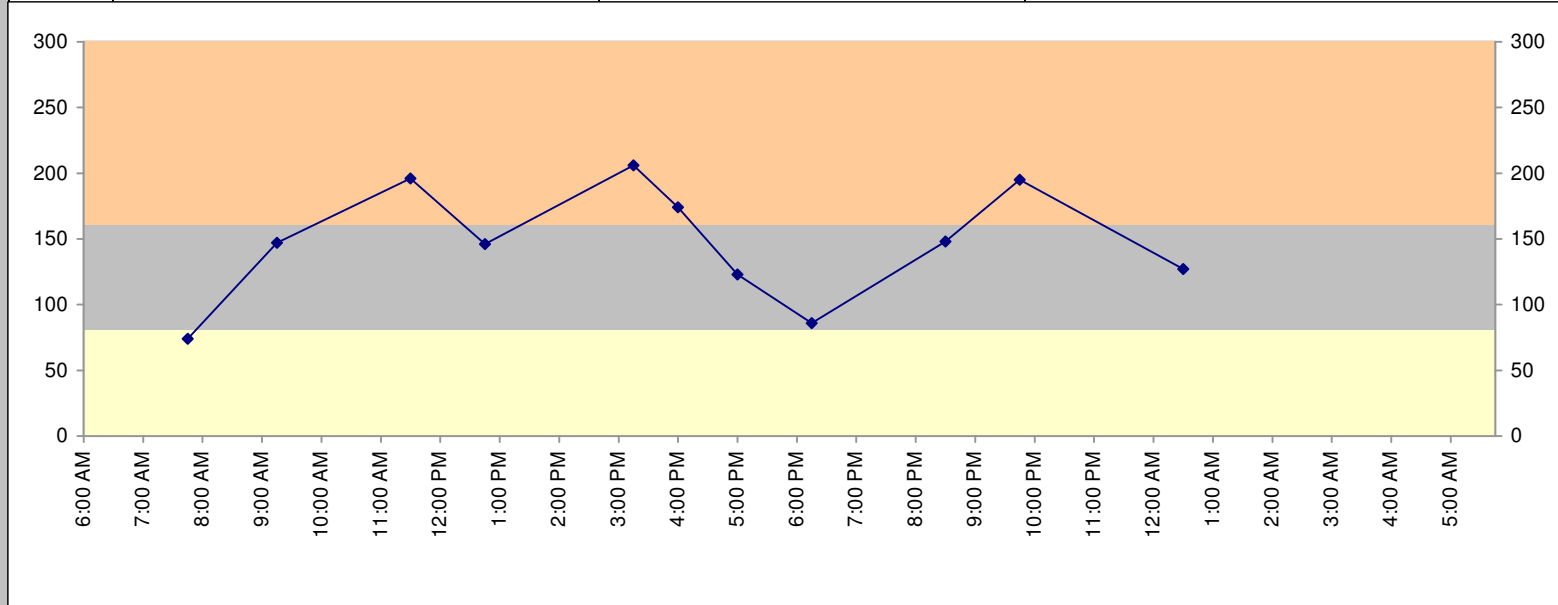


# Monday, March 12, 2007

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											174	123												
0:15				147						206			86											
0:30						196									148				127					
0:45		74					146									195								
<b>Carbs</b>				44			128						33											
<b>Bolus</b>				7.10			15.50						4.00			1.15			0.10					
<b>Basal</b>	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
<b>Activity</b>																								

# of Tests	11
Average	147
Max	206
Min	74
Range	132
<b>Total Carbs</b>	205
<b>Total Bolus</b>	27.85
<b>Total Basal</b>	28
<b>Total Insulin</b>	55.85

