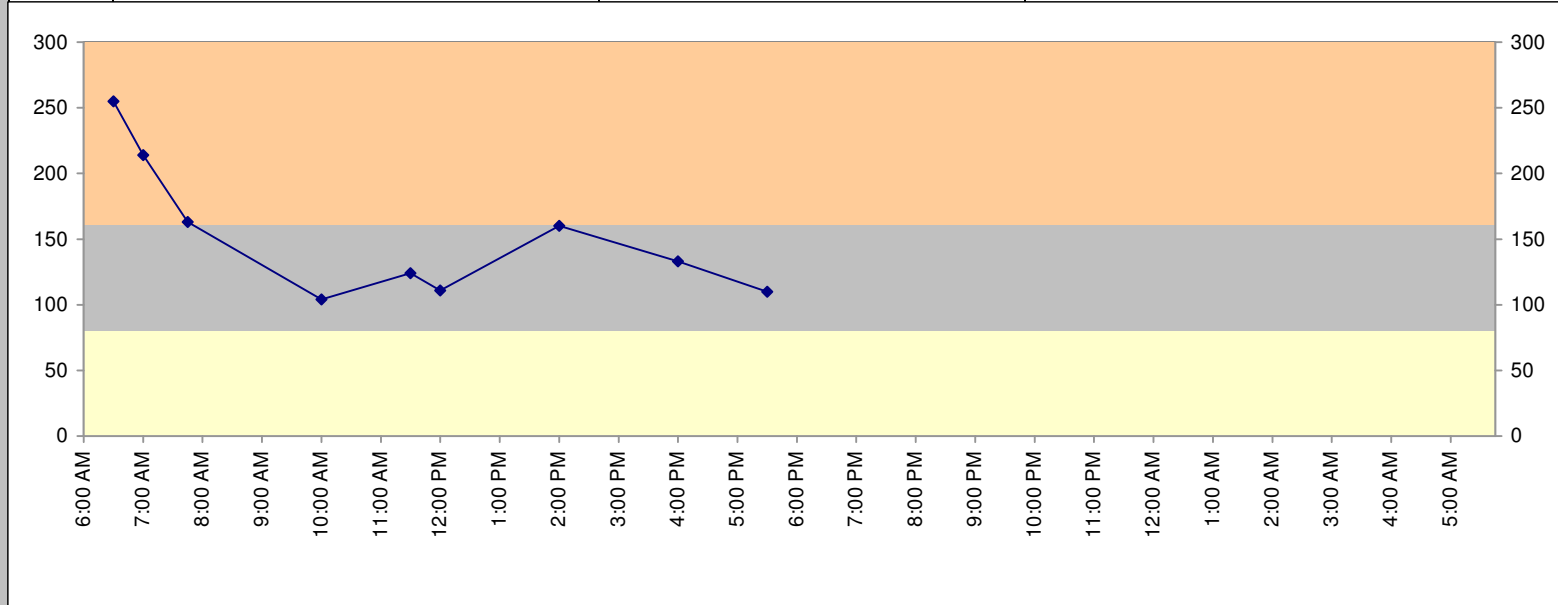


Monday, June 25, 2007

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
0:00		214			104		111		160		133													
0:15																								
0:30	255					124						110												
0:45		163																						
Carbs		55			45		117																	
Bolus		5.25			2.10		13.35																	
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	9
Average	153
Max	255
Min	104
Range	151
Total Carbs	217
Total Bolus	20.70
Total Basal	28
Total Insulin	48.7

