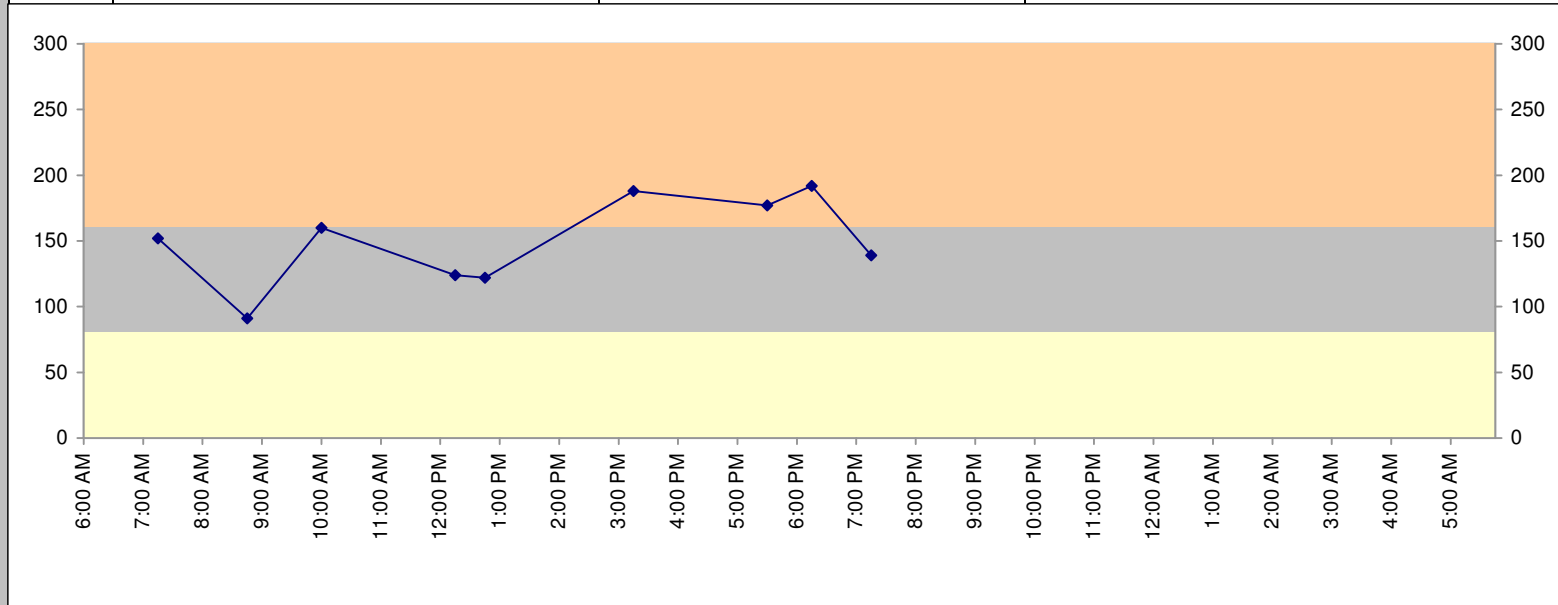


Monday, February 12, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am
0:00					160																			
0:15		152					124			188			192	139										
0:30												177												
0:45			91				122																	
Carbs			44				120						135	30										
Bolus		1.50	4.00				15.35						2.60	16.95	4.00									
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5
Activity																								

