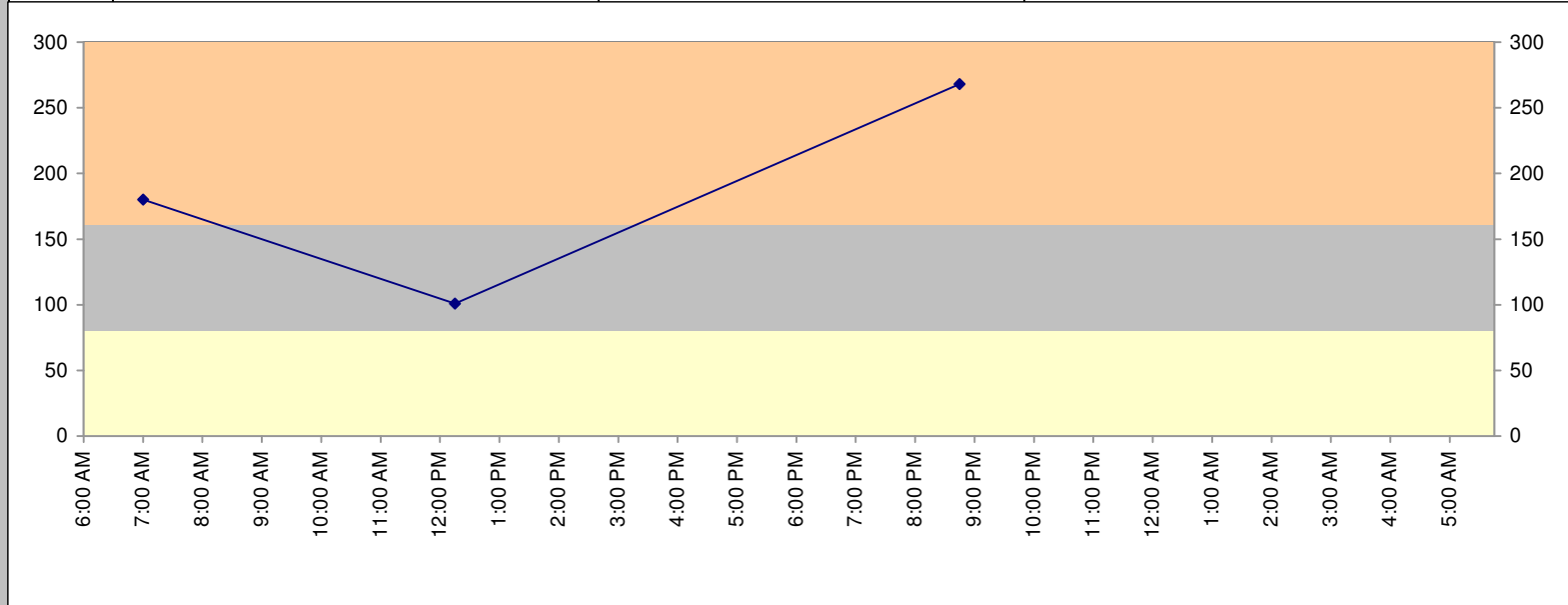


Monday, February 19, 2007

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		180																						
0:15							101																	
0:30																								
0:45														268										
Carbs							15	120	60		40	90		90										
Bolus		2.30					2.00	16.43	8.00		5.35	12.00		12.00	1.50									
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	183
Max	268
Min	101
Range	167
Total Carbs	415
Total Bolus	59.58
Total Basal	28
Total Insulin	87.58

