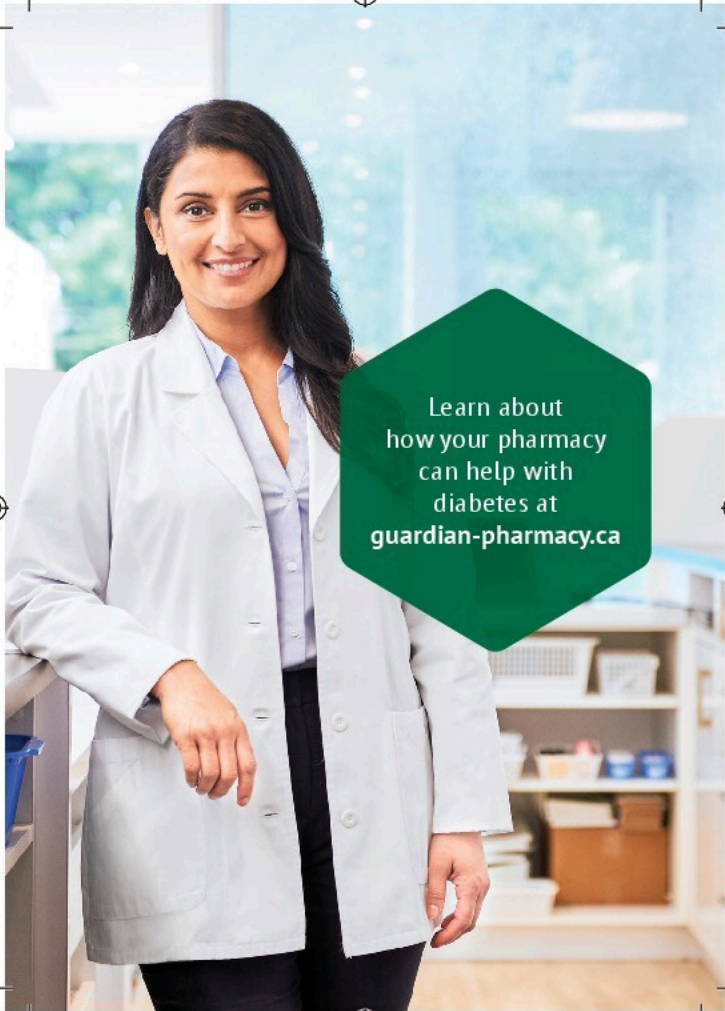
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Learn about  
how your pharmacy  
can help with  
diabetes at  
[guardian-pharmacy.ca](http://guardian-pharmacy.ca)



Place pharmacy stamp or sticker here:



Your local pharmacy®

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## When To Measure Your Blood Glucose

The Canadian Diabetes Association recommends the following schedules for self-monitoring blood glucose.

Situation	Recommendation
Taking multiple daily injections of insulin	At least 4 times a day
Using insulin less than 4 times per day	At least as often as insulin is being given
TYPE 2 - Not meeting blood glucose targets, and not using insulin	At least 2 times per day until blood glucose targets are met
TYPE 2 - Meeting blood glucose targets, and not using insulin	Once or twice per week

### **Newly diagnosed with diabetes (<6 months):**

At least once a day, at different times of day

### **Test yourself more often if:**

- You are not meeting your blood glucose targets
- You are ill
- You exercised a lot
- You drank alcohol
- You recently started a new medication known to increase or decrease blood glucose

## **Other Diabetes Related Tests:**

### **A1C - Measure every 3 months**

Target  $\leq 7\%$  for most persons with diabetes

Date	Result

### **Cholesterol - Measure every 3-6 months**

Cholesterol LDL-C (Target  $< 2.0$ )

Date	Result

A1C measures your average blood glucose control over the last 2-3 months

LDL-C = low-density lipoprotein cholesterol ("Bad cholesterol")





## **ABC Targets for Persons with Diabetes**

- A** A1C target 7% or lower
- B** Blood Pressure 130/80 or lower
- C** Cholesterol LDL-C 2.0 or lower

A1C measures your average blood glucose control over the last 2-3 months

LDL-C = low-density lipoprotein cholesterol  
("Bad cholesterol")

## **Ask Your Local Pharmacist About:**

- 
- Using your blood glucose meter correctly
  - Checking if your blood glucose meter is accurate
  - A personalized Medication Review
  - Managing hypoglycemia or low blood sugars
  - Managing your diabetes during illness
  - Travelling with diabetes medications and adjusting for time zone changes
  - When you should test your blood glucose more often
  - Incorporating healthy eating and exercise to help control your diabetes
  - Drugs that can protect your heart
  - Foot care
  - Diabetes in pregnancy
  - Quitting smoking
- 

## How to Manage your Diabetes:

Maintaining your blood glucose as close to the normal range as possible can help you avoid complications. Keeping track of your blood glucose levels can:

- Demonstrate how lifestyle, healthy eating, and medication are affecting your blood glucose level
- Guide changes to your lifestyle and medications to reach your ideal blood glucose levels

## Target Blood Glucose Levels:

The Canadian Diabetes Association guidelines recommend the following target blood glucose levels for most people living with diabetes.

	Type 1 and Type 2 Diabetes
A1C* (%)	≤ 7.0
Fasting or before meal blood glucose (mmol/L)	4.0 – 7.0
2 hours after meal blood glucose (mmol/L)	5.0 – 10.0

Check with your doctor for your specific blood glucose targets and goals.

\*A1C measures your average blood glucose control over the last 2-3 months

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