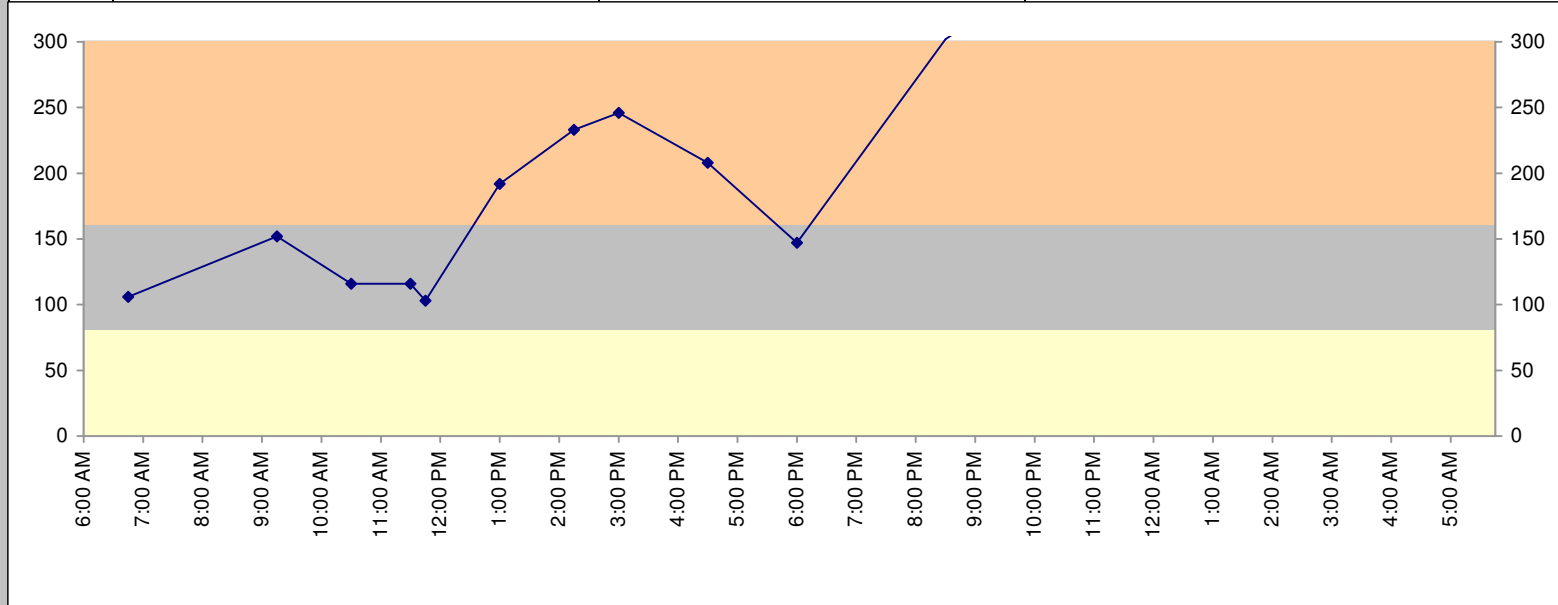


Monday, May 07, 2007

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								192		246			147								471			
0:15				152					233															
0:30					116	116					208				302									
0:45	106					103																		
Carbs		44				117							80	60										
Bolus	0.15	5.85				14.40							12.00	8.00							12.20			
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	12
Average	199
Max	471
Min	103
Range	368
Total Carbs	301
Total Bolus	52.60
Total Basal	28
Total Insulin	80.6