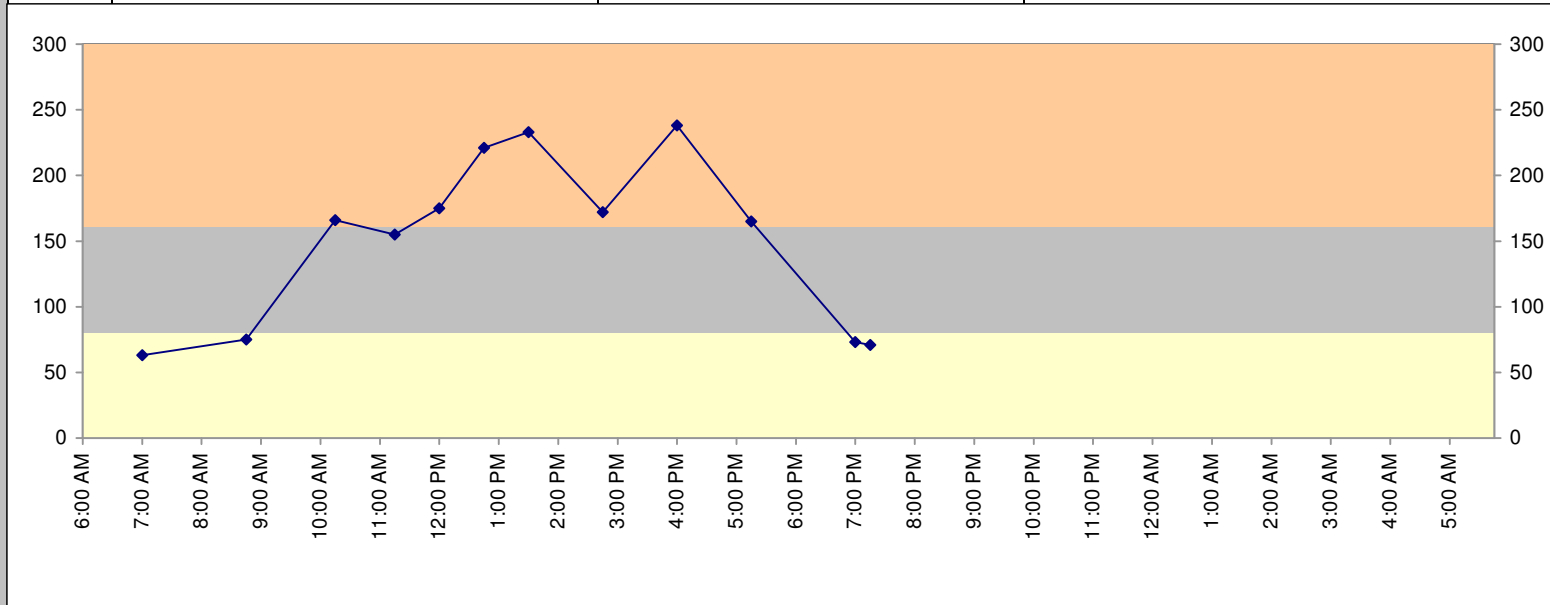
Notes	Morning	Afternoon	Evening



Tuesday, February 20, 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		63					175				238			73											12	
0:15					166	155						165		71											Average	151
0:30								233																	Max	238
0:45			75				221		172																Min	63
Carbs			44				15		60					55											Range	175
Bolus			5.15				1.00	1.00	8.00					5.70											Total Carbs	174
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	20.85
Activity							Basketball																		Total Basal	28
Total Insulin																									48.85	

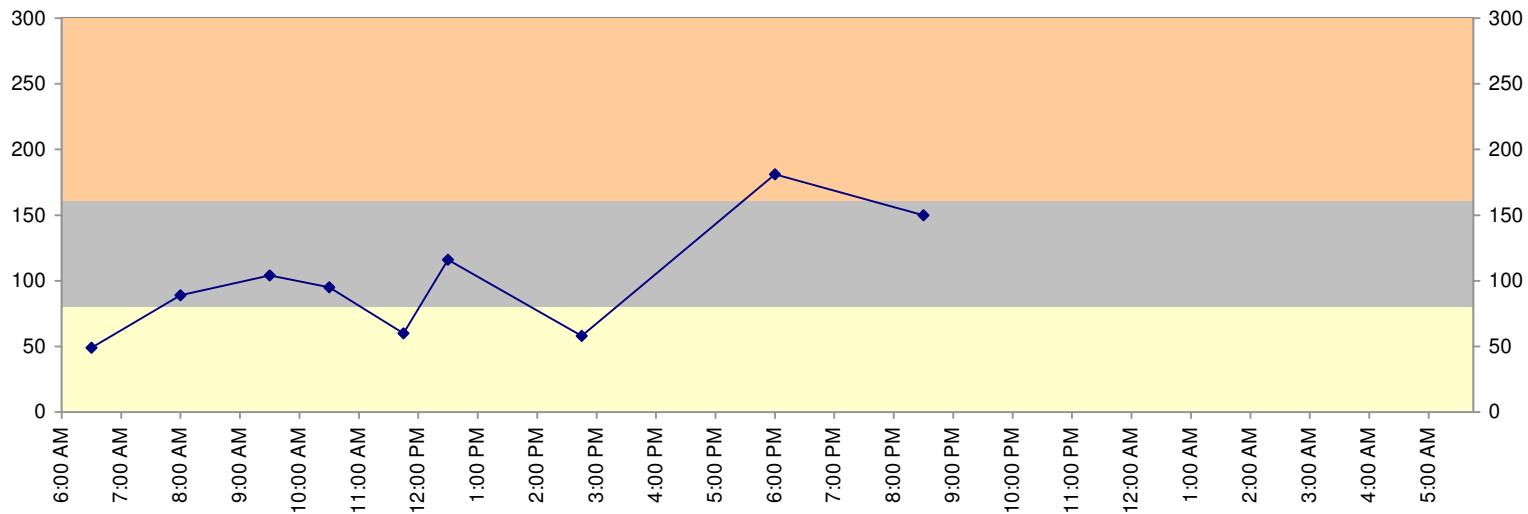
Notes	Morning	Afternoon	Evening
	8:45am - whole wheat english muffin with peanut butter and chocolate soy milk. 12:00pm - getting to basketball late - had half of an EAS sports shake.	2:10pm - half of my cottage cheese, baggie of dried blueberries, 100 cal bag of ritz chips & hummus.	7:00pm - forgot to eat my 6:00 dinner, so I'm having it now (spurred into action by running a bit low). Other half of my cottage cheese, 100 cal bag of ritz chips and hummus, baggie of dried blueberries. 7:15pm - half a handful of M&M's (mix of peanut & regular).



