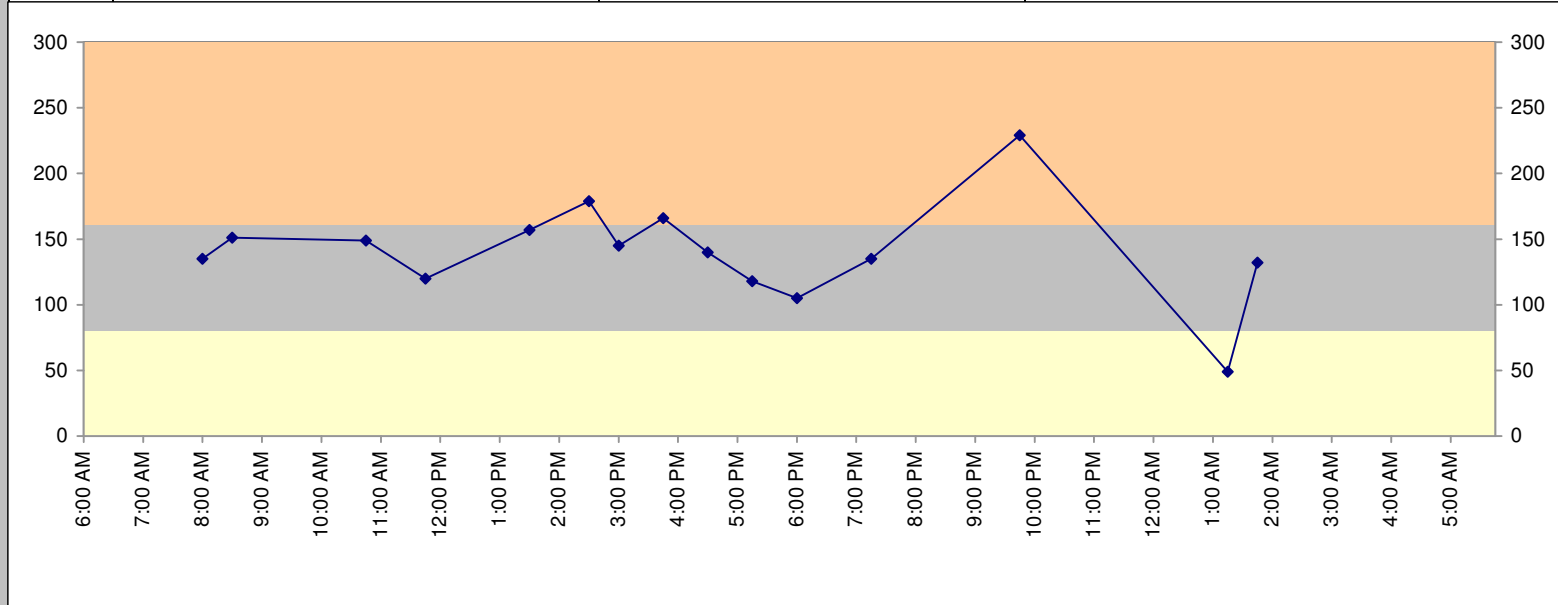


Monday, April 30, 2007

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			135							145			105											
0:15												118		135						49				
0:30			151					157	179		140													
0:45					149	120				166						229				132				
Carbs			44			117							25	30	50					100				
Bolus			7.40			13.20							3.00	2.60	6.65					11.15				
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	15
Average	141
Max	229
Min	49
Range	180
Total Carbs	366
Total Bolus	44.00
Total Basal	28
Total Insulin	72