# of Tests	9
Average	149
Max	192
Min	91
Range	101
Total Carbs	329
Total Bolus	44.40
Total Basal	28
Total Insulin	72.4

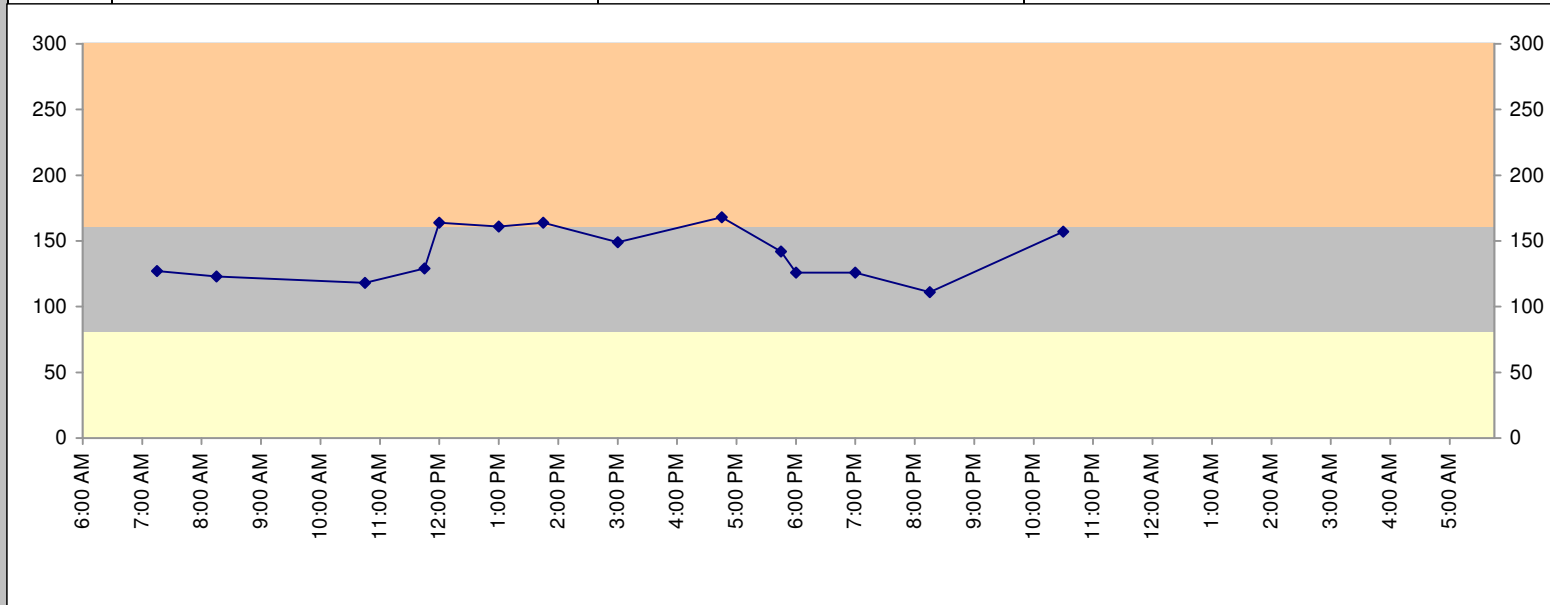
Notes	Morning	Afternoon	Evening
	8:45am - soy milk, whole wheat english muffin with butter & peanut butter.	12:40pm - 12" cheese trio blimpies, bag of sour cream & onion baked lays	7:30pm - 3/4 bowl of panera baked potato soup, whole grain baguette, small handfull of leftover fries with ketchup, 2 hot dog buns with mustard dipped in ketchup, 2 servings of barbeque dhips.



Tuesday, February 13, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	# of Tests		
0:00							164	161		149			126	126											14		
0:15		127	123												111										Average	140	
0:30																	157								Max	168	
0:45					118	129		164		168	142														Min	111	
Carbs			40			15				40			40		20										Range	57	
Bolus		0.75	5.40							6.75			3.15				0.50								Total Carbs	155	
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	Total Bolus	16.55
Activity						Basketball																			Total Basal	28	
																									Total Insulin	44.55	

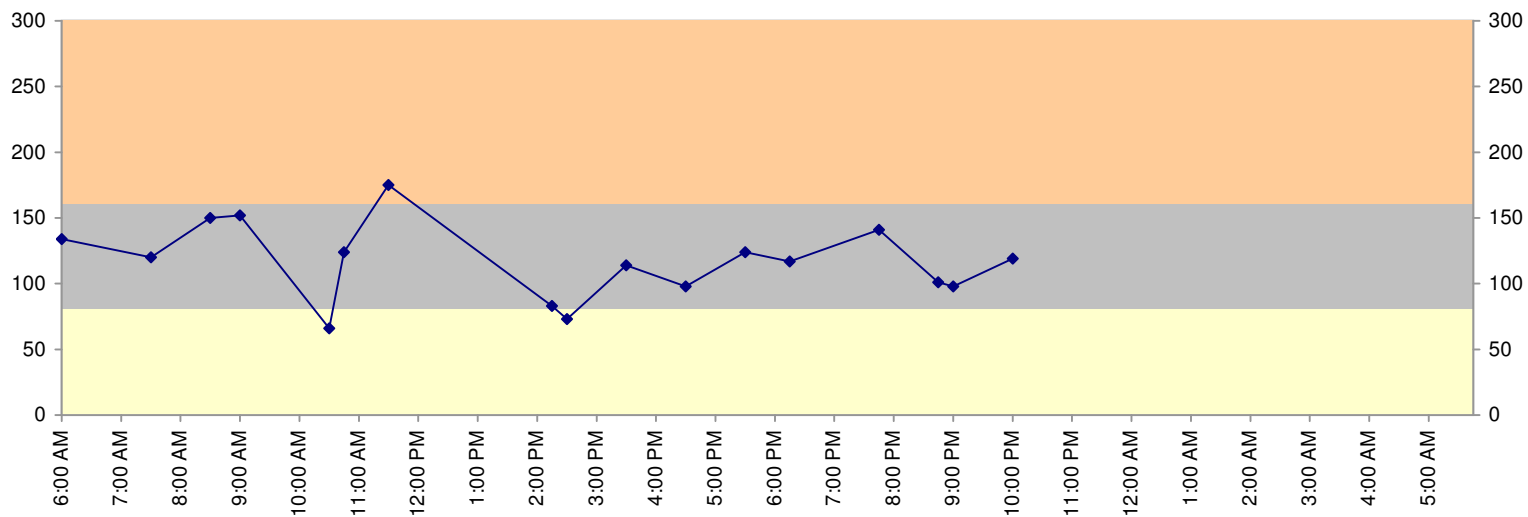
Notes	Morning	Afternoon	Evening
	8:18am - Breakfast. Thomas whole wheat english muffin with skippy natural peanut butter and a glass of chocolate soy milk.	3:00pm - Half of my cottage cheese, half of my dried blueberries, bag of 100 calorie RITZ crackers with hummus.	6:15pm - small to moderate ketones. Eating the rest of my cottage cheese and blueberries, bag of 100 calorie wheat thins and hummus. Also had a handful of almonds. 7:30pm - glass of red wine, can of green beans. 8:45pm - one little debbie swiss cake roll (not one package, one individual cake).