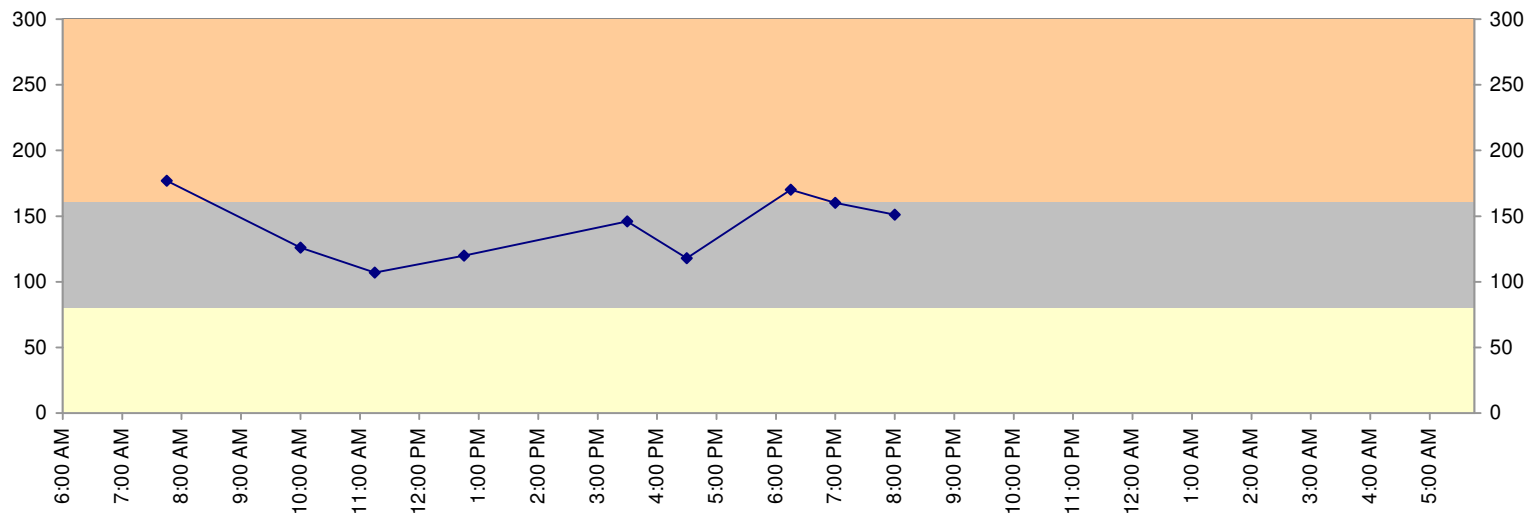
Notes	Morning	Afternoon	Evening
	5:19AM - Woke up high, BG of 311 mg/dl. 6.60u correction bolus. 7:45AM - Lemon poppyseed muffin from the cafeteria. 10:00 AM - three hash browns from McD's.	12:00 PM - Blimpies - 12" cheese trio on wheat and a bag of baked lays sour cream & cheddar.	



Tuesday, June 26, 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					126									160	151										9	
0:15						107							170												Average	142
0:30										146	118														Max	177
0:45		177					120																		Min	107
Carbs		44					75				64				200										Range	70
Bolus		7.68					9.75				6.10				25.80										Total Carbs	383
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	49.33
Activity																									Total Basal	29.3
																									Total Insulin	78.63

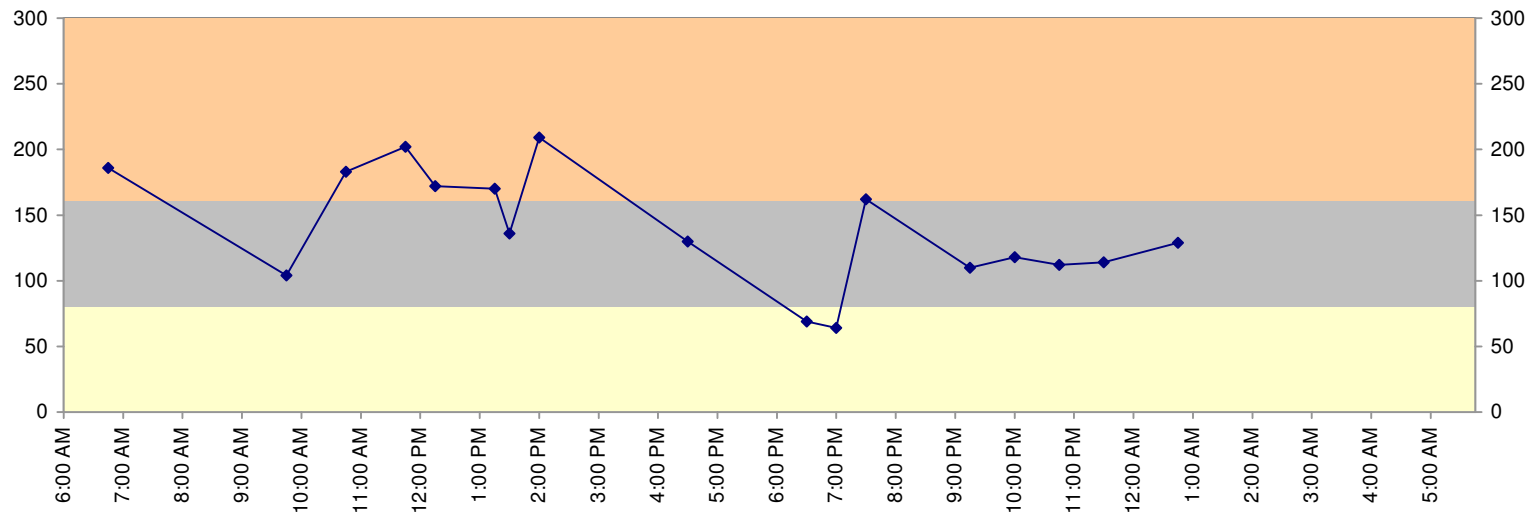
Notes	Morning	Afternoon	Evening
	7:45AM - english muffin with peanut butter and a cup of chocolate soy milk.	12:45pm - skipping basketball (interesting that my BG is not higher with my "basketball" pattern) due to a meeting. Had a cheese & mayo sandwich on wheat with a bag of baked lays sour cream & onion chips. 4:30pm - V-8, half of my cottage cheese, wheat thins with hummus, dried blueberries, and a couple bites of some pastry thing down in the caf.	