Wednesday, February 21, 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			89										181												9
0:15																									Average
0:30	49			104	95		116								150										181
0:45						60			58																49
Carbs	15		47			33	55		200						80										Total Carbs
Bolus	0.55		5.60			1.35	7.35		20.45						12.05										Total Bolus
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
Activity																									Total Insulin

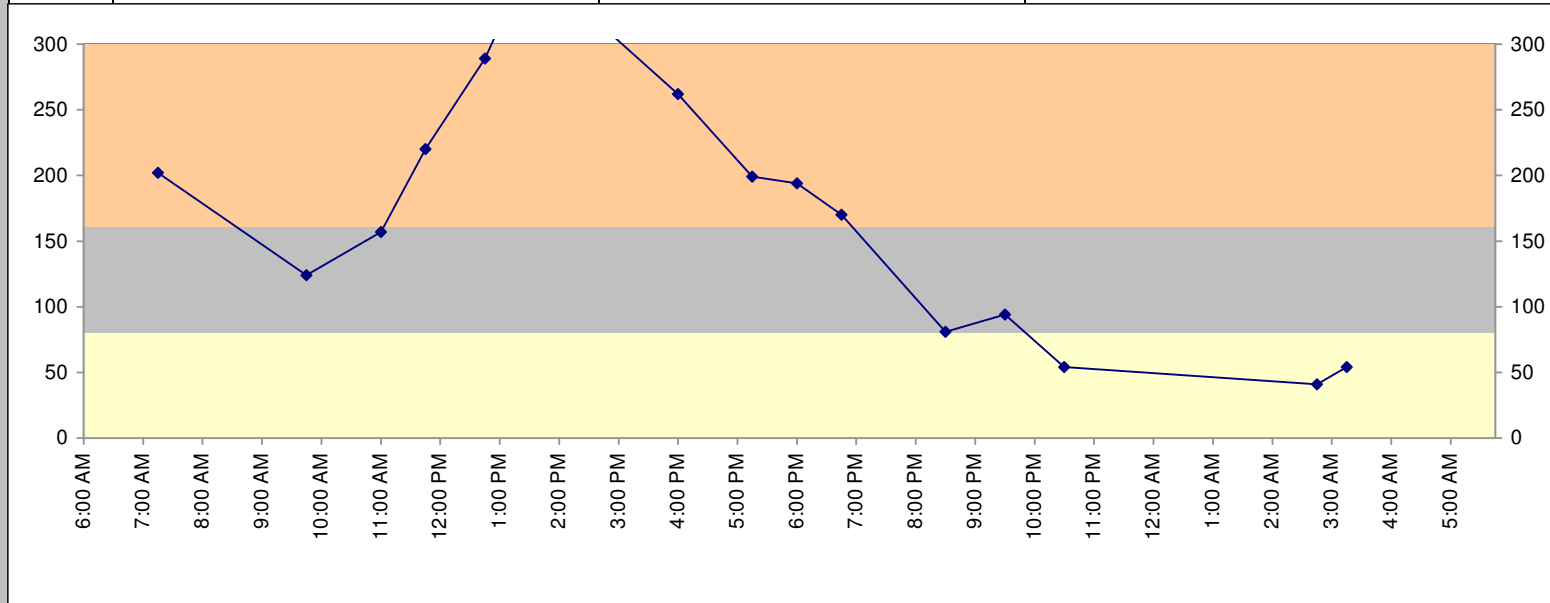
Notes	Morning	Afternoon	Evening
	8:00am - whole wheat english muffin with PB & cup of choc. Soy milk. 11:50am - Feeling low. Baggie of dried blueberries.	12:30pm - A couple pillsbury cinnamon rolls. 2:45pm - Perkins with kids. Grilled cheese, fries, side of hash browns, small chocolate sundae.	8:30pm - three velveeta sandwiches on hot dog buns.