Wednesday, February 14, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	# of Tests
0:00	134			152												98	119								17
0:15									83				117												Average
0:30		120	150		66	175			73	114	98	124													Max
0:45					124									141	101										Min
Carbs		40			28	75			55				55	27											Range
Bolus	0.95	4.65				10.75			1.80				7.00												Total Carbs
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	Total Bolus
Activity															Basketball										Total Basal
																									Total Insulin

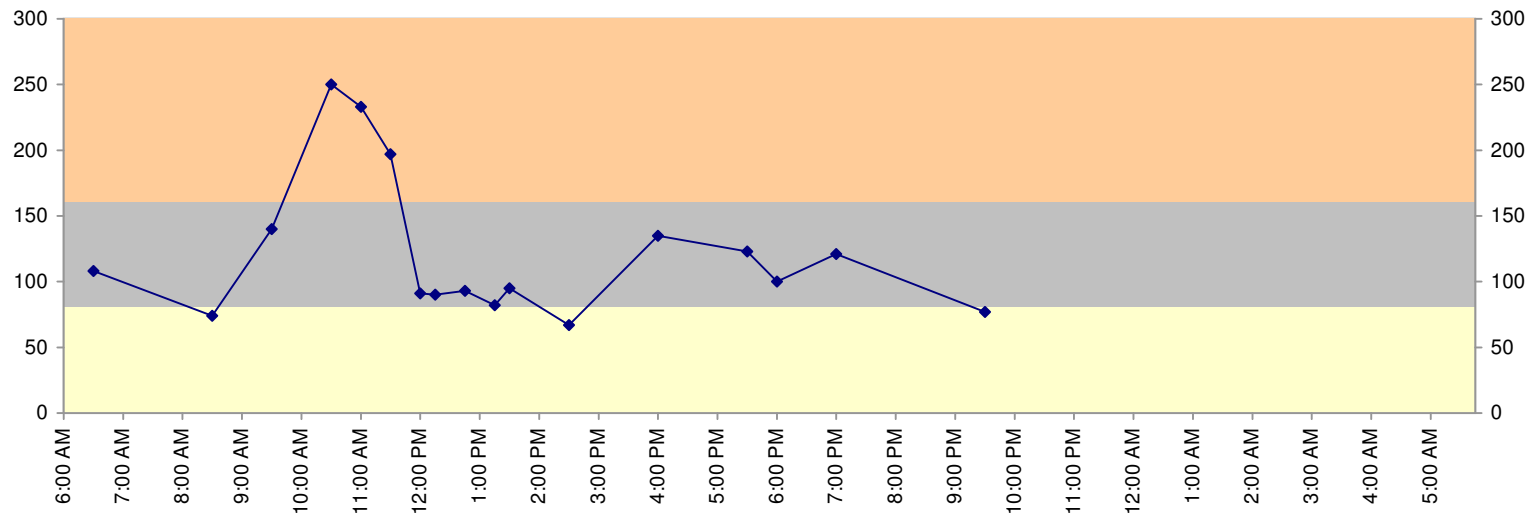
Notes	Morning	Afternoon	Evening
	7:30am - whole wheat english muffin with peanut butter, cup of chocolate soy milk.	11:30pm - cheese & mayo sandwich on whole wheat, bag of baked lays sour cream & onion chips. 2:30pm - Baggie of dried blueberries (33g), 100 cal. Wheat thins pack with hummus, half of my cottage cheese.	6:16pm - half of my cottage cheese, baggie of dried blueberries, 100 calorie wheat thins bag with hummus. 10:15pm - set change.