Wednesday, June 27, 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									209					64			118								17	
0:15							172	170								110									Average	139
0:30								136			130			69	162			114							Max	209
0:45	186			104	183	202											112		129						Min	64
Carbs		27			30				55					113											Range	145
Bolus	2.45	3.60							10.45					14.65											Total Carbs	225
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	31.15
Activity							Basketball																		Total Basal	29.3
																									Total Insulin	60.45

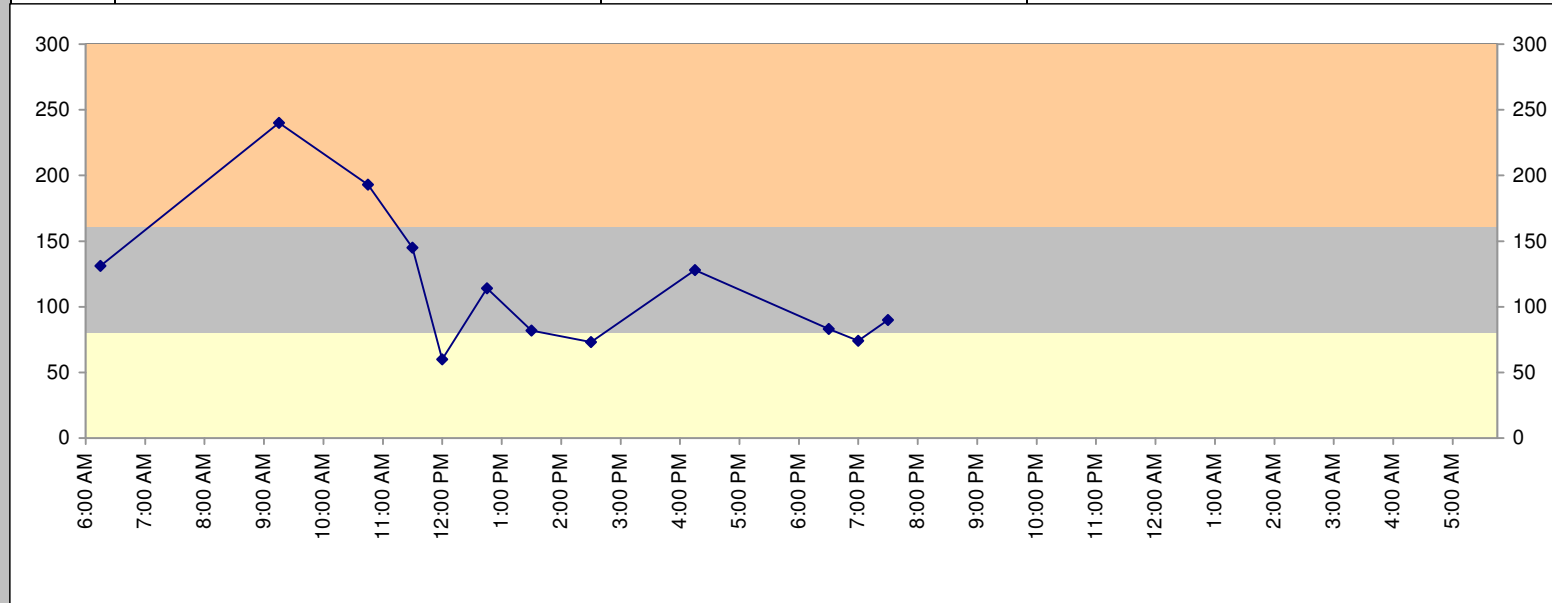
Notes	Morning	Afternoon	Evening
	7:26am - slice of white toast with peanut butter and a mug of chocolate soy milk. 10:00am - bag of crunchy cheetos. 11:30am - at the gym, but I forgot a pair of shorts. I ran over to Target to buy some. So - I started late at basketball - closer to noon. It was also a slow day there, so I was done by 1:15pm or so.	2:00pm - half of my cottage cheese, V-8, 100 cal bag of wheat thins with hummus, baggie of dried blueberries.	6:30pm - low. Stuck on a call. Managed to eat a baggie of dried blueberries while talking, then grabbed a handful of peanut M&M's once I was done. 7:35pm - Yikes, what a spike! It's almost going straight up!! Punched in a correction for the 162 mg/dl and increased the dose up to 4.00u. 7:46pm - bag of honey roasted cashews and then some cool ranch doritos. 11:15PM - site change.