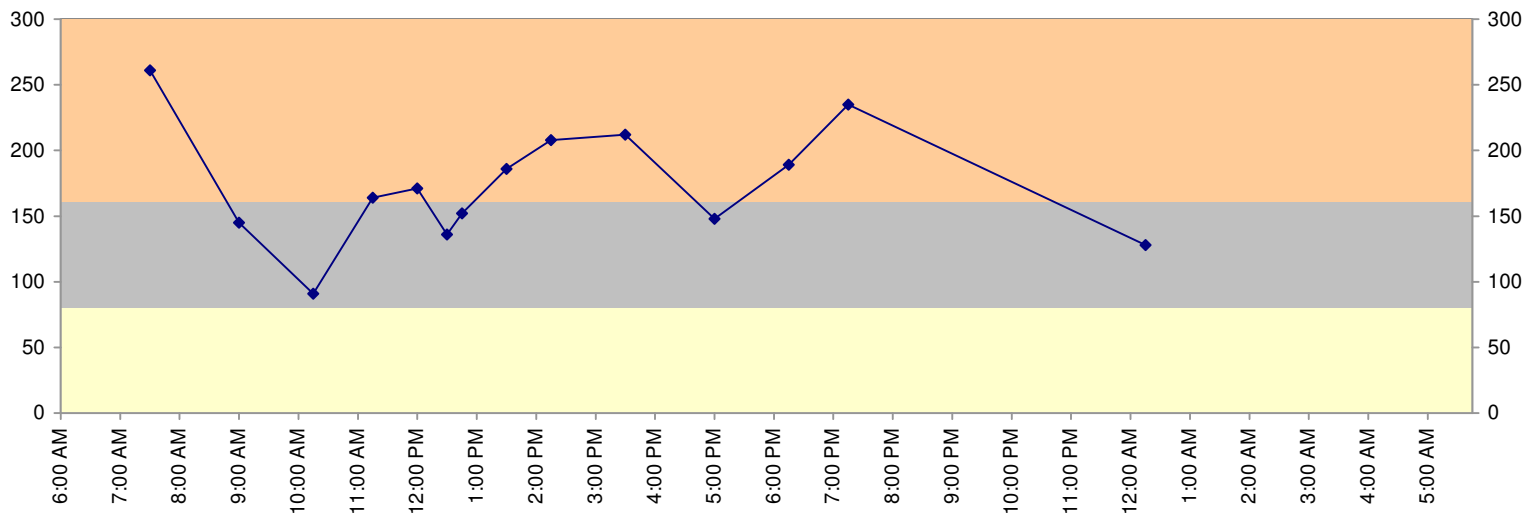
Notes	Morning	Afternoon	Evening
	8:30 am - english muffin with peanut butter and a mug of chocolate soy milk.	11:45am - 12" cheese trio at Blimpies with a bag of baked cheddar & sour cream chips.	5:30pm - leaving the office and found a co-worker with a flat tire. Stopped to help her change it. Was worried about heading low before driving so I came in and had a handful of M&M's. 7:17pm - Had two servings of chips and a can of green beans. 8:00pm - large fruit smoothie. Did an extended bolus of 50g for 1:00. 1:15am - woke up feeling low. Went down and scarfed down a bunch of cereal and more chips. Damn it - sabotaged by the low.



Tuesday, May 01, 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				145			171					148													14	
0:15					91	164			208				189	235					128						Average	173
0:30		261					136	186		212															Max	261
0:45							152																		Min	91
																									Range	170
Carbs						17		55				20	55				30		125						Total Carbs	302
Bolus		4.85				1.00		9.20				2.65	6.60			4.00			16.65						Total Bolus	44.95
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	29.3
Activity						Basketball																			Total Insulin	74.25

Notes	Morning	Afternoon	Evening
	<p>7:30am - woke up high from over treating last nights low. Corrected. Skipped breakfast, just didn't feel like eating. 10:15am Feeling a bit low. Had two life savers and two fruit chew candies. 11:15am - glucerna shake in locker room</p>	<p>1:30pm - V-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, dried blueberries.</p>	<p>5:30pm - Had a roll of smarties and a lifesaver lollypop, bolused for 20g. 6:15pm - V-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, dried blueberries. 12:15am - could not sleep. Woke up and had two cheese tortillas, a sandwich, and two 100 cal bags of Ritz crackers.</p>



Wednesday, May 02, 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					156		162								283										16	
0:15		52				157			155		145			276											Average	157
0:30																	166								Max	283
0:45		120	177				201	159			145	115							49						Min	49
Carbs		92				17			55				65			50			120						Range	234
Bolus		11.20				0.50	1.90		7.30				6.00		3.00	6.65			16.00						Total Carbs	399
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	52.55
Activity						Basketball																			Total Basal	29.3
																									Total Insulin	81.85