Thursday, February 15, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	# of Tests		
0:00						233	91				135		100	121											17		
0:15							90	82																	Average	122	
0:30	108		74	140	250	197	95	67				123				77									Max	250	
0:45							93																		Min	67	
Carbs			100			15	21	10	55				27		20	38										Range	183
Bolus	0.20		11.50						6.40				1.35		2.65	1.85										Total Carbs	286
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	Total Bolus	23.95	
Activity							Basketball																			Total Basal	28
																										Total Insulin	51.95

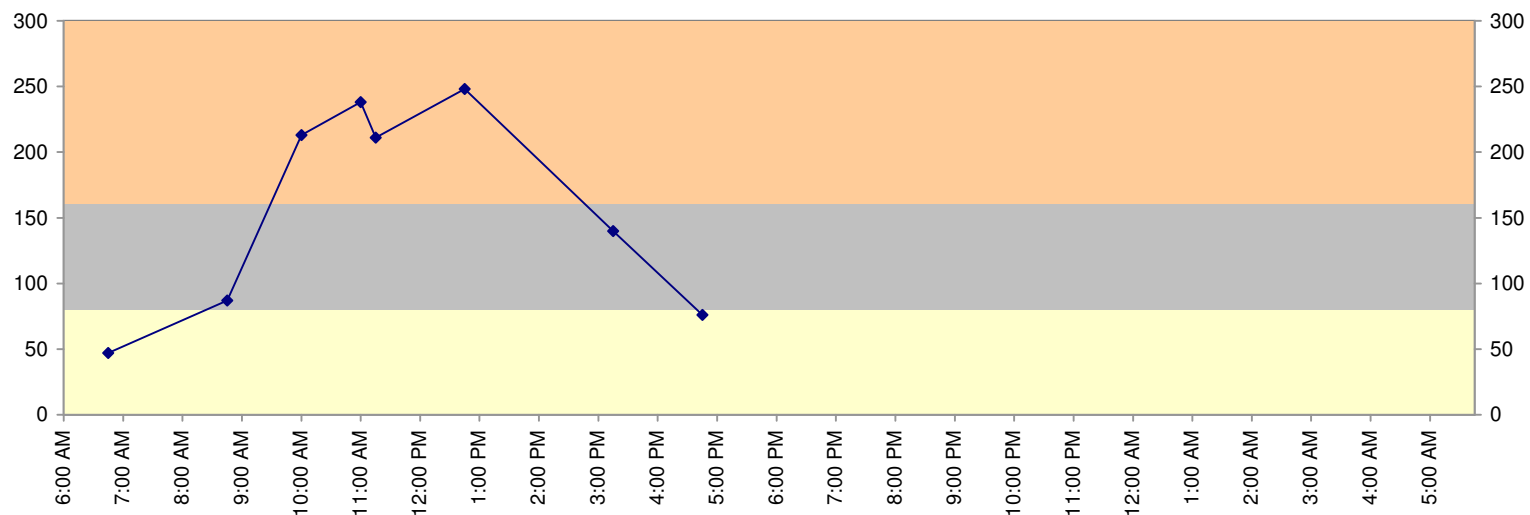
Notes	Morning	Afternoon	Evening
	<p>8:30am - Burger king - french toast sticks and large hash browns. Also first meal on new set. 11:25am - at basketball, dropping fast, out of my routine today. Lots of insulin on board from breakfast. Had half of an EAS sport shake. 12:15pm - about 12oz of Gatorade. 1:15pm - Another 4oz of Gatorade.</p>	<p>2:30pm - half of my cottage cheese, baggie of dried blueberries, 100 calorie bag of Wheat thins with hummus. 4:00pm - spilling moderate ketones.</p>	<p>6:00pm - other half of my cottage cheese, 100 cal bag of wheat thins with hummus. 7:30pm - can of green beans, glass of red wine. 9:30pm - Worried about low BG before bed, had a little debbie swiss cake roll.</p>



Friday, February 16, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am	# of Tests	
0:00					213	238																			8	
0:15						211				140															Average	158
0:30																									Max	248
0:45	47		87				248				76														Min	47
																									Range	201
Carbs	15					60				15	50		50	30	110										Total Carbs	330
Bolus	0.50		5.20			8.85				0.25	6.65		6.65	4.00	14.65										Total Bolus	46.75
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5	Total Basal	28
Activity																									Total Insulin	74.75