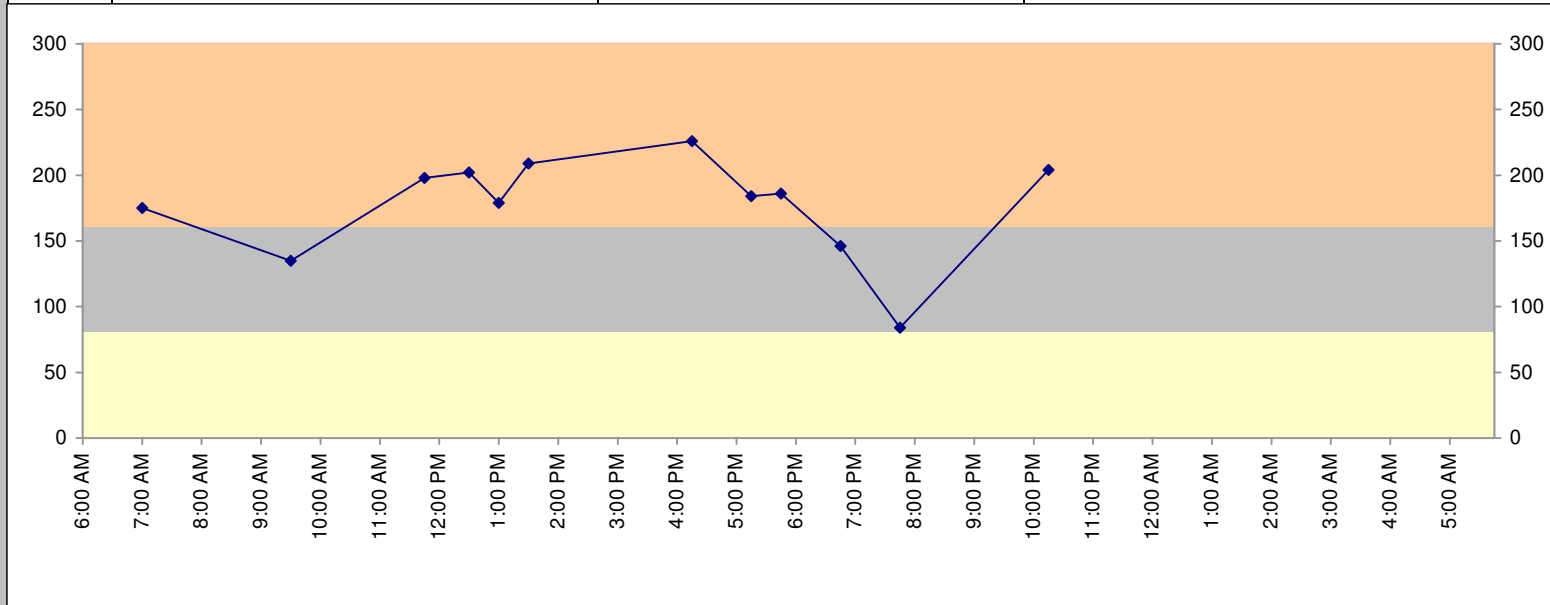
Notes	Morning	Afternoon	Evening
	7:20am - English muffin with peanut butter and a mug of chocolate soy milk.	11:40am - blimpies. 12" cheese trio on wheat, bag of baked lays, sour cream & cheddar chips.	Bad food night for me. Had two potato chip sandwiches, some pizza and some brownies (two large brownies?). Felt guilty, bad blood sugars, blah.



Tuesday, May 08, 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		175						179																	12	
0:15										226	184						204								Average	177
0:30				135			202	209																	Max	226
0:45						198						186	146	84											Min	84
Carbs							17		55				55	40											Range	142
Bolus		1.20		0.35			2.00	1.55	7.35				7.40	0.00			0.15								Total Carbs	167
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	20.00
Activity							Basketball																		Total Basal	29.3
Total Insulin																										49.3

Notes	Morning	Afternoon	Evening
	Fasting labs done this morning. Didn't eat anything until around noon before basketball, and there I had a glucerna shake.	2:10pm - v-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, dried blueberries.	6:49pm - v-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, dried blueberries. 7:50pm - fruit smoothie. Pump suggested no insulin (due to insulin on board).



Wednesday, May 09, 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					73	181	109		209		227	169												
0:15								154					105											
0:30		224		103	131	155	103									113								
0:45						135	133										118							
Carbs			44		50		17		55				30	36			20							
Bolus		3.55	5.85						10.45				2.15	4.80										
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
Activity						Basketball																		