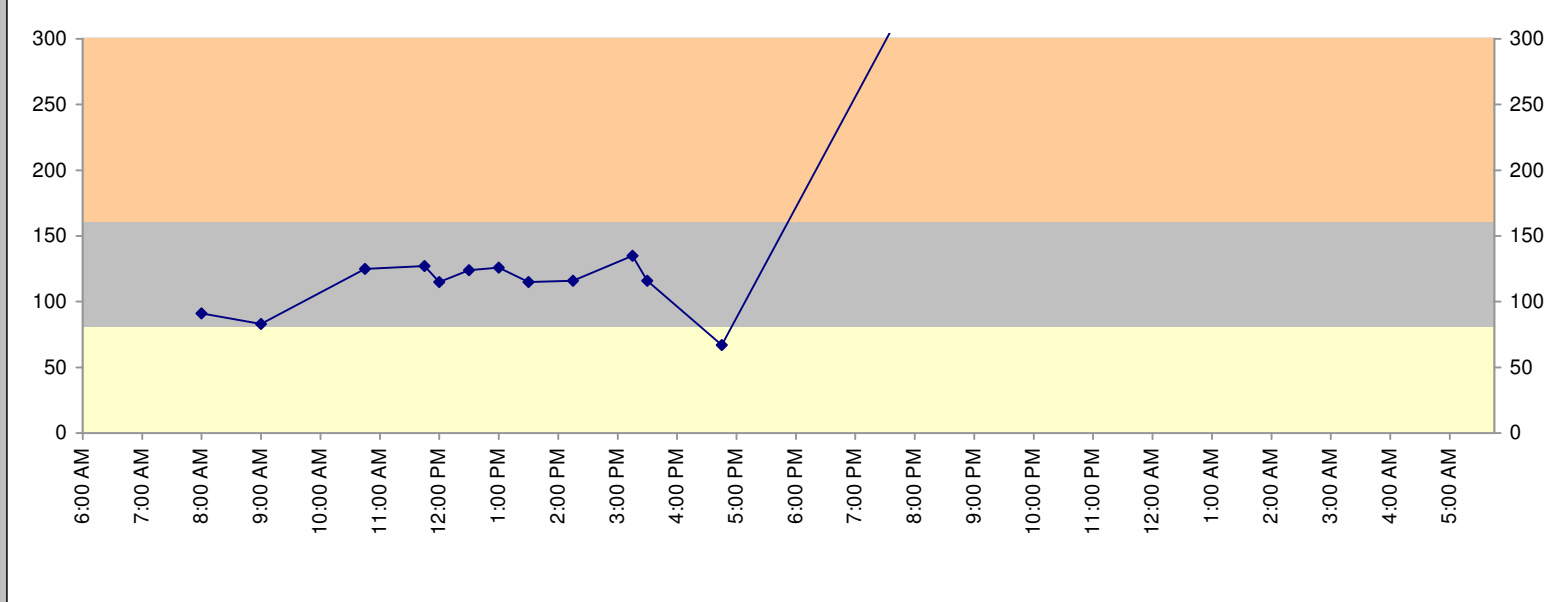
Notes	Morning	Afternoon	Evening
	8:00am - Set change, scheduled. Was feeling a little low so I grabbed a few hard candies on the way out the door. 9:15am - english muffin with peanut butter and a cup of chocolate soy milk. Overdid it on the hard candies I think.	12:40pm - Blimpies, 12 inch cheese trio on wheat. Bag of baked lays sour cream & cheese.	6:30pm - baggie of dried blueberries and 4 cheese puffs (bernstein).



## Tuesday, March 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			91	83			115	126							340										13	
0:15									116	135															Average	129
0:30							124	115		116															Max	340
0:45					125	127					67														Min	67
Carbs				44		10			55		70				130										Range	273
Bolus				5.35					7.65						24.90										Total Carbs	309
Basal	1.50	1.50	1.50	1.50	0.45	0.45	0.80	1.80	1.80	1.50	1.50	1.50	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.50	1.50	1.50	Total Bolus	37.90
Activity						Basketball																			Total Basal	29.30
																									Total Insulin	67.2

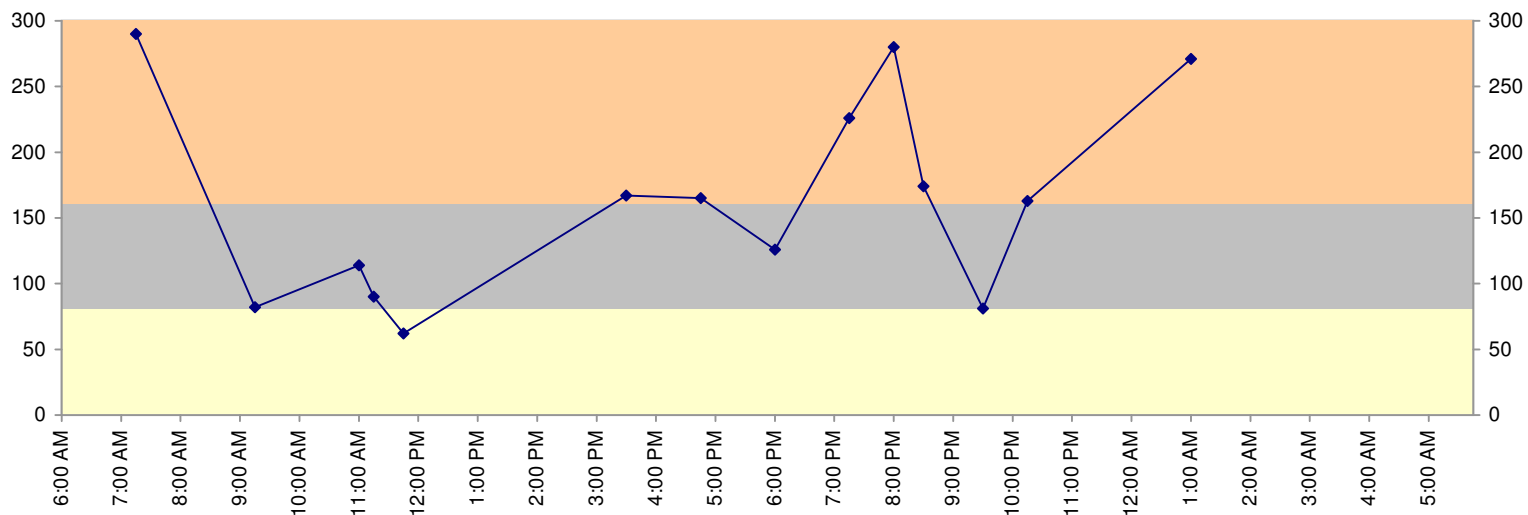
Notes	Morning	Afternoon	Evening
	9:00am - english muffin with peanut butter & cup of chocolate soy milk. 11:25am - at the gym, had four gulps of my sports shake before ball. Great day at the gym. Played hard.	2:15pm - half of my cottage cheese, baggie of dried blueberries and 100 cal bag of wheat thins with hummus. Feeling kind of weird, need to check for ketones as soon as I can. 3:30pm - sick. Just ran to the bathroom and yacked. Feel like shit, very flushed. 4:45pm - at home, feeling Ok, but low. Can I keep anything down? Had some cereal, didn't really count anything - I just want to go lay down.	8:00pm - Man, really overdid that low earlier. Feeling kind of better. Made a big bowl of rice with soy sauce. Didn't measure anything. Just tired and want to go back to sleep.