Thursday, February 22, 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						157					262		194												16	
0:15		202							333			199											54		Average	177
0:30								363							81	94	54								Max	363
0:45				124		220	289						170								41				Min	41
Carbs						40			30				30		35		30				15				Range	322
Bolus		2.90					1.50	7.00	4.00				5.50		0.90		1.10								Total Carbs	180
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	22.90
Activity							Basketball																		Total Basal	28
																									Total Insulin	50.9

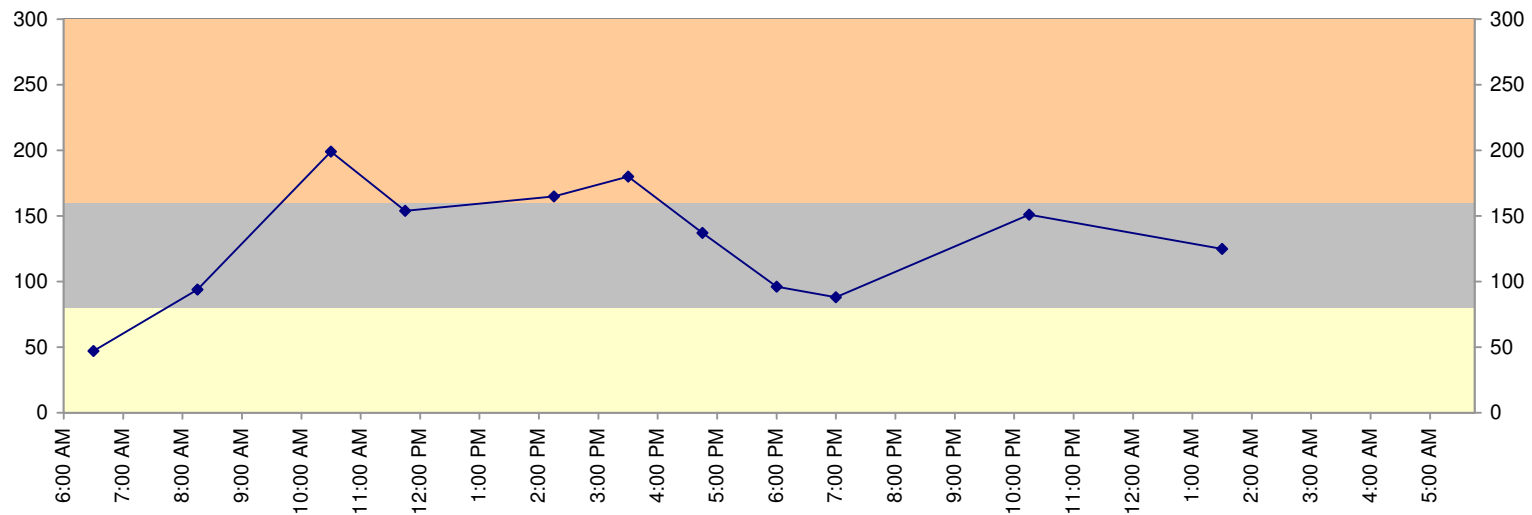
Notes	Morning	Afternoon	Evening
	7:15am - High from all that velveeta last night? 7:50am - site change. 1 day late. 11:00am - was running real late on breakfast. Didn't want a bunch of insulin on board for basketball so I just delayed breakfast until now (right before ball). Cheese & mayo sandwich on wheat.	Wow. What happened during basketball? I guess I should have bolused for my sandwich? Was the drop this morning from 202 mg/dl to 124 mg/dl all from my correction bolus on the old set, then I just started rising on the new set? Took 7 units at 1:30 then went and sat in the steam room for a while. I felt like shit. 2:15pm - half of my cottage cheese, 100 cal bag of wheat thins and hummus.	6:00pm - other half of my cottage cheese, 100 cal bag of wheat thins with hummus. 6:20pm - first void after basketball, moderate ketones. 8:30pm - one thing of pudding (snack pack), can of green beans and 2 glasses of red wine. 10:30pm - low. Glucose tabs. 2:45am - low again, glucose tabs.