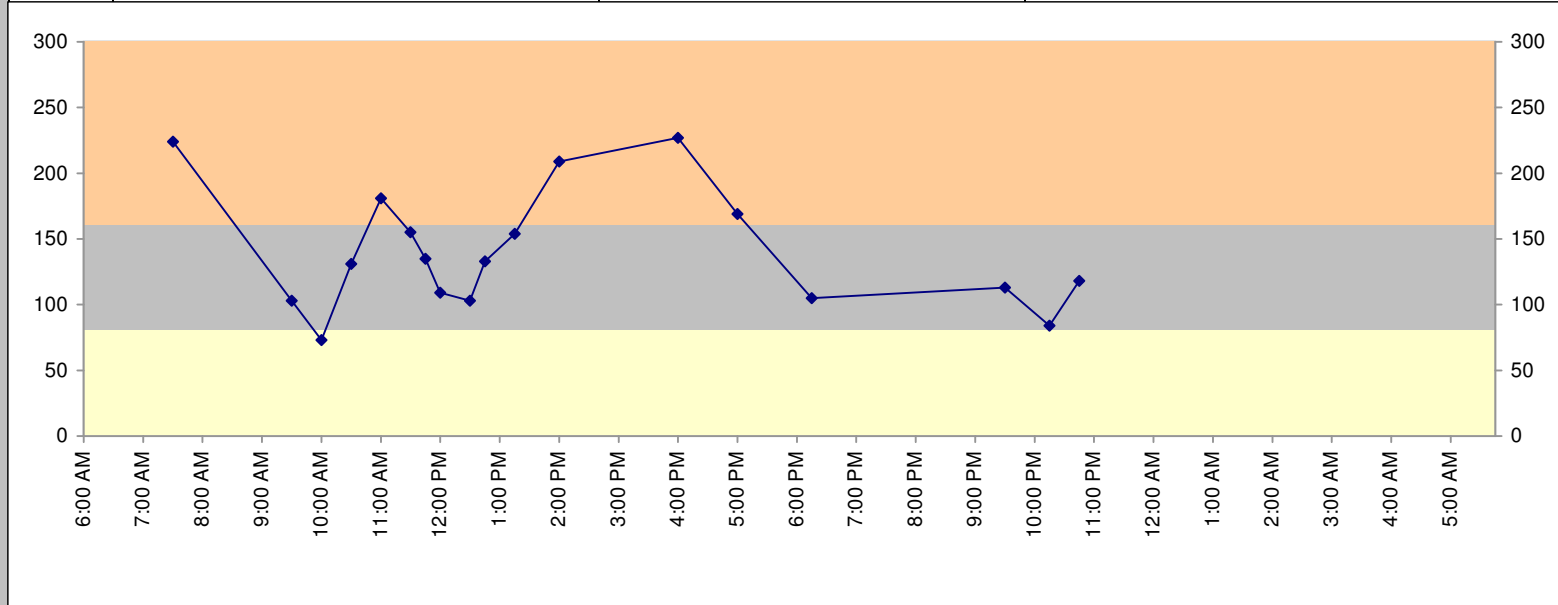
# of Tests	18
Average	140
Max	227
Min	73
Range	154
Total Carbs	252
Total Bolus	26.80
Total Basal	29.3
Total Insulin	56.1

Notes

Morning
 7:30am - Hmm. Surprised to be high this morning. 8:00am - English muffin with peanut butter and a mug of chocolate soy milk. 10:07am - low. Big chocolate iced raised donut. 11:30am - feeling a bit run down at basketball. Was trending low, sipped on some gatorade, finally had a sports shake at about 12:30pm. Worked hard while playing, but felt tired and lacking energy.

Afternoon
 2:00pm - V-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, dried blueberries.