## Wednesday, March 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						114							126		280					271					14	
0:15		290		82		90								226			163								Average	164
0:30										167					174	81									Max	290
0:45						62					165														Min	62
Carbs				70		64	30				40		64												Range	228
Bolus		5.65		9.35		0.00	4.00				5.35		5.00				0.50			4.90					Total Carbs	268
Basal	1.50	1.50	1.50	1.50	1.50	1.50	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.50	1.50	1.50	Total Bolus	34.75
Activity																									Total Basal	28.50
																									Total Insulin	63.25

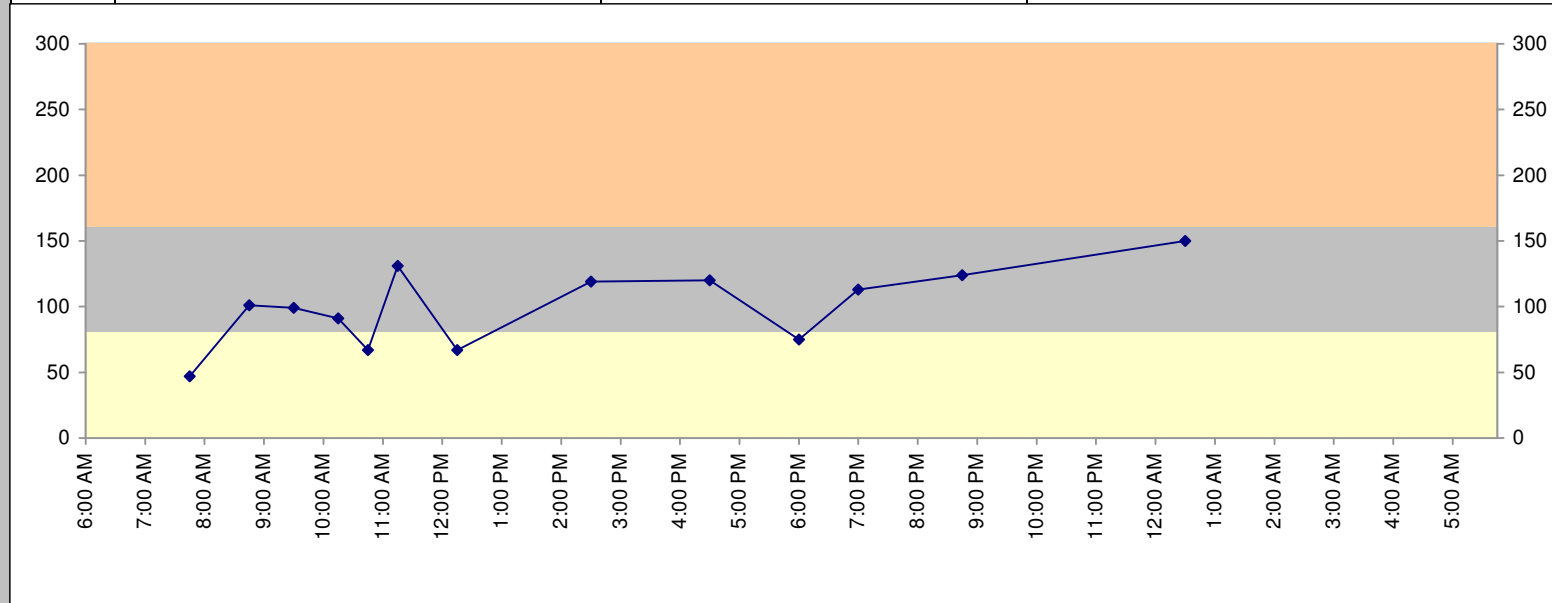
Notes	Morning	Afternoon	Evening
	<p>7:15am - high from not measuring food last night. Feeling better.                      9:30am - Had a big cinnamon roll from the cafeteria. Guessed at the carbs (70g). 11:00am - no basketball today - need to make up for time at work I missed yesterday. 11:45am - running low during staff meeting - grabbed two baggies of dried blueberries (33g ea).</p>	<p>12:00pm - cheese &amp; mayo sandwich on whole wheat bread, bag of barbeque Lays chips. 4:45pm - half of my cottage cheese and a 100 cal bag of wheat thins with hummus.</p>	<p>6:15pm - two bags of Cool Ranch Doritos. 6:30pm - two handfuls of Peanut M&amp;M's. 8:00pm - Basketball. Did not run a temp rate - figured I had enough extra carbs before I left work. Felt very good at basketball. On the way out, at around 9:45 or so I had some swigs of the chocolate soy milk I had in the car. Totally didn't count anything. Bad move. Corrected at 10:15pm but it looks like that was not enough. Surprised at how high I went though!</p>