Notes	Morning	Afternoon	Evening
	8:45am - Whole wheat english muffin with peanut butter and a glass of soy milk. 11:00am - man - what the heck happened? Why am I so high now?	11:20am - Cheese & Mayo sandwich from cafeteria, 100 cal bag of wheat thins with hummus. 4:00pm - bag of microwave popcorn. 4:45pm - concerned about driving when only at 76 mg/dl with IOB from popcorn. Had a small handful of M&M's. Mixed regular (dark) and peanut.	6:00pm - Had some cashews (whole) at dad's place. 7:30pm - just getting home. Feeling low. Lost all control and ate three mini kit kats, two servings of barbeque Lays chips (weighed), Tab's leftover white rice (maybe 1.5 servings?), then I had three small hamburger buns (17g ea.) with mustard and ketchup and finished it all off with an entire fucking pint of ice cream. Jesus help me.

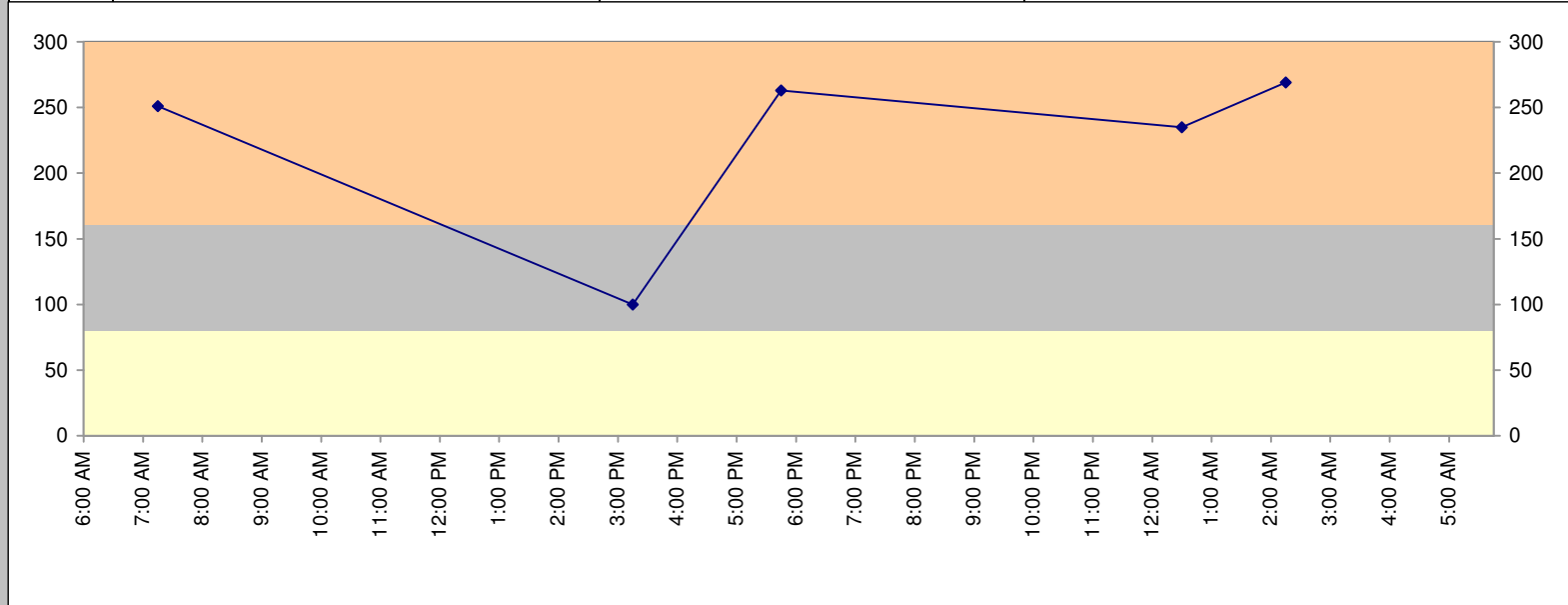


Saturday, February 17, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am
0:00																								
0:15		251								100											269			
0:30																			235					
0:45												263												
Carbs							90			42			210	70		50								
Bolus		4.50					12.00			0.00		4.85	28.00	9.35		6.65					4.15			
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5
Activity																								

# of Tests	5
Average	224
Max	269
Min	100
Range	169
Total Carbs	462
Total Bolus	69.50
Total Basal	28
Total Insulin	97.5

Notes	Morning	Afternoon	Evening
			6:00pm - meeting group at cheesecake factory for dinner.