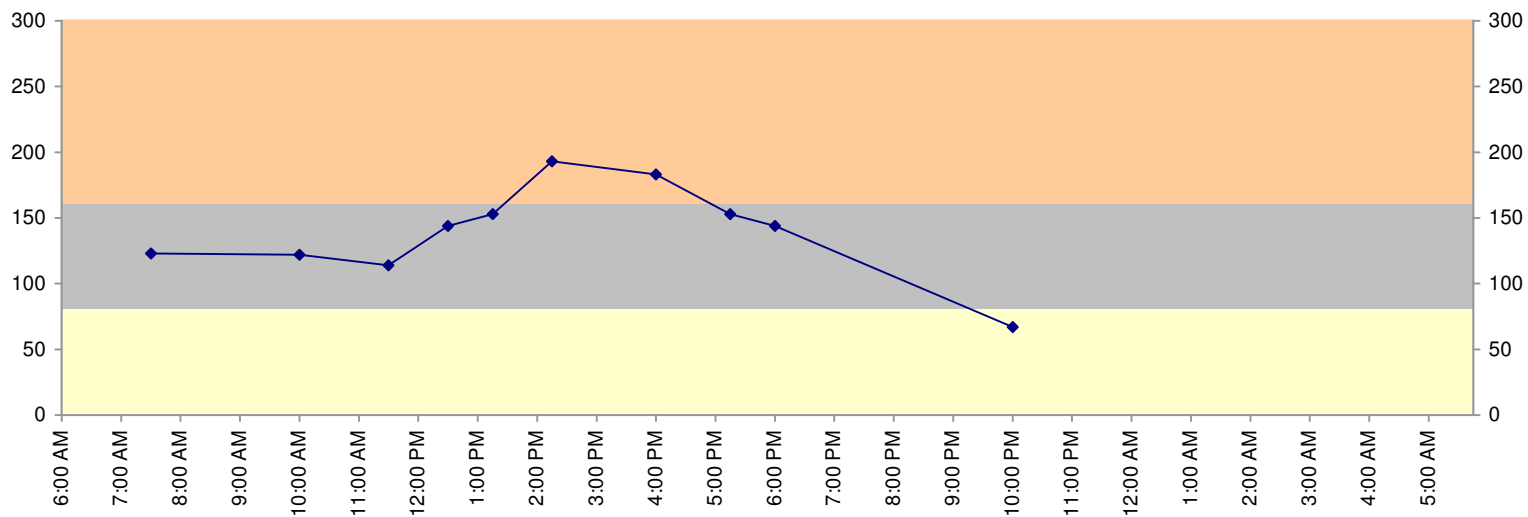
Evening



Thursday, May 10, 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					122						183		144				67								10
0:15								153	193			153													Average
0:30		123				114	144																		Max
0:45																									Min
Carbs			44						55				55		60										Range
Bolus		0.65	5.85						10.00				5.55		8.00		15.00								Total Carbs
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
Activity								Basketball																	Total Basal
																									Total Insulin

Notes	Morning	Afternoon	Evening
	8:00am - english muffin with peanut butter and a mug of chocolate soy milk. 11:45am - Late to ball due to meetings at work. Grabbed three mini "Mr. Goodbar" chocolates on the way to basketball. Had my glucerna shake in the locker room too. Energy felt good. Played hard.	2:15pm - v-8, cottage cheese, 100 cal bag of wheat thins with hummus, bag of dried blueberries.	6:00pm - V-8, cottage cheese, 100 cal bag of wheat thins with hummus. Out of dried blueberries, trying some dates (?). 8:00pm - some of Tab's leftover mac & cheese, can of green beans, and a large fruit smoothie. 10:00pm - set change, couple days late. Trying another arm site.