## Thursday, March 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													75	113											13	
0:15					91	131	67																		Average	100
0:30				99					119	120									150						Max	150
0:45		47	101		67										124										Min	47
																									Range	103
Carbs		56			33				55				55												Total Carbs	199
Bolus		5.95							7.90				3.65						1.20						Total Bolus	18.70
Basal	1.50	1.50	1.50	1.50	0.45	0.45	0.80	1.80	1.80	1.50	1.50	1.50	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.50	1.50	1.50	Total Basal	29.30
Activity						Basketball																			Total Insulin	48

Notes	Morning	Afternoon	Evening
	7:45am - Woke up low. Over corrected high BG last night. Had breakfast at home, english muffin with peanut butter and 16oz of chocolate soy milk. 10:45am - feeling low. Had a baggie of dried blueberries. 11:20am - I was at 131 mg/dl before basketball and I thought I would be Ok with that, but I could tell I was running low after a few games. Had 32oz of gatorade. Felt pretty good otherwise though.	2:30pm - half of my cottage cheese, 100 cal bag of wheat thins with hummus, and a baggie of dried blueberries.	6:00pm - half of my cottage cheese, 100 cal bag of wheat thins with hummus, and a baggie of dried blueberries.

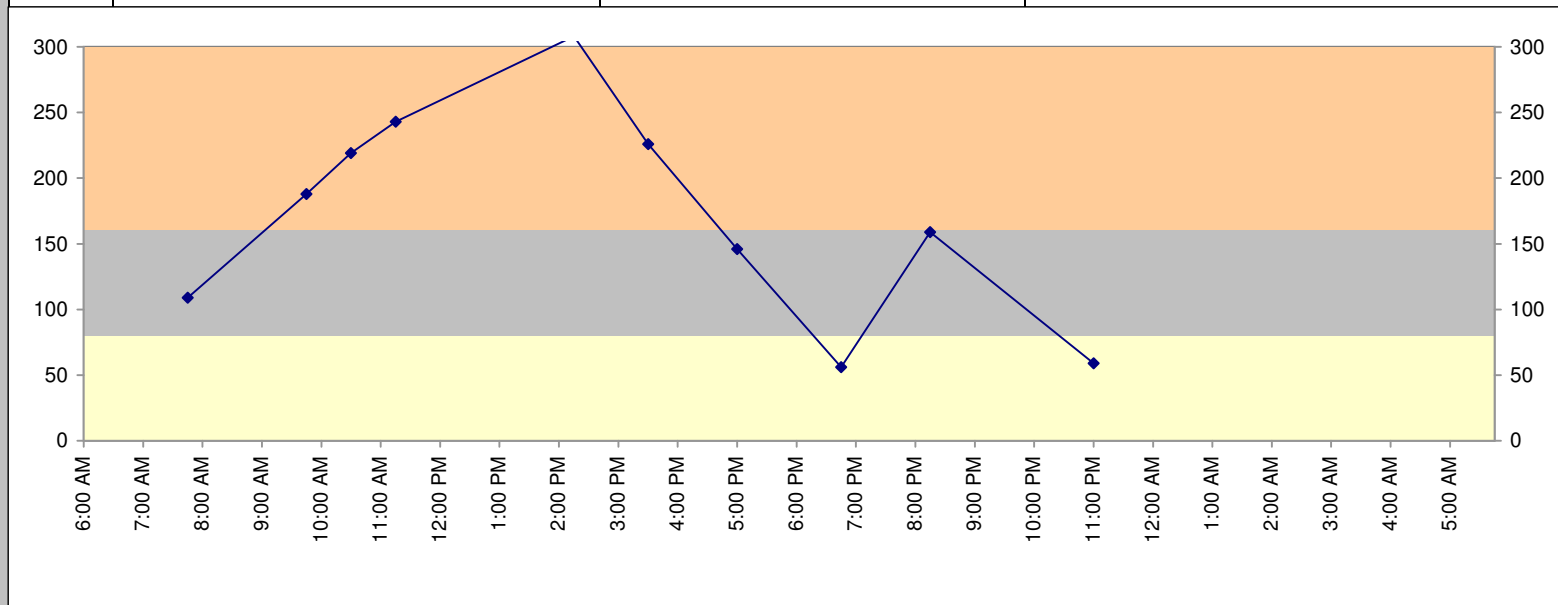


# Friday, March 16, 2007

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
0:00												146						59						
0:15						243			308						159									
0:30					219					226														
0:45		109		188									56											
<b>Carbs</b>			44				60						10	40		50		133						
<b>Bolus</b>			8.28			5.00	8.00							5.35		6.65		10.45						
<b>Basal</b>	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
<b>Activity</b>																								