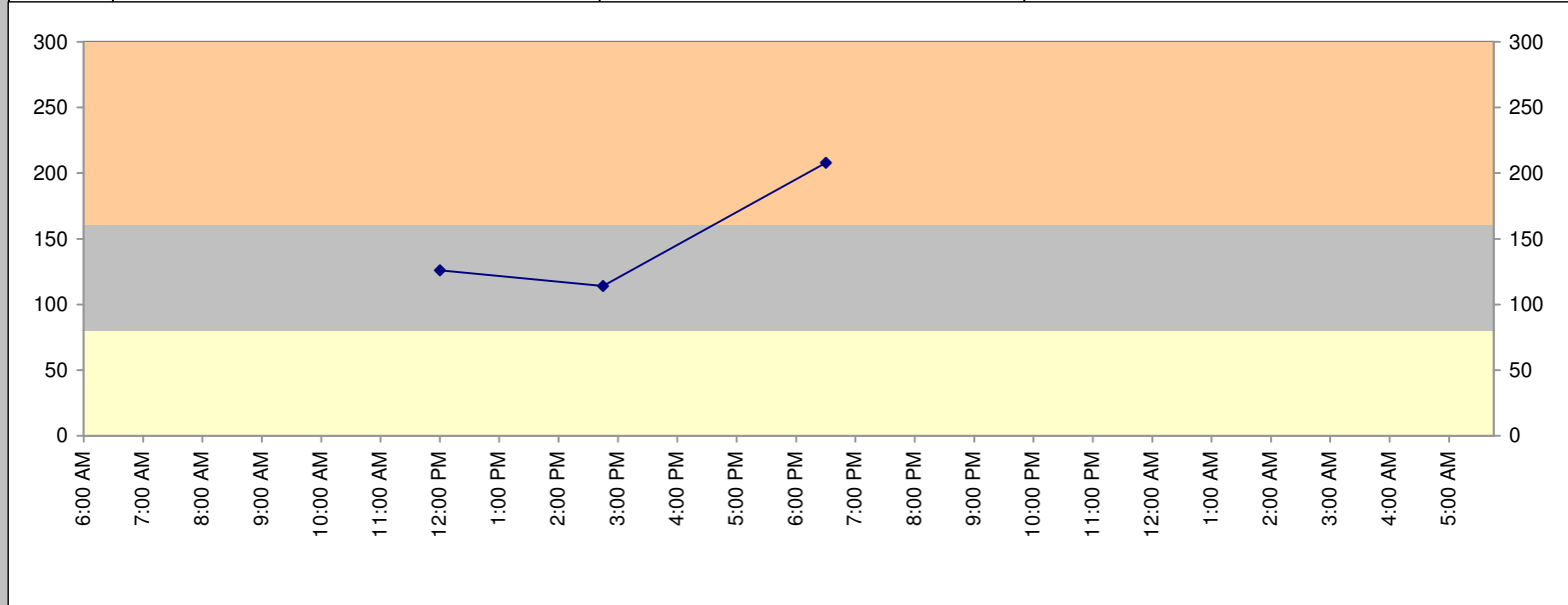


Sunday, February 18, 2007

Hour/Min	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am	5am
0:00							126																	
0:15																								
0:30													208											
0:45									114															
Carbs									117	60			43					40						
Bolus							0.75		15.60	8.00			2.00					5.35						
Basal	1.5	1.5	1.5	1.5	1.5	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.5	1.5	1.5
Activity																								