Notes

Morning

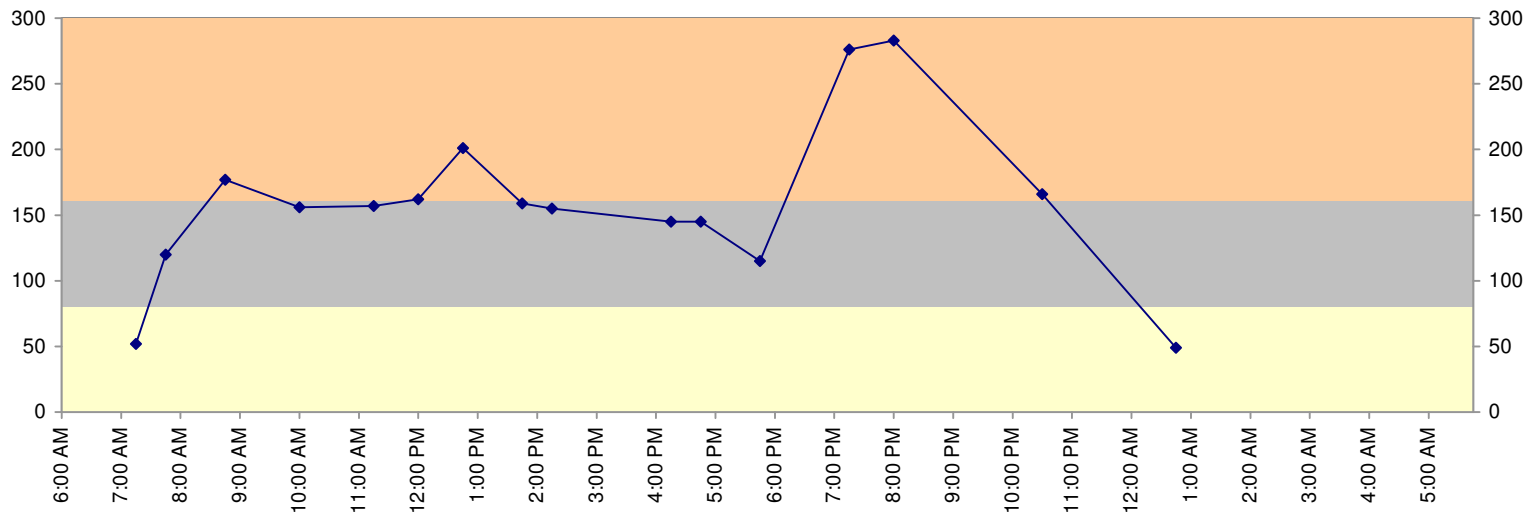
7:15am - Feeling a little low. Had three glucose tabs. 7:45am - burger king, two large cheesy tots. 11:15am - had a glucerna shake before ball. Took 1/2 unit

Afternoon

2:15pm - v-8, half of my cottage cheese, 100 cal bag of what thins with hummus, dried blueberries.

Evening

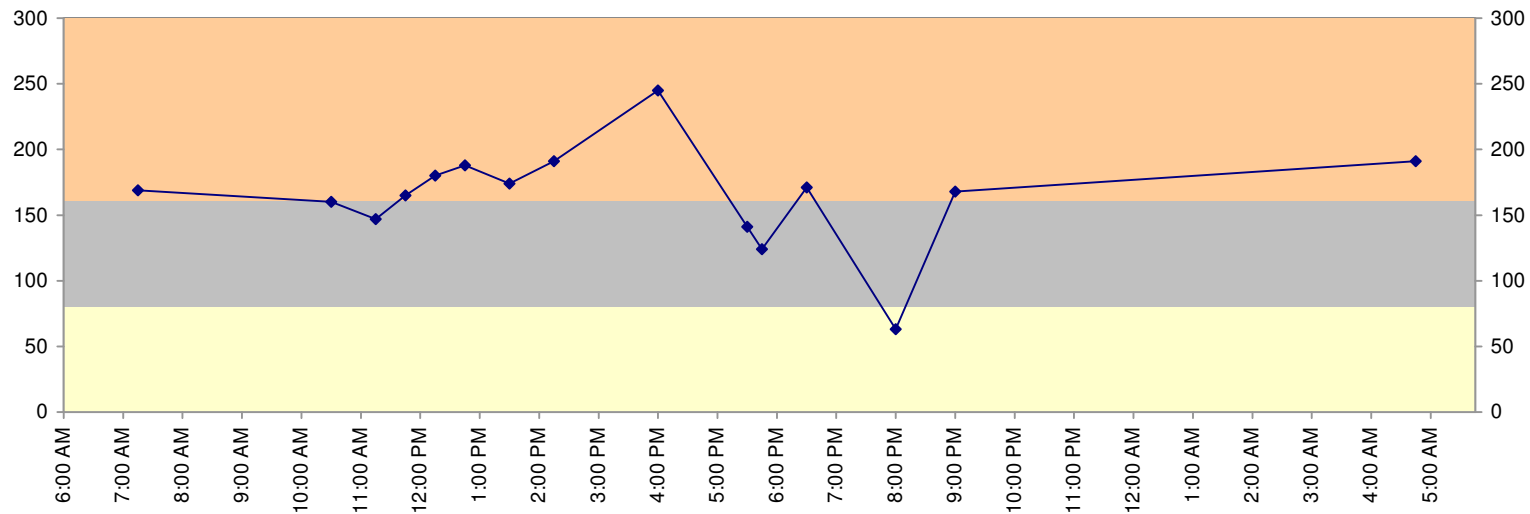
6:15pm - at Dr. Stesin's expo, had crackers and cheese and pretzels. 7:15pm - holy glycemic index batman! 8:55pm - site change. 9:15pm - large fruit smoothie. 12:45am - low again! Dammit! Had a bunch of cereal and a couple sandwiches.