# of Tests	10
Average	171
Max	308
Min	56
Range	252
<b>Total Carbs</b>	337
<b>Total Bolus</b>	43.73
<b>Total Basal</b>	28
<b>Total Insulin</b>	71.73

Notes	Morning	Afternoon	Evening
	8:15am - set change, a day late I think. After the change I had my normal breakfast. An english muffin with peanut butter and a coffee mug of soy milk (probably more than 8oz, but I didn't measure). 11:15am - damn site change. This pisses me off. I might as well have had burger king for breakfast.	11:50am - cheese & mayo sandwich on whole wheat bread, bag of Lays barbeque chips. 12:45pm - stopped at home for something. Had a few slices of old pizza and some leftover french silk pie. Not sure what made the urge strike with a vengance!	5:00pm - handful of peanut M&M's (hypo manager recommended 28g)

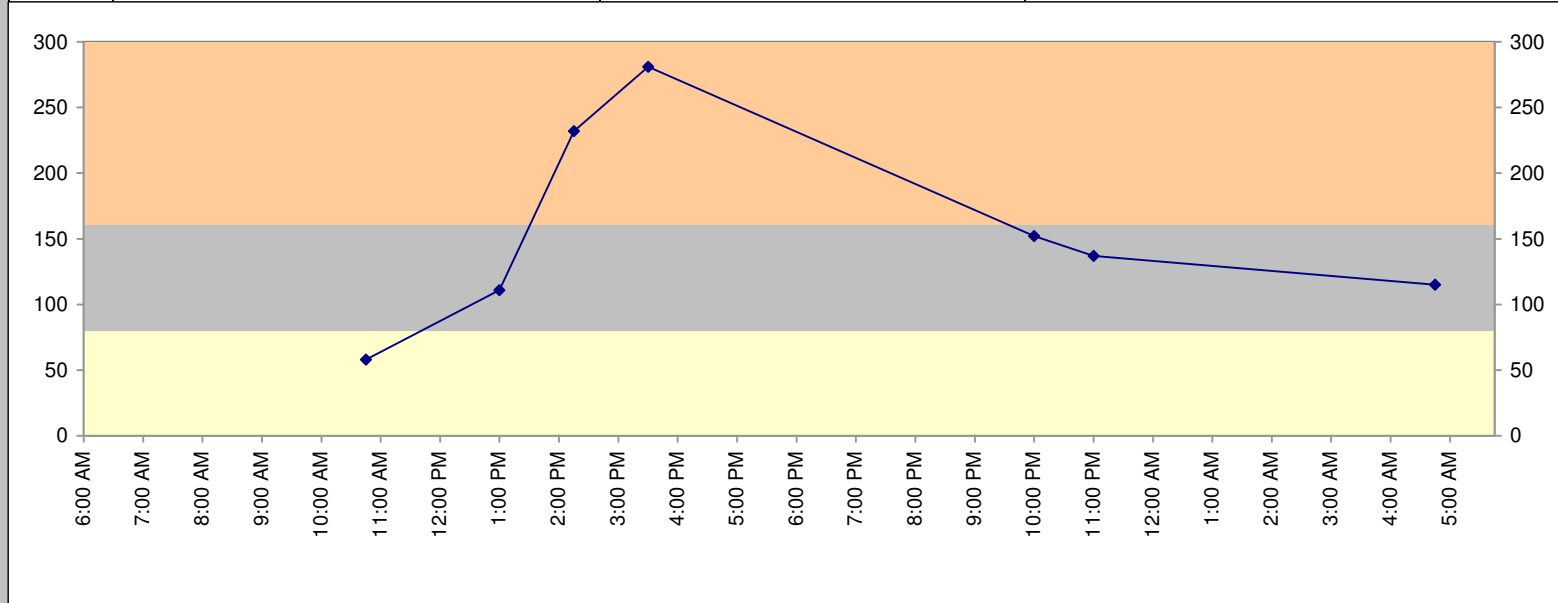


# Saturday, March 17, 2007

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	# of Tests	
0:00								111									152	137							7	
0:15									232																Average	
0:30										281															Max	
0:45					58																		115		Min	
Carbs					130						90				100										44	Total Carbs
Bolus					16.15					5.20	12.00				13.35									5.85	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	28	Total Basal
Activity																										Total Insulin