# of Tests	3
Average	149
Max	208
Min	114
Range	94
Total Carbs	260
Total Bolus	31.70
Total Basal	28
Total Insulin	59.7

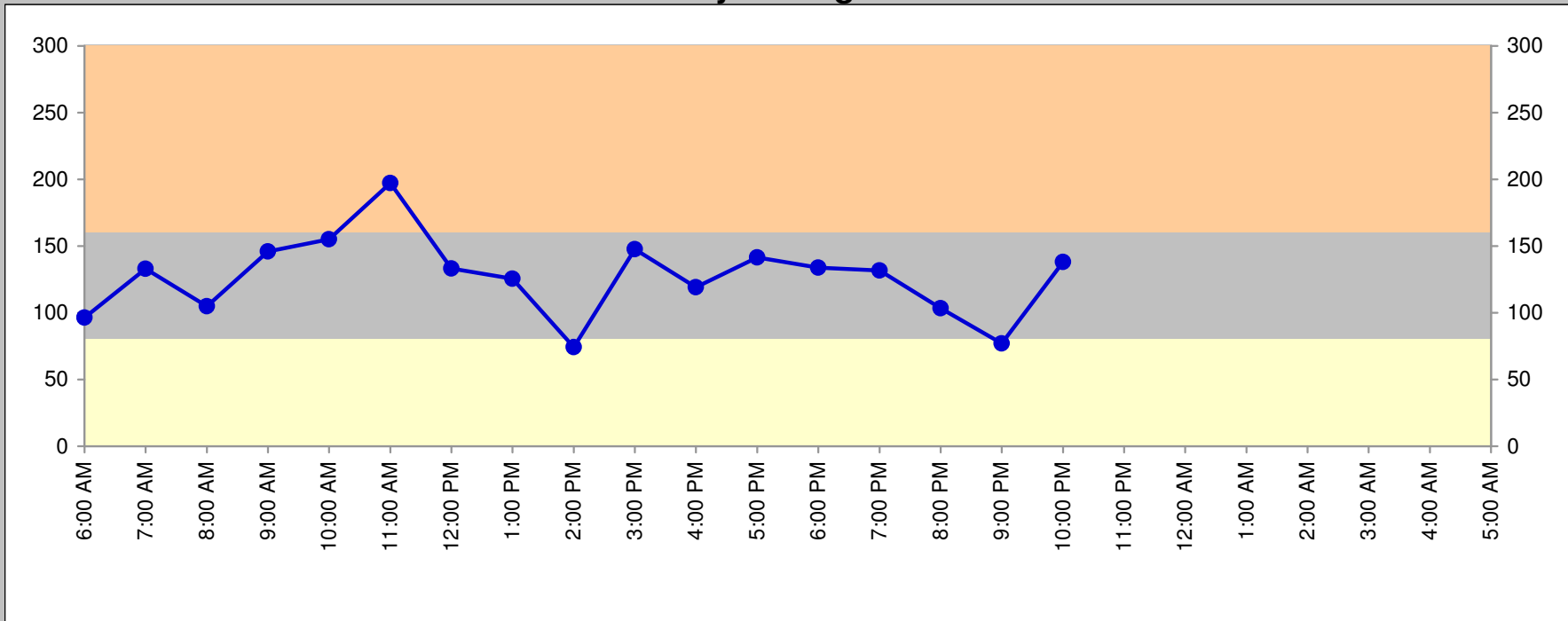
Notes	Morning	Afternoon	Evening
		12:45pm - site change	