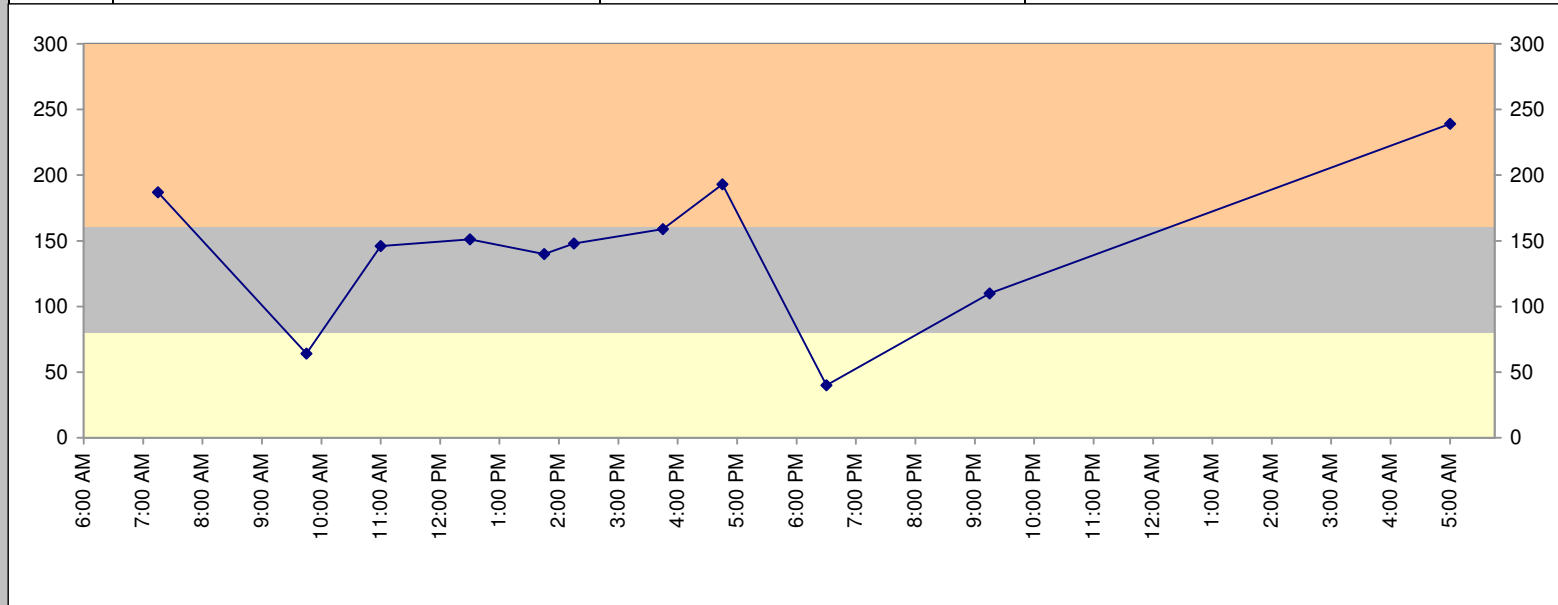


Friday, May 11, 2007

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																		239	
0:15		187							148							110									
0:30							151						40												
0:45				64				140		159	193														
Carbs				80					60		50		59	150											
Bolus		2.50		8.30					7.75		6.65			20.00											3.95
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	1.0	1.5	1.5	1.5
Activity										Walk															

# of Tests	11
Average	143
Max	239
Min	40
Range	199
Total Carbs	399
Total Bolus	49.15
Total Basal	28
Total Insulin	77.15

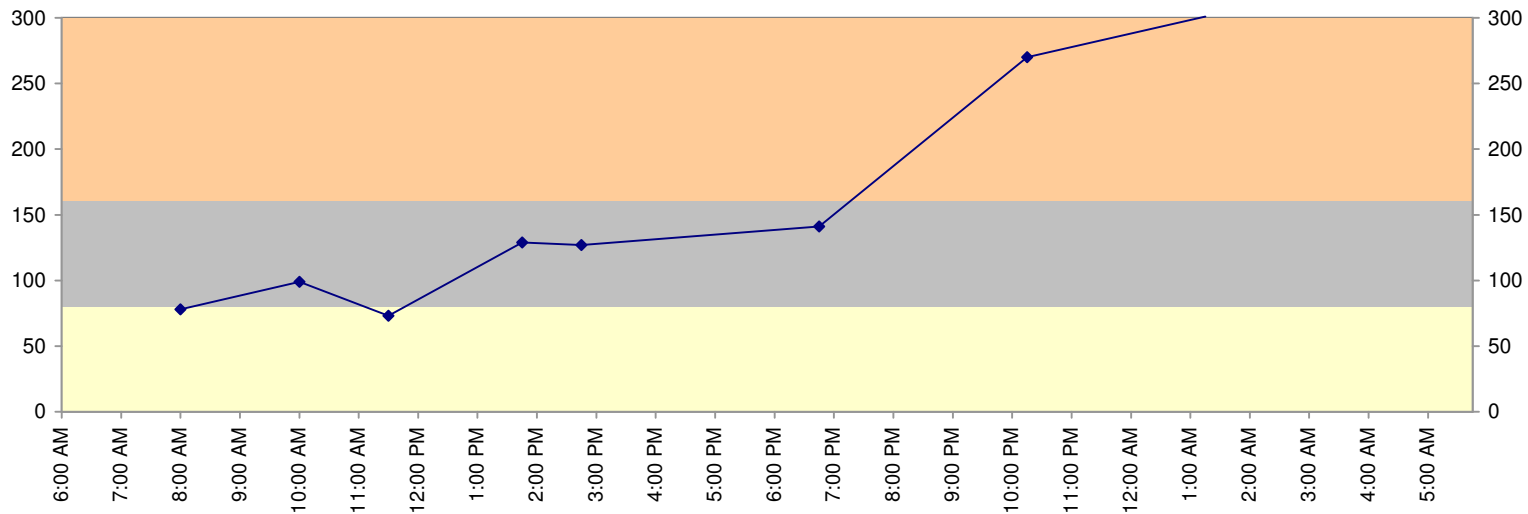
Notes	Morning	Afternoon	Evening
	9:45am - burger king. Two large cheesy tots.	2:15pm - Bag of crunchy cheetos (30g) and a handful of peanut M&M's (bolused for 30g). 3:00pm - out for a walk. 4:10pm - two nature valley "Sweet & Salty" bars.	



Saturday, May 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	# of Tests	
0:00			78		99																				8	
0:15																	270			301					Average	152
0:30						73																			Max	301
0:45								129	127				141												Min	73
Carbs			40				150		186					70											Range	228
Bolus			5.35				20.00		24.80					9.35			1.25			5.65					Total Carbs	446
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	66.40
Activity																									Total Basal	28
																									Total Insulin	94.4