Thursday, May 03, 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											245				63	168									15	
0:15		169				147	180		191																Average	165
0:30					160			174				141	171												Max	245
0:45						165	188					124											191		Min	63
Carbs						17			55			55			55	25									Total Carbs	207
Bolus		1.95				0.30	1.50		8.75			4.90				3.20							2.60		Total Bolus	23.20
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	29.3
Activity																									Total Insulin	52.5

Notes	Morning	Afternoon	Evening
	No breakfast today. Had a glucerna shake in the locker room before ball. Only took 0.30 units, I was a bit leary of dropping too low. Instead I was a bit higher than target. But my energy felt great and I had a fun time.	2:15pm - v-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, and dried blueberries. 4:00pm - What the heck? Why so high? Exercise ketones? Or is this really the first meal on my new infusion set? No - I had a low that I treated (over) and bolused for last night...wtf? 5:30pm - well, no exercise ketones (small).	5:50pm - hungry! V-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, baggie of dried blueberries. 8:00pm - with kids at the library, feeling low. Got a cream cheese strudel muffin. 9:00pm - fruit smoothie. Trying a much smaller bolus to prevent the lows I've been having at night lately.

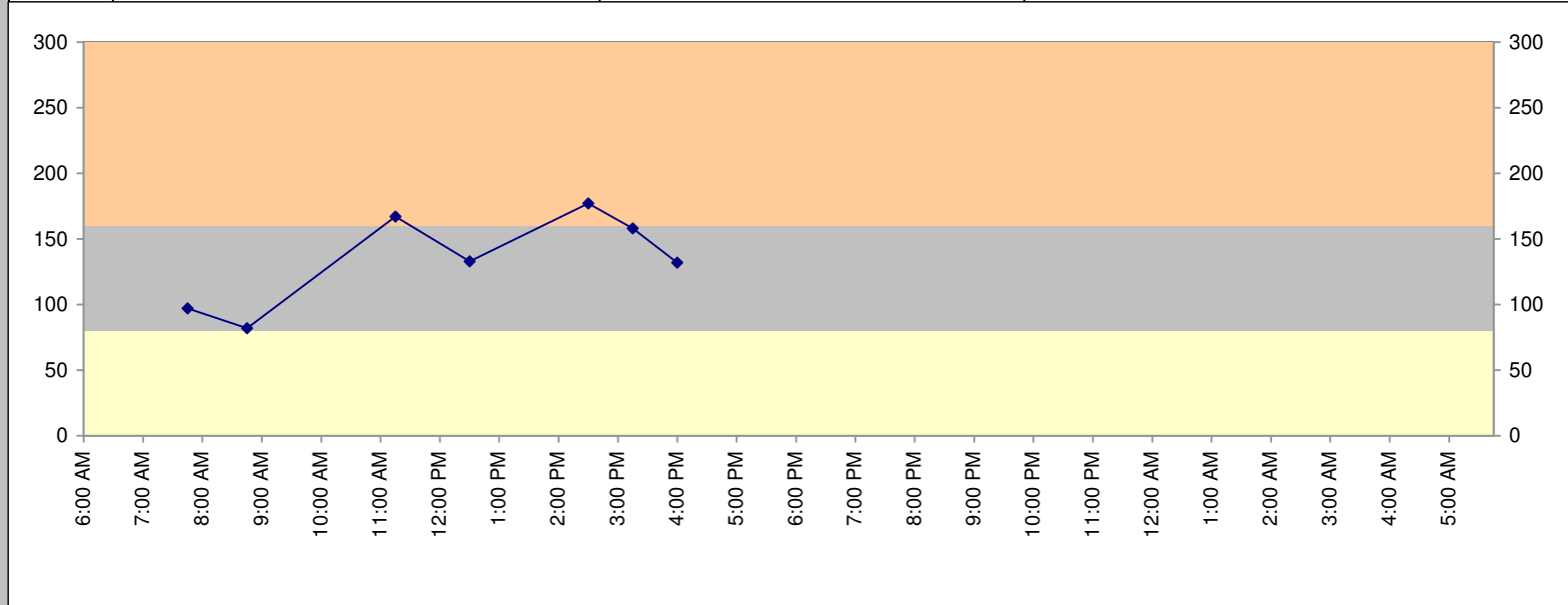


Friday, May 04, 2007

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										132														
0:15						167				158														
0:30							133		177															
0:45		97	82																					
Carbs			80				65																	
Bolus			9.50				6.25																	
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	7
Average	135
Max	177
Min	82
Range	95
Total Carbs	145
Total Bolus	15.75
Total Basal	28
Total Insulin	43.75