Friday, February 23, 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													96	88											11	
0:15			94						165								151								Average	131
0:30	47				199					180										125					Max	199
0:45						154					137														Min	47
																									Range	152
Carbs	15		44			117							100							116					Total Carbs	392
Bolus	0.50		5.35			15.20				2.00			12.25							16.65					Total Bolus	51.95
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								Stress																	Total Insulin	79.95

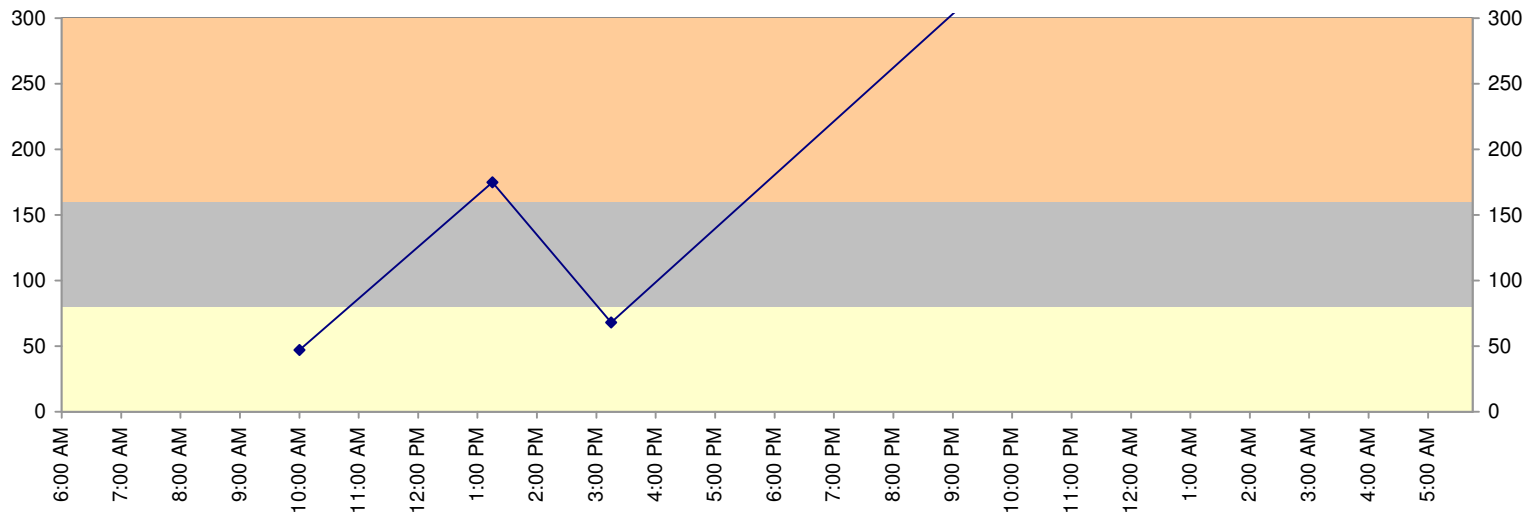
Notes	Morning	Afternoon	Evening
	6:30am - low, glucose tabs. 8:15am - english muffin with peanut butter & cup of soy milk.	11:45am - blimpies - 12" cheese trio on wheat with a bag of baked lays cheddar & sour cream. 1:30pm - returning from a visit to the research center at the University - a bit of walking then I did 8 flights of stairs up to my car.	