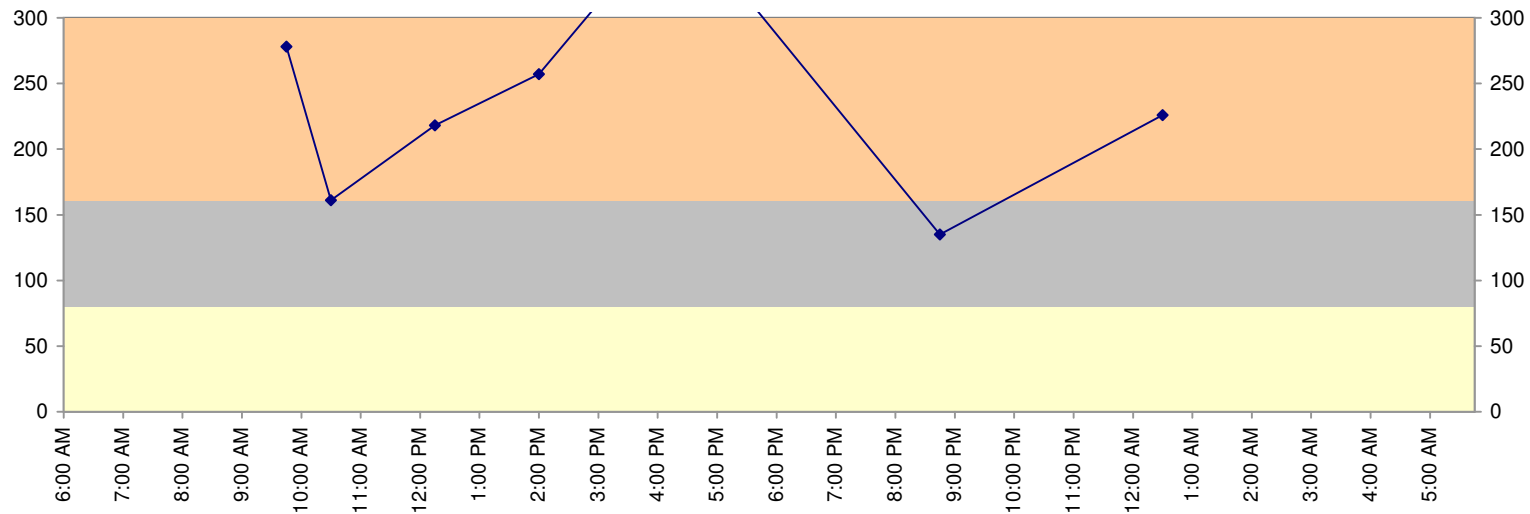
Notes	Morning	Afternoon	Evening
		12:30pm - chuck e cheese, pizza with kids. 2:44pm - bridgemans (grilled cheese, fries, hash browns, sundae.	



Sunday, May 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									257			343													8	
0:15							218																		Average	245
0:30					161					338									226						Max	343
0:45				278											135										Min	135
																									Range	208
Carbs						60			45			90				30									Total Carbs	225
Bolus				5.35		8.00			6.00	4.50		19.00				4.00			2.30						Total Bolus	49.15
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	Total Basal	28
Activity																									Total Insulin	77.15