Notes	Morning	Afternoon	Evening
	8:45am - Burger king, 2 large cheesy tots.	12:30pm - cheese sandwich on whole wheat bread, bag of Lays BBQ chips.	

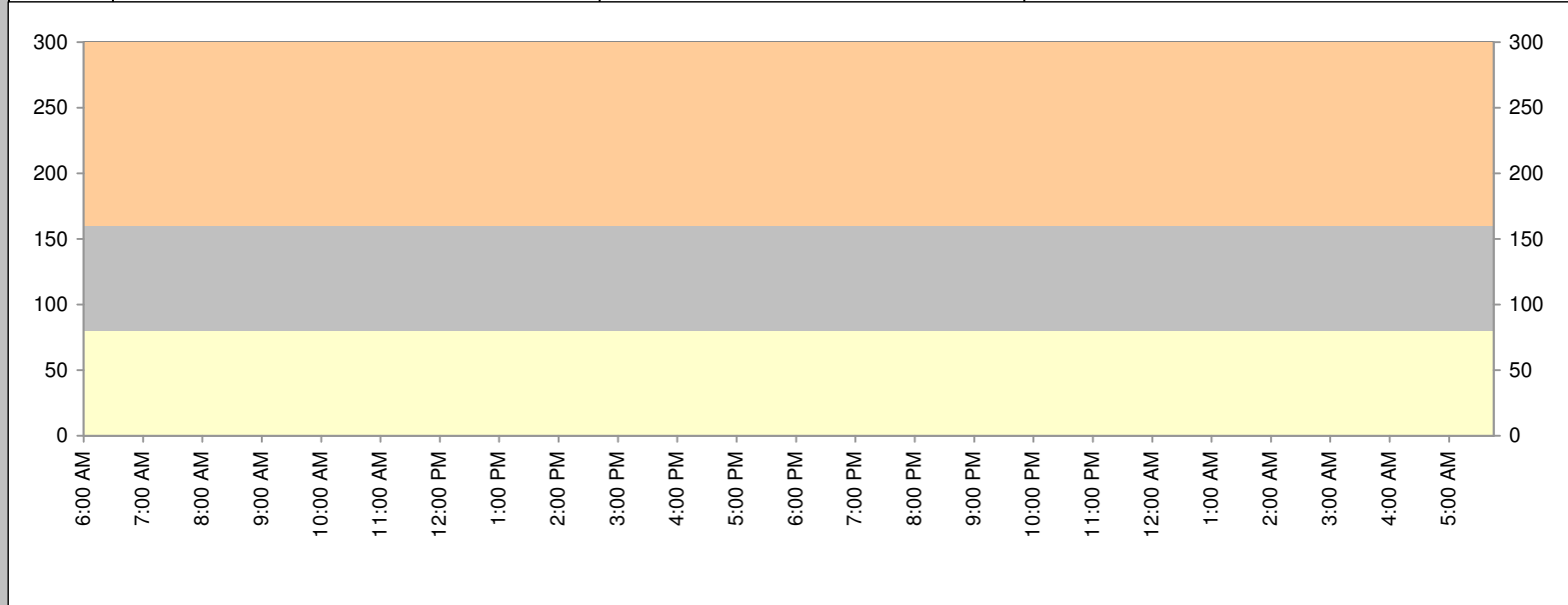


Saturday, May 05, 2007

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																								
0:30																								
0:45																								
Carbs																								
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
Activity																								