Saturday, February 24, 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					47																				4		
0:15								175		68															Average	156	
0:30																									Max	334	
0:45																334									Min	47	
Carbs					120			75		62			80						40						Range	287	
Bolus					14.50			10.00					10.65			3.00		5.35							Total Carbs	377	
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	43.50
Activity																									Total Basal	28	
																									Total Insulin	71.5	

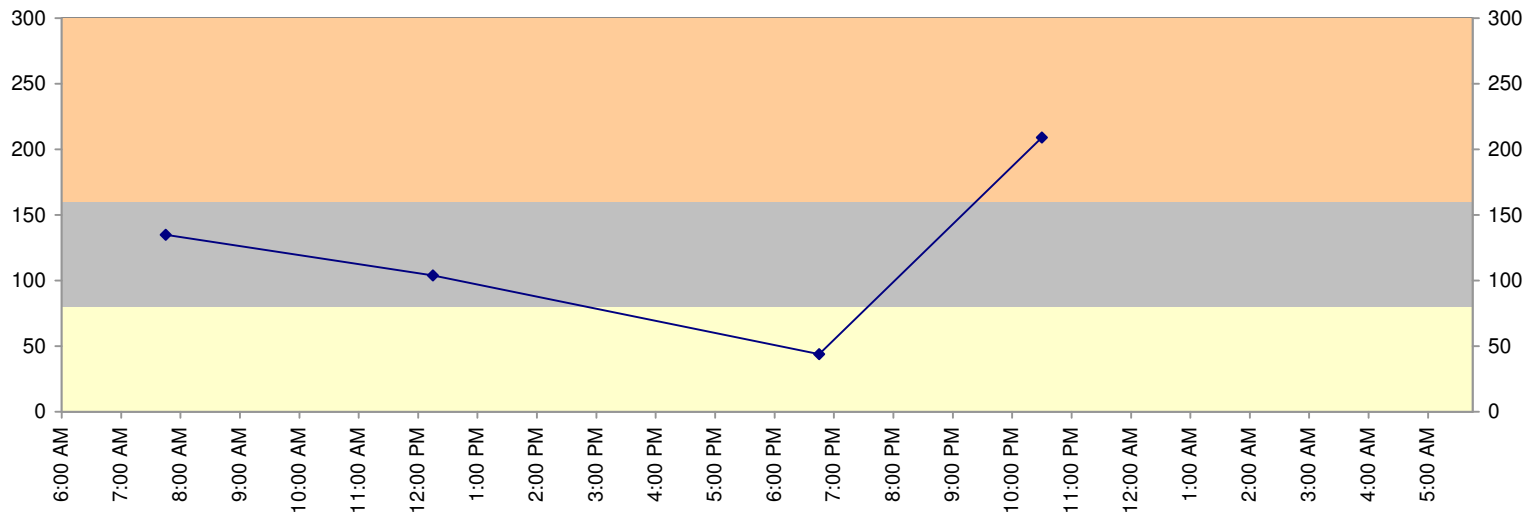
Notes	Morning	Afternoon	Evening



Sunday, February 25, 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																									Average	123
0:15							104																		Max	209
0:30																	209								Min	44
0:45		135											44												Range	165
Carbs							80			60	80	70		80											Total Carbs	370
Bolus							10.65			8.00	10.65	9.35		10.65											Total Bolus	49.30
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	77.3