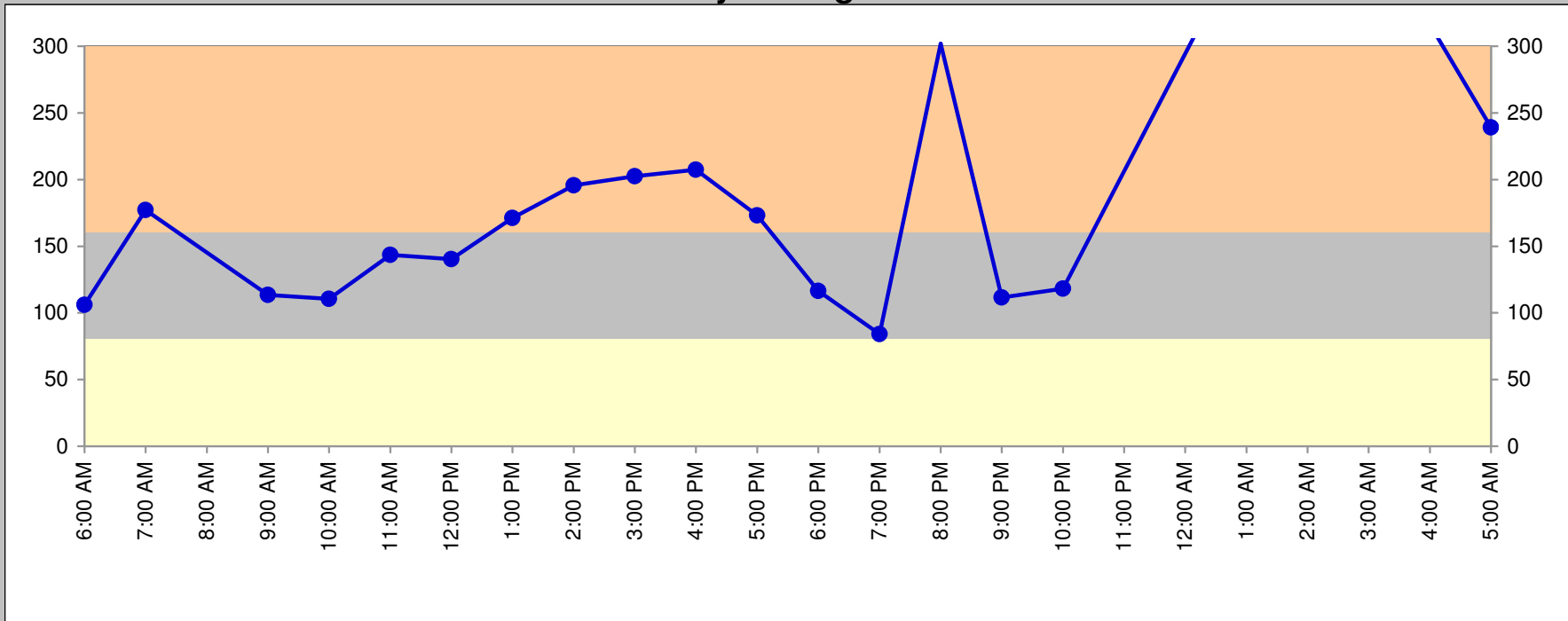
Notes	Morning	Afternoon	Evening
		Grandpa Johnson's birthday party at Sharon & Wall's. Sandwich with chips, cake & ice cream.	5:52pm - burger king - two large cheesy tots 9:00pm - set change, then fruit smoothie.