# of Tests	0
Average	0
Max	0
Min	0
Range	0
Total Carbs	0
Total Bolus	0.00
Total Basal	28
Total Insulin	28

Notes	Morning	Afternoon	Evening

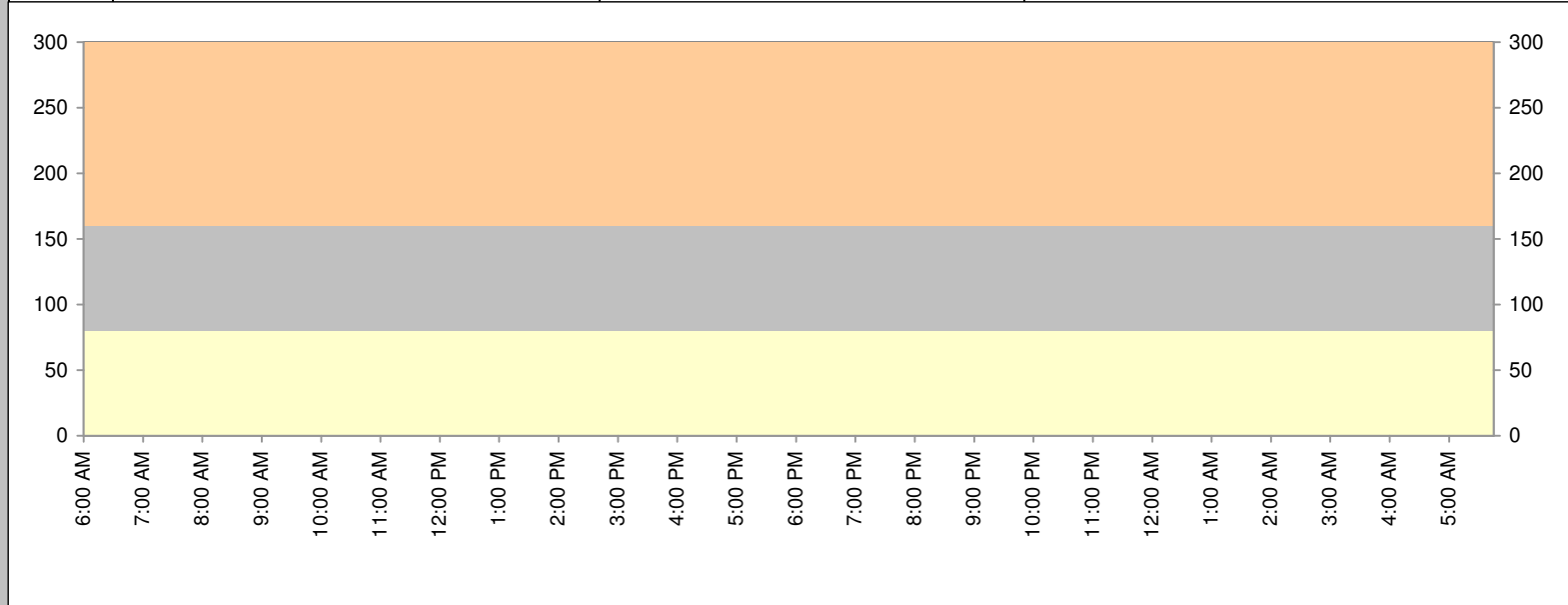


Sunday, May 06, 2007

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																								
0:30																								
0:45																								
Carbs																								
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
Activity																								