Range	223
Total Carbs	364
Total Bolus	52.55
Total Basal	28
Total Insulin	80.55

Notes	Morning	Afternoon	Evening

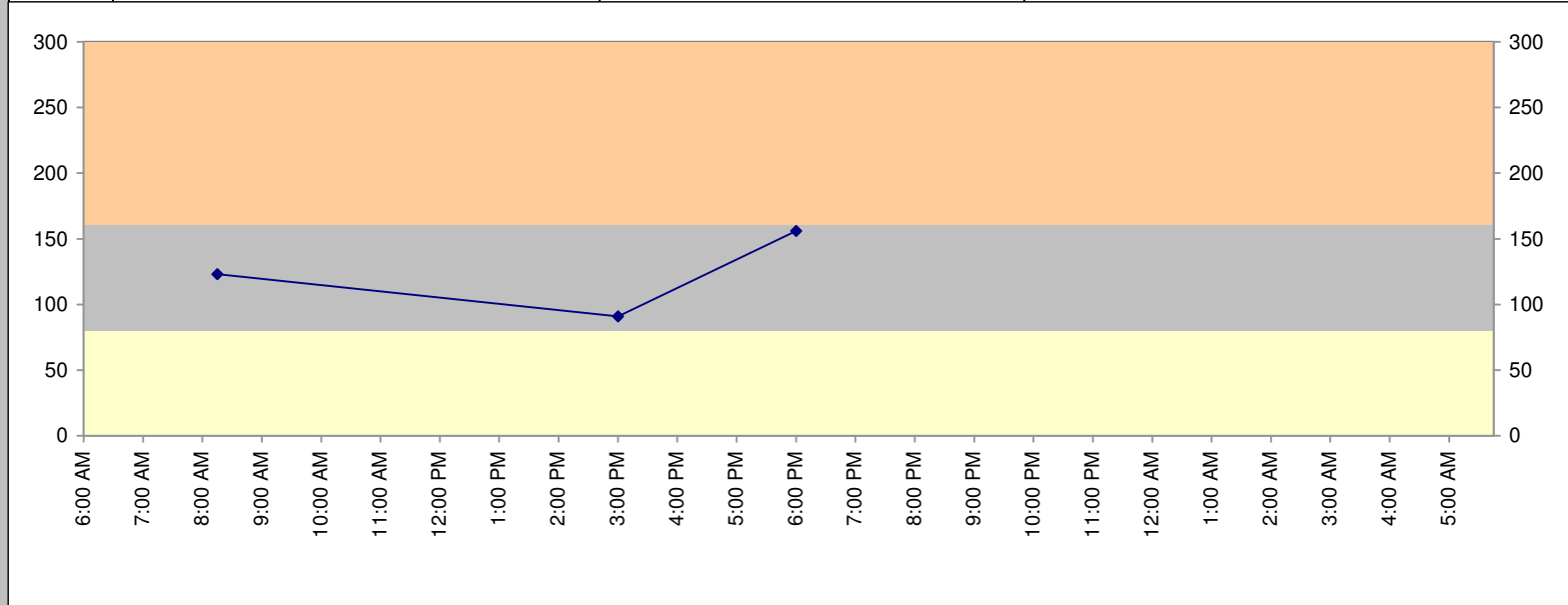


# Sunday, March 18, 2007

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										91			156											
0:15			123																					
0:30																								
0:45																								
<b>Carbs</b>			80							45	41		120	40	90									
<b>Bolus</b>			8.50							6.00	5.45		16.00	5.35	12.00									
<b>Basal</b>	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
<b>Activity</b>																								

<b># of Tests</b>	3
<b>Average</b>	123
<b>Max</b>	156
<b>Min</b>	91
<b>Range</b>	65
<b>Total Carbs</b>	416
<b>Total Bolus</b>	53.30
<b>Total Basal</b>	28
<b>Total Insulin</b>	81.3

