

SOBRIETY RECORDS | PRINTABLE WORKSHEET

Personal BAC log worksheet

Keep a self-recorded BAC reading with its device context, display-photo notes, follow-up, and honest limits.

SAFETY AND TESTING BOUNDARY

Never use a BAC reading to decide whether it is safe to drive. This is not medical care or monitored testing. Follow court, employer, clinician, treatment, and program requirements.

01 READING BASICS
DATE

MM / DD / YYYY

READING TIME
BAC RESULT
DEVICE MAKE AND MODEL
SERIAL NUMBER, IF AVAILABLE
☐ Photo of the displayed result kept

☐ Device date/time visible or noted

02 DEVICE AND TEST CONTEXT
LAST CALIBRATION OR SENSOR SERVICE

Date or unknown

TEST TYPE

Personal / required / other

CONTEXT BEFORE THE READING

Optional: meals, mouthwash, medication, timing, or another fact relevant to understanding the reading. Do not use this space for medical conclusions.

03 WHAT HAPPENED NEXT
ACTION OR FOLLOW-UP

Examples: repeated the test, contacted a professional, followed a program instruction, or made no additional note.

KEEP THE WORKSHEET. PRESERVE THE TIMELINE.

A self-recorded reading is context, not monitored proof.
 notarus.app/resources/personal-bac-log



Two-week reading summary

[illegible]