# of Tests	0
Average	0
Max	0
Min	0
Range	0
Total Carbs	0
Total Bolus	0.00
Total Basal	28
Total Insulin	28

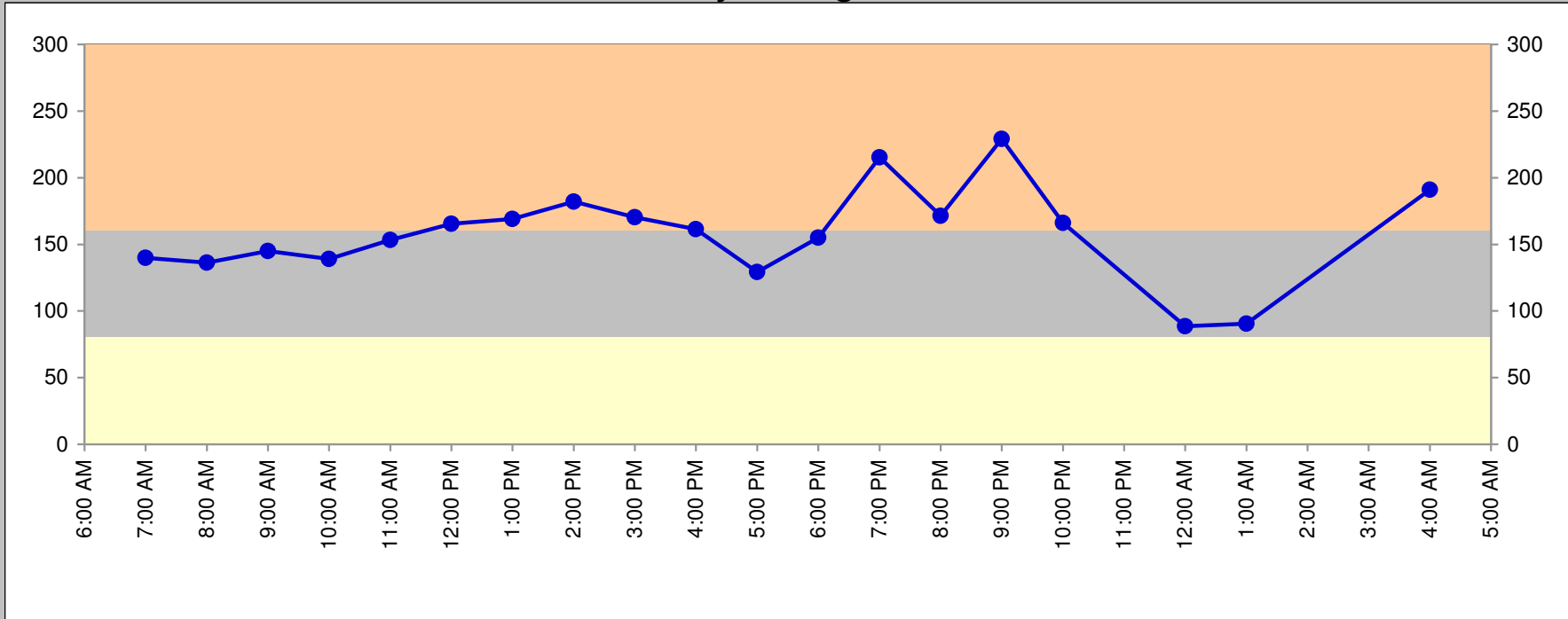
Notes	Morning	Afternoon	Evening



Weekday Average Bloodsugar: 156

04/30/07 - 05/04/07

Hourly Average

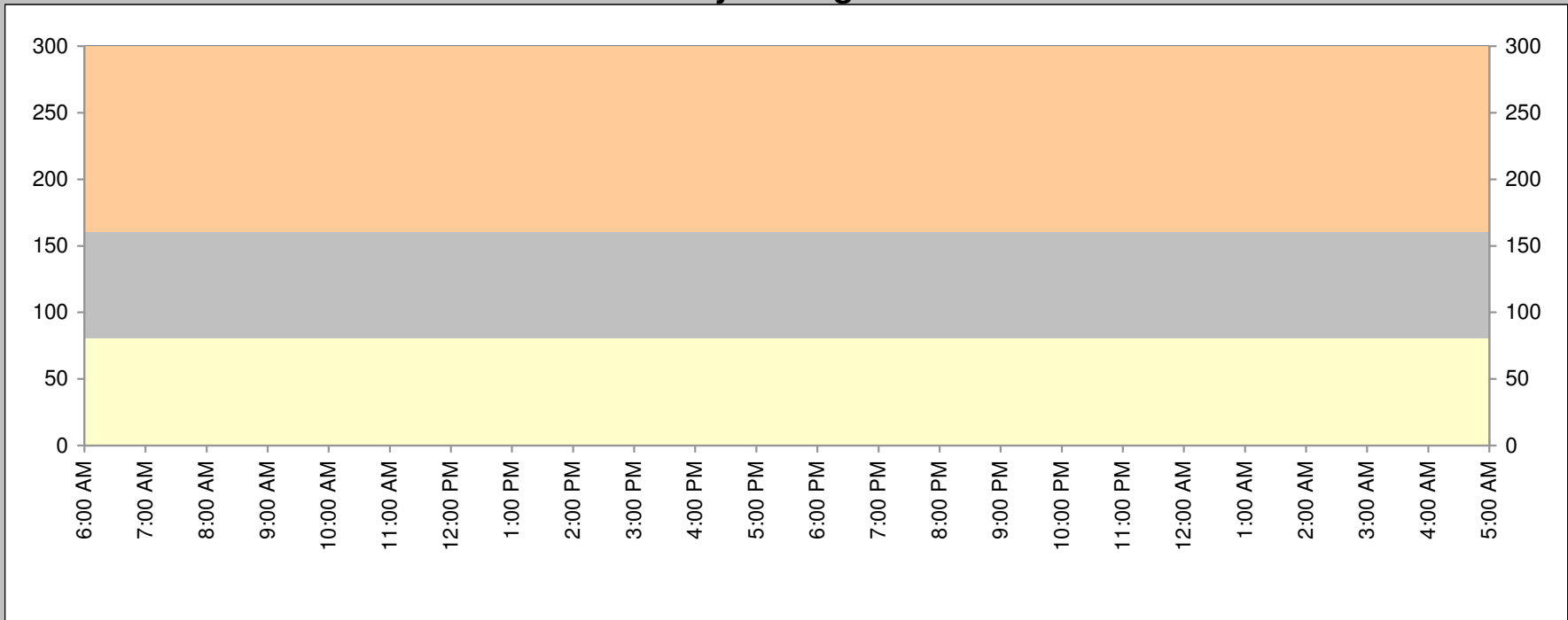


	Average	Max	Min	Range
Monday	141	229	49	180
Tuesday	173	261	91	170
Wednesday	157	283	49	234
Thursday	165	245	63	182
Friday	135	177	82	95