Weekday Average Bloodsugar: 133

02/12/07 - 02/16/07

Hourly Average

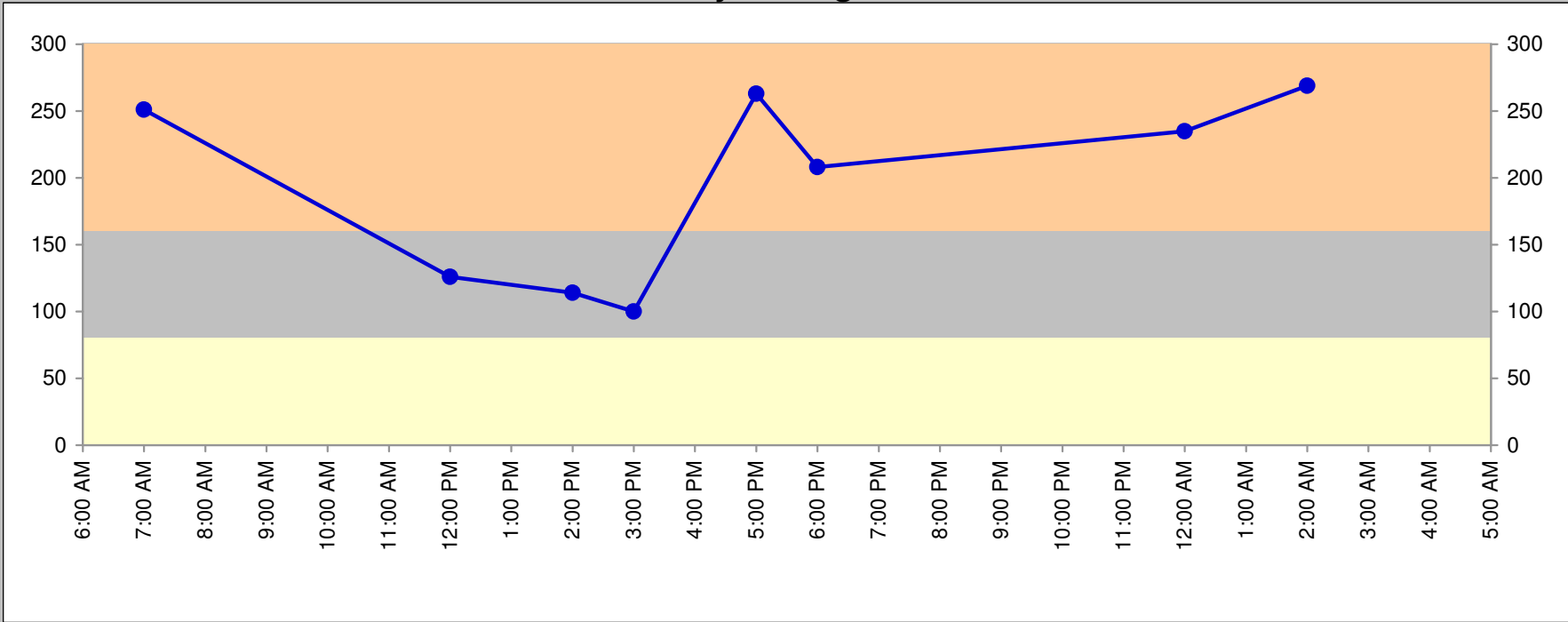


	Average	Max	Min	Range
Monday	149	192	91	101
Tuesday	140	168	111	57
Wednesday	117	175	66	109
Thursday	122	250	67	183
Friday	158	248	47	201

Weekend Average Bloodsugar: 196

02/17/07 - 02/18/07

Hourly Average

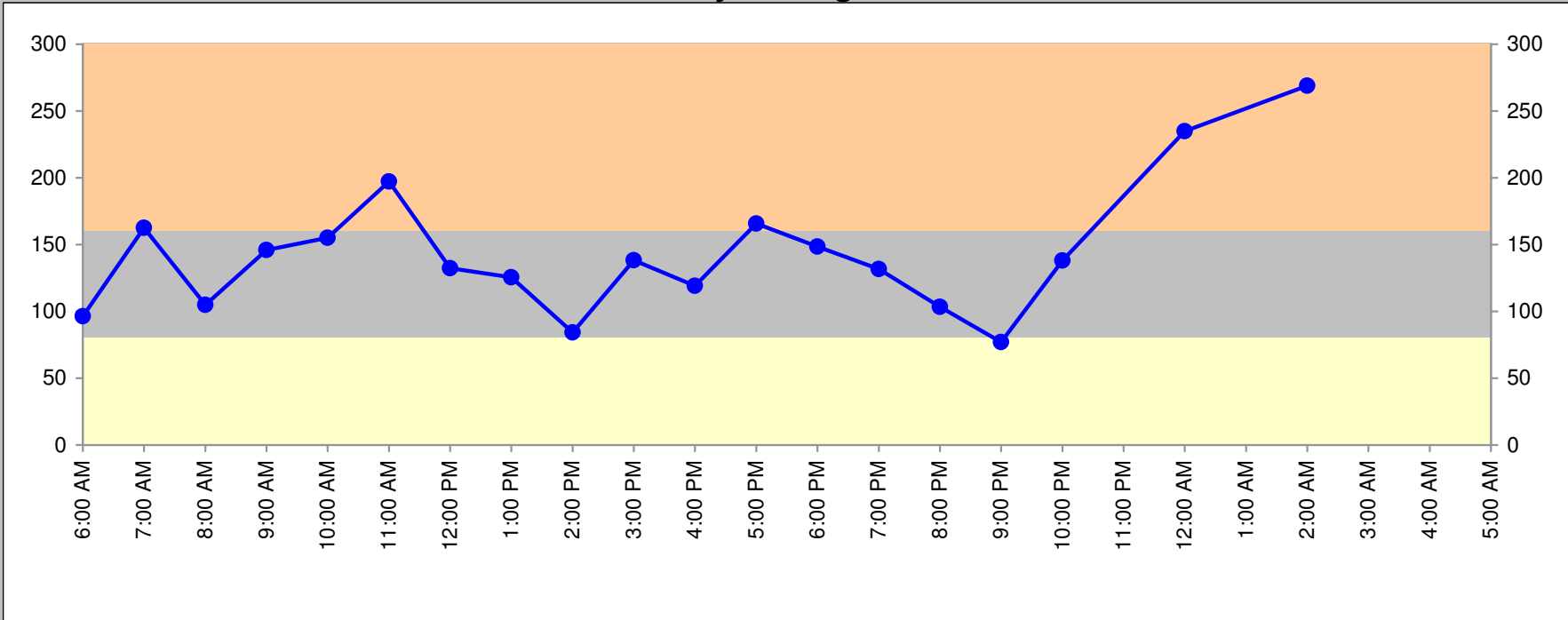


	Average	Max	Min	Range
Saturday	224	269	100	169
Sunday	149	208	114	94

Average Bloodsugar All Week: 140

02/12/07 - 02/18/07

Hourly Average



	Average	Max	Min	Range
Monday	149	192	91	101
Tuesday	140	168	111	57
Wednesday	117	175	66	109
Thursday	122	250	67	183
Friday	158	248	47	201
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 133

02/12/07 - 02/16/07