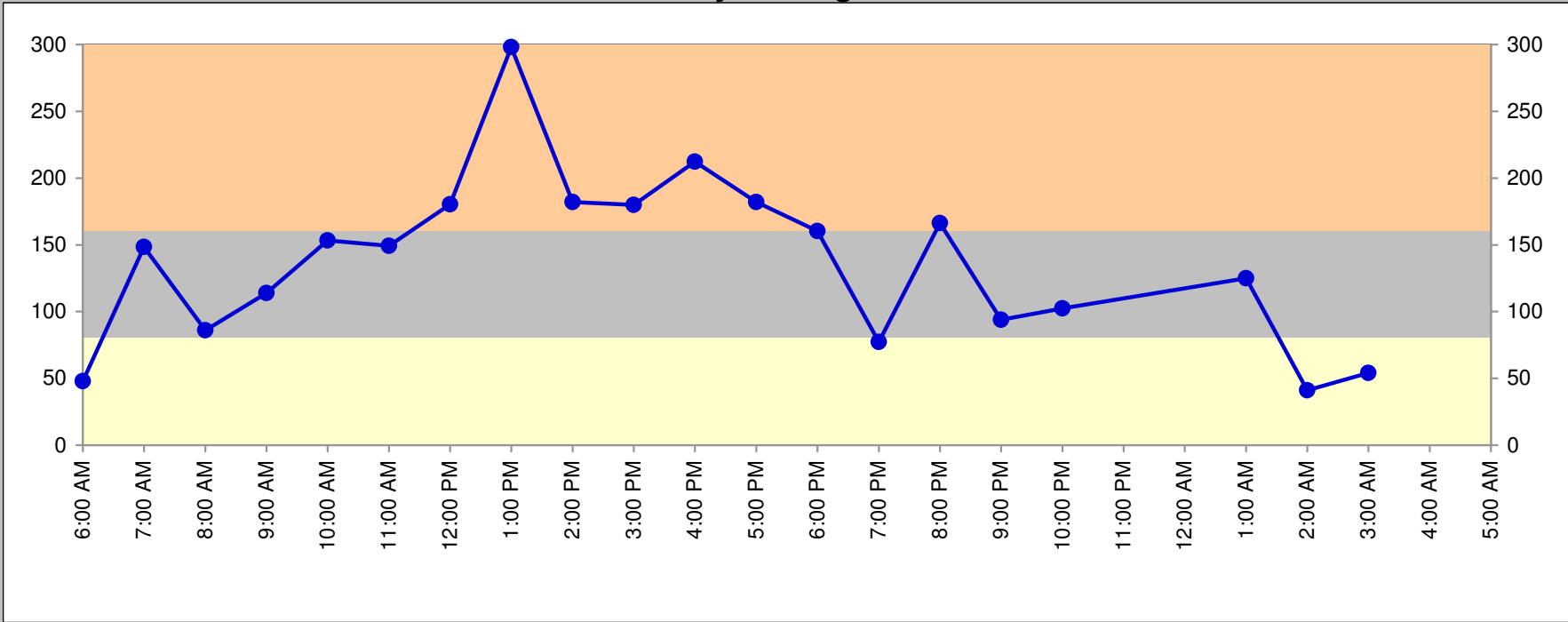
Notes	Morning	Afternoon	Evening



Weekday Average Bloodsugar: 148

02/19/07 - 02/23/07

Hourly Average

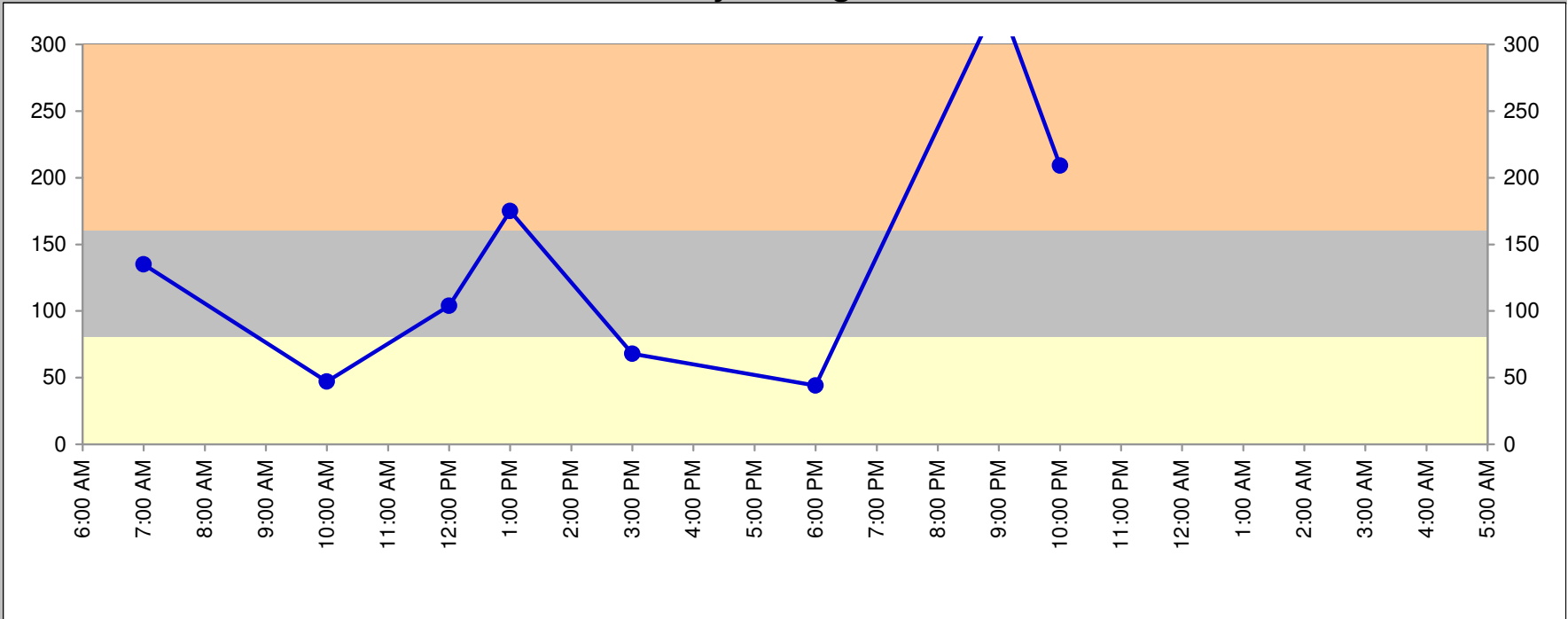


	Average	Max	Min	Range
Monday	183	268	101	167
Tuesday	151	238	63	175
Wednesday	100	181	49	132
Thursday	177	363	41	322
Friday	131	199	47	152