Weekend Average Bloodsugar: 0

05/05/07 - 05/06/07

Hourly Average

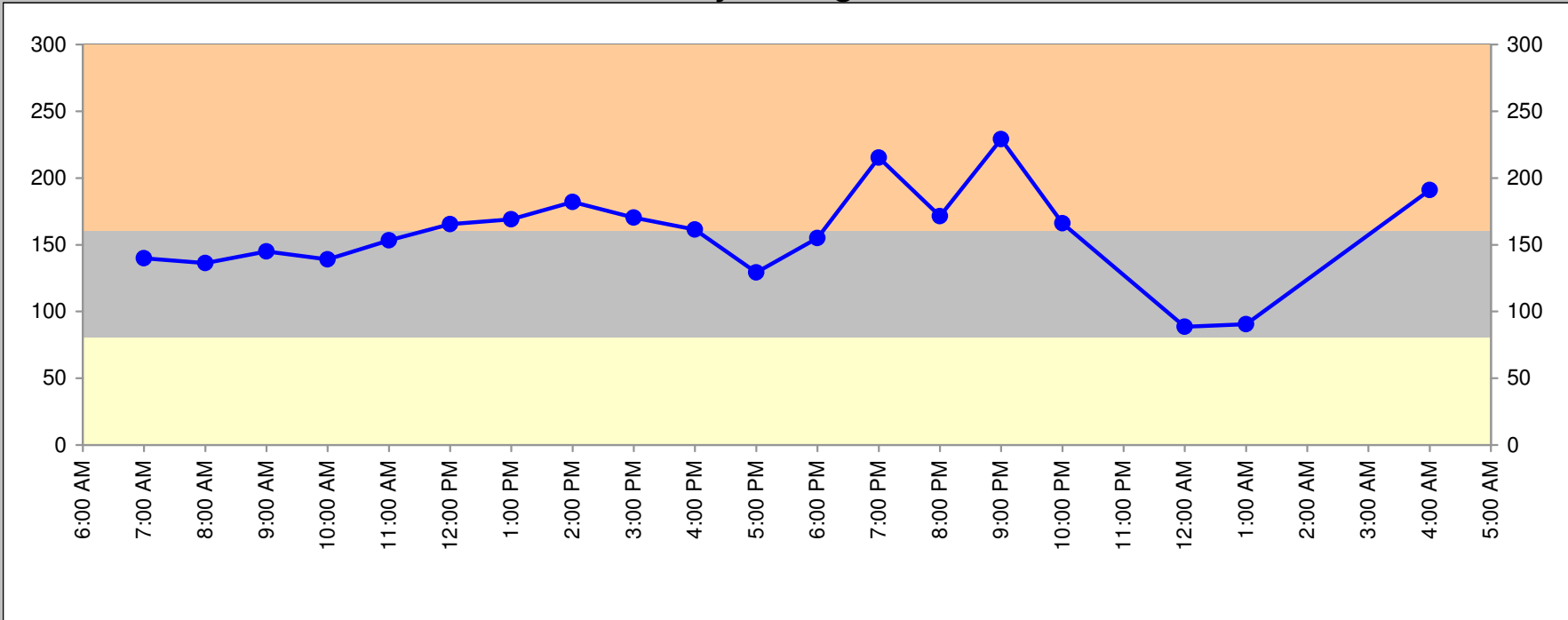


	Average	Max	Min	Range
Saturday	0	0	0	0
Sunday	0	0	0	0

Average Bloodsugar All Week: 156

04/30/07 - 05/06/07

Hourly Average



	Average	Max	Min	Range
Monday	141	229	49	180
Tuesday	173	261	91	170
Wednesday	157	283	49	234
Thursday	165	245	63	182
Friday	135	177	82	95
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 156

04/30/07 - 05/04/07