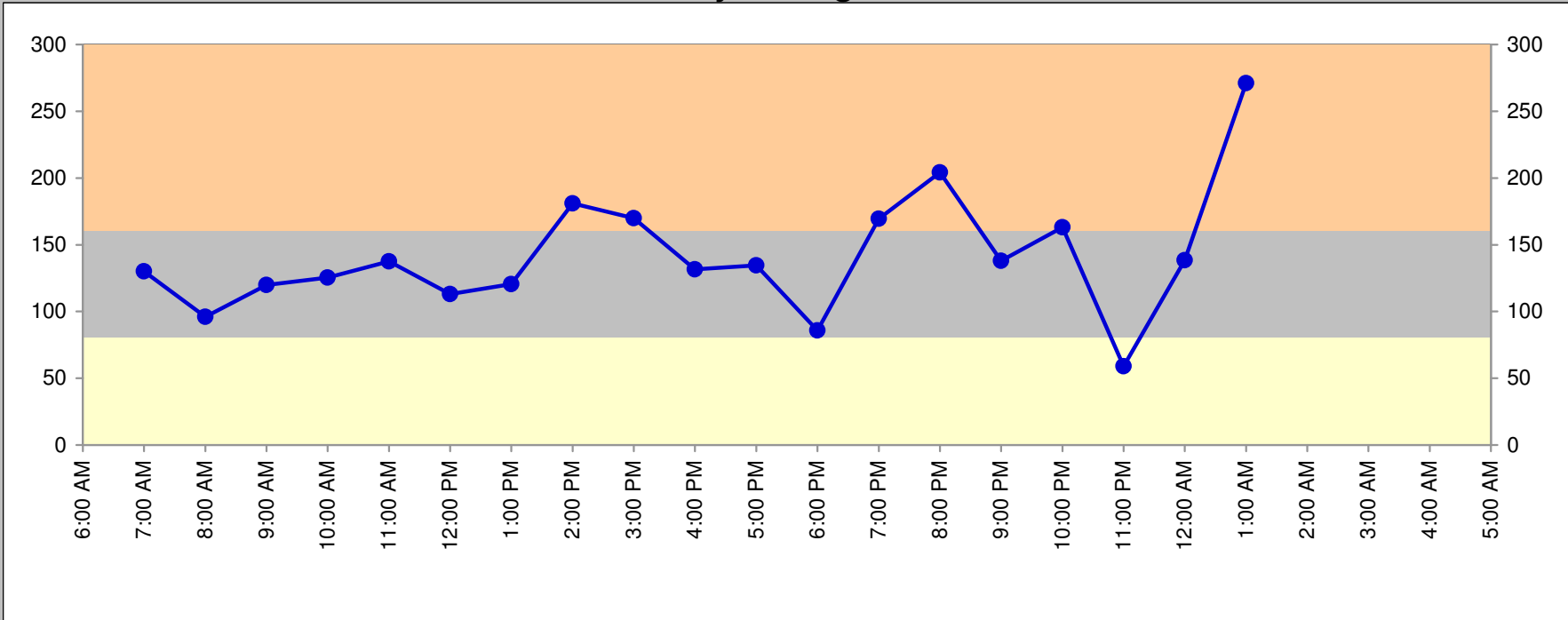
Notes	Morning	Afternoon	Evening



**Weekday Average Bloodsugar: 141**

03/12/07 - 03/16/07

**Hourly Average**

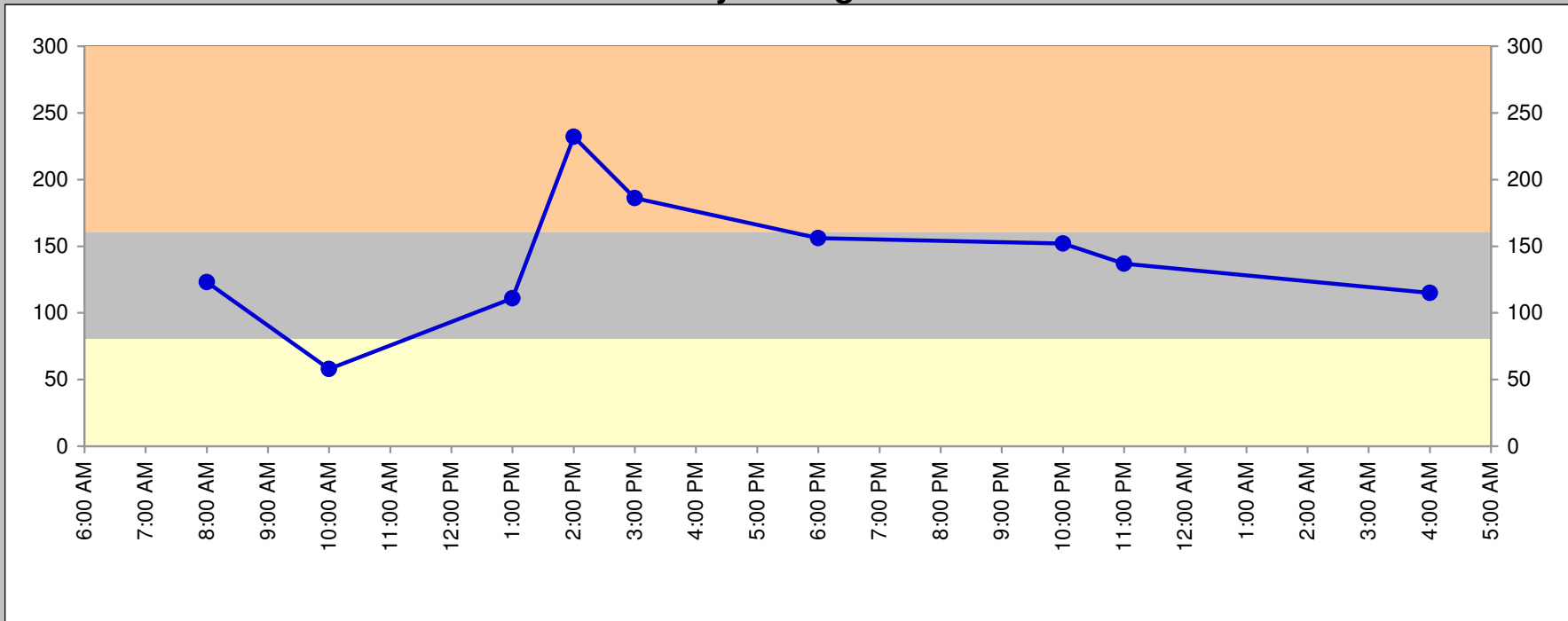


	<b>Average</b>	<b>Max</b>	<b>Min</b>	<b>Range</b>
<b>Monday</b>	147	206	74	132
<b>Tuesday</b>	129	340	67	273
<b>Wednesday</b>	164	290	62	228
<b>Thursday</b>	100	150	47	103
<b>Friday</b>	171	308	56	252

**Weekend Average Bloodsugar: 146**

03/17/07 - 03/18/07