Weekend Average Bloodsugar: 140

02/24/07 - 02/25/07

Hourly Average

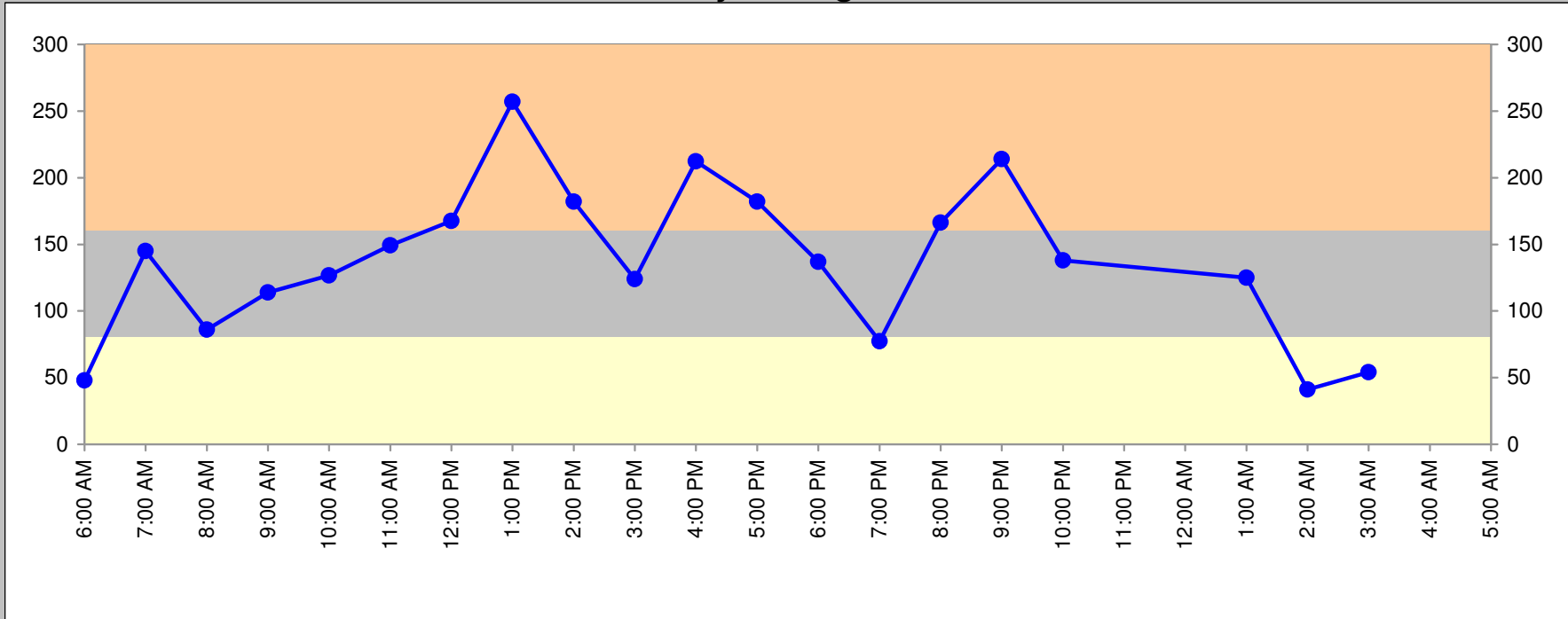


	Average	Max	Min	Range
Saturday	156	334	47	287
Sunday	123	209	44	165

Average Bloodsugar All Week: 147

02/19/07 - 02/25/07

Hourly Average



	Average	Max	Min	Range
Monday	183	268	101	167
Tuesday	151	238	63	175
Wednesday	100	181	49	132
Thursday	177	363	41	322
Friday	131	199	47	152
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 148

02/19/07 - 02/23/07