Weekday Average Bloodsugar: 159

05/07/07 - 05/11/07

Hourly Average

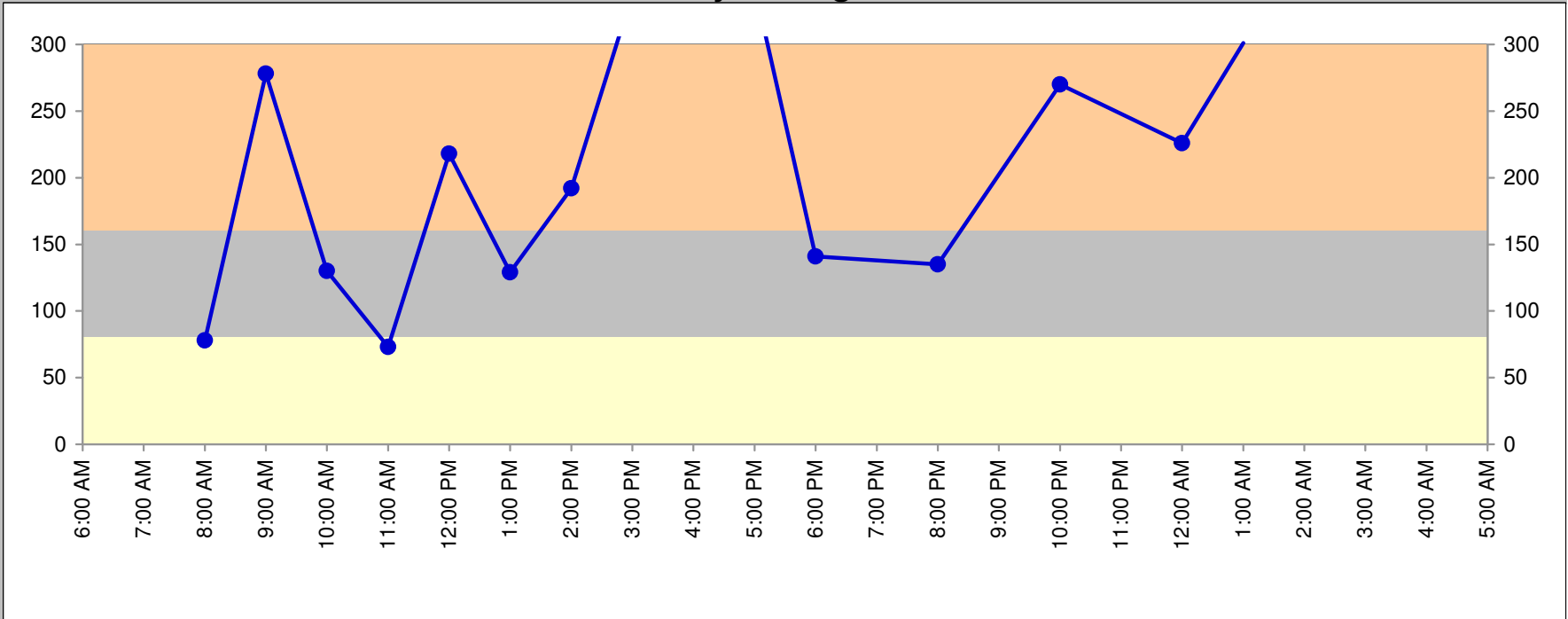


	Average	Max	Min	Range
Monday	199	471	103	368
Tuesday	177	226	84	142
Wednesday	140	227	73	154
Thursday	140	193	67	126
Friday	143	239	40	199

Weekend Average Bloodsugar: 198

05/12/07 - 05/13/07

Hourly Average

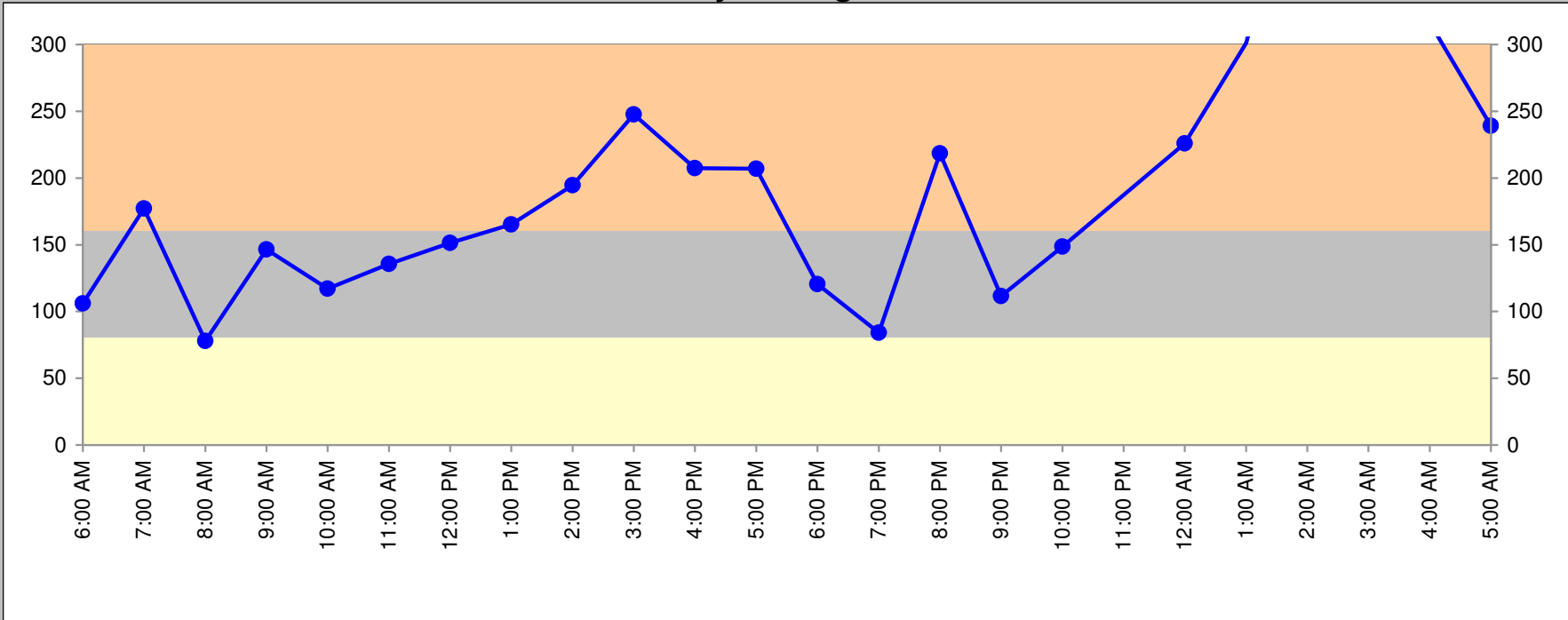


	Average	Max	Min	Range
Saturday	152	301	73	228
Sunday	245	343	135	208

Average Bloodsugar All Week: 167

05/07/07 - 05/13/07

Hourly Average



	Average	Max	Min	Range
Monday	199	471	103	368
Tuesday	177	226	84	142
Wednesday	140	227	73	154
Thursday	140	193	67	126
Friday	143	239	40	199
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 159

05/07/07 - 05/11/07