### Hourly Average

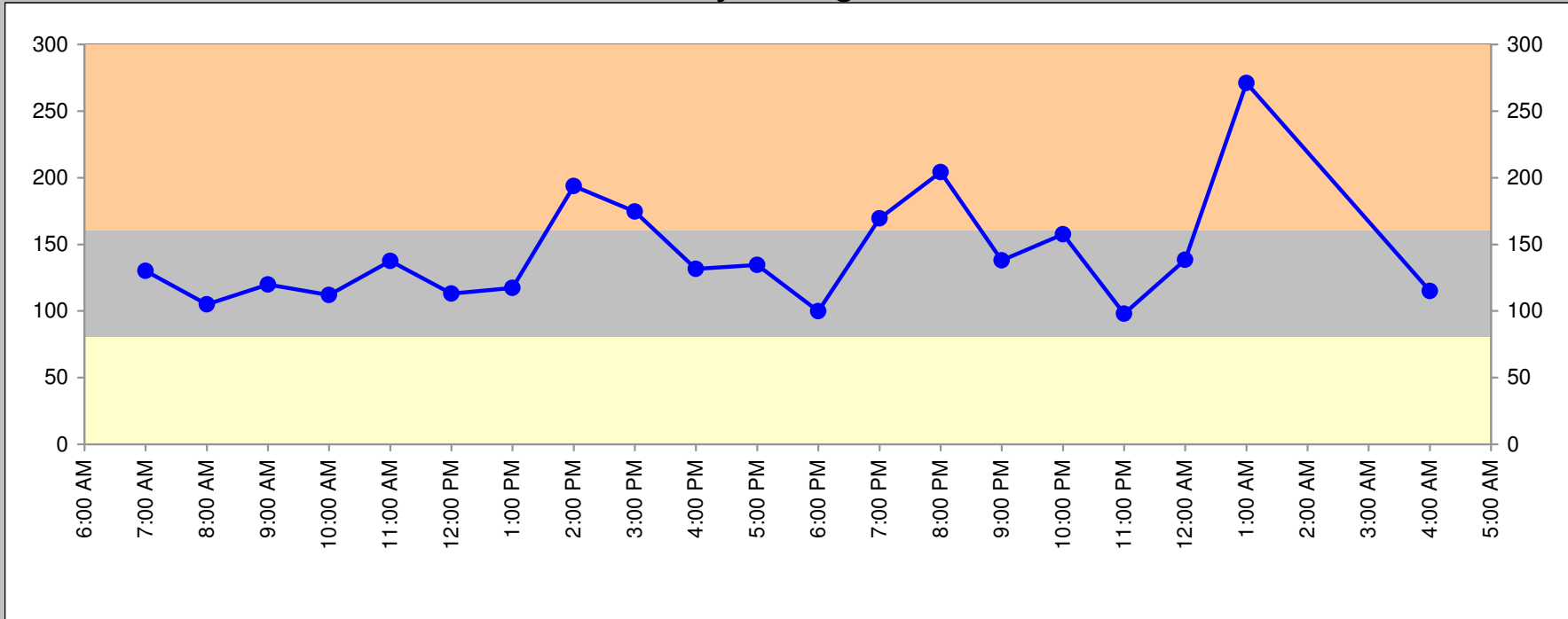


	Average	Max	Min	Range
Saturday	155	281	58	223
Sunday	123	156	91	65

**Average Bloodsugar All Week: 142**

03/12/07 - 03/18/07

### Hourly Average



	Average	Max	Min	Range
<b>Monday</b>	147	206	74	132
<b>Tuesday</b>	129	340	67	273
<b>Wednesday</b>	164	290	62	228
<b>Thursday</b>	100	150	47	103
<b>Friday</b>	171	308	56	252
<b>Saturday</b>	0	0	0	0
<b>Sunday</b>	0	0	0	0

# Weekday Average Bloodsugar: 141

03/12/07 - 03/16/07