Thursday, June 28, 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							60							74											12	
0:15	131			240							128														Average	118
0:30						145		82	73				83	90											Max	240
0:45					193		114																		Min	60
0:45																									Range	180
Carbs	30		60			17	56		55					80	90	30									Total Carbs	418
Bolus	4.90		8.00						6.60					9.05	12.00	4.00									Total Bolus	44.55
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	73.85

Notes	Morning	Afternoon	Evening
	6:30am - slice of white toast with PB & mug of chocolate soy milk. 8:30am - three hash browns at McD's. Bolused for (and ordered four, but she never brought the 4th out). 11:30am - Glucerna shake. 12:10pm - 32oz of Gatorade.	2:30pm - V-8, half of my cottage cheese, 100 cal bag of wheat thins with hummus, baggie to dried blueberries, and a handful of peanut M&M's.	6:47pm - handful of peanut M&M's.

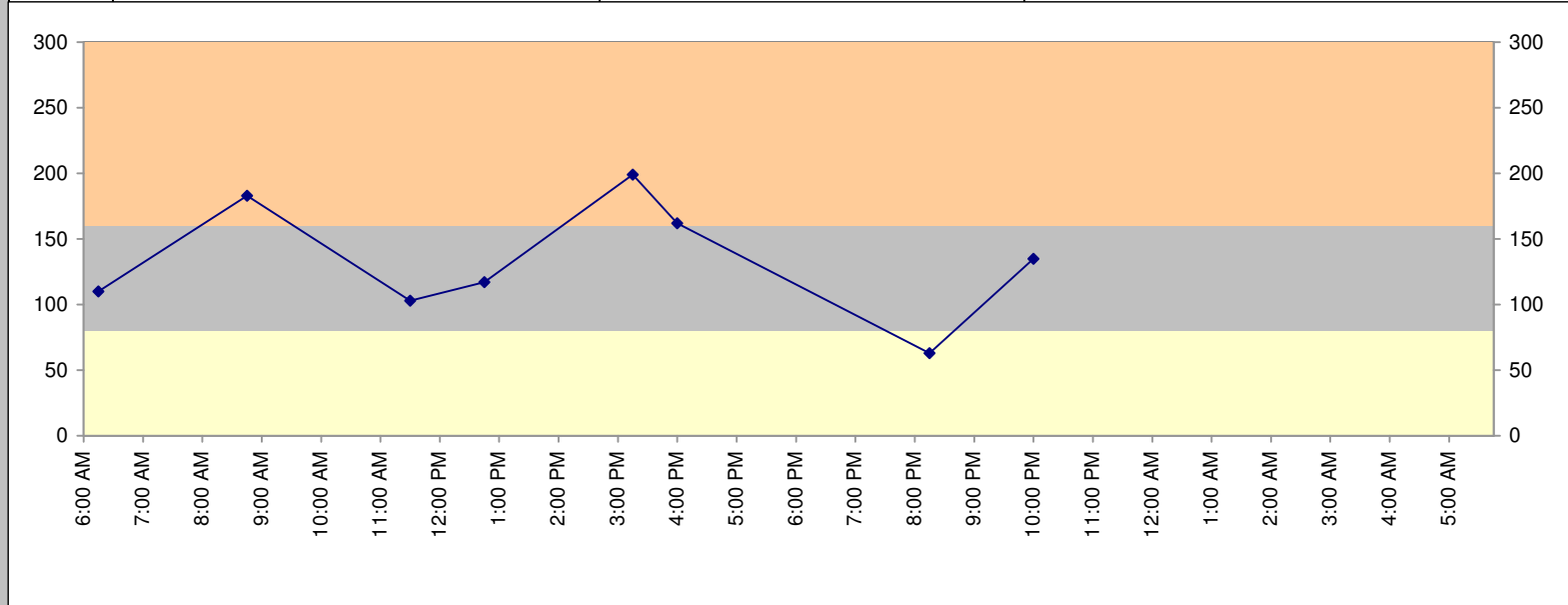


Friday, June 29, 2007

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											162						135							
0:15	110									199					63									
0:30						103																		
0:45			183				117																	
Carbs		30	80			50	80				65				175									
Bolus		4.00	10.65				7.80				7.10				20.50									
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	8
Average	134
Max	199
Min	63
Range	136
Total Carbs	480
Total Bolus	50.05
Total Basal	28
Total Insulin	78.05

Notes	Morning	Afternoon	Evening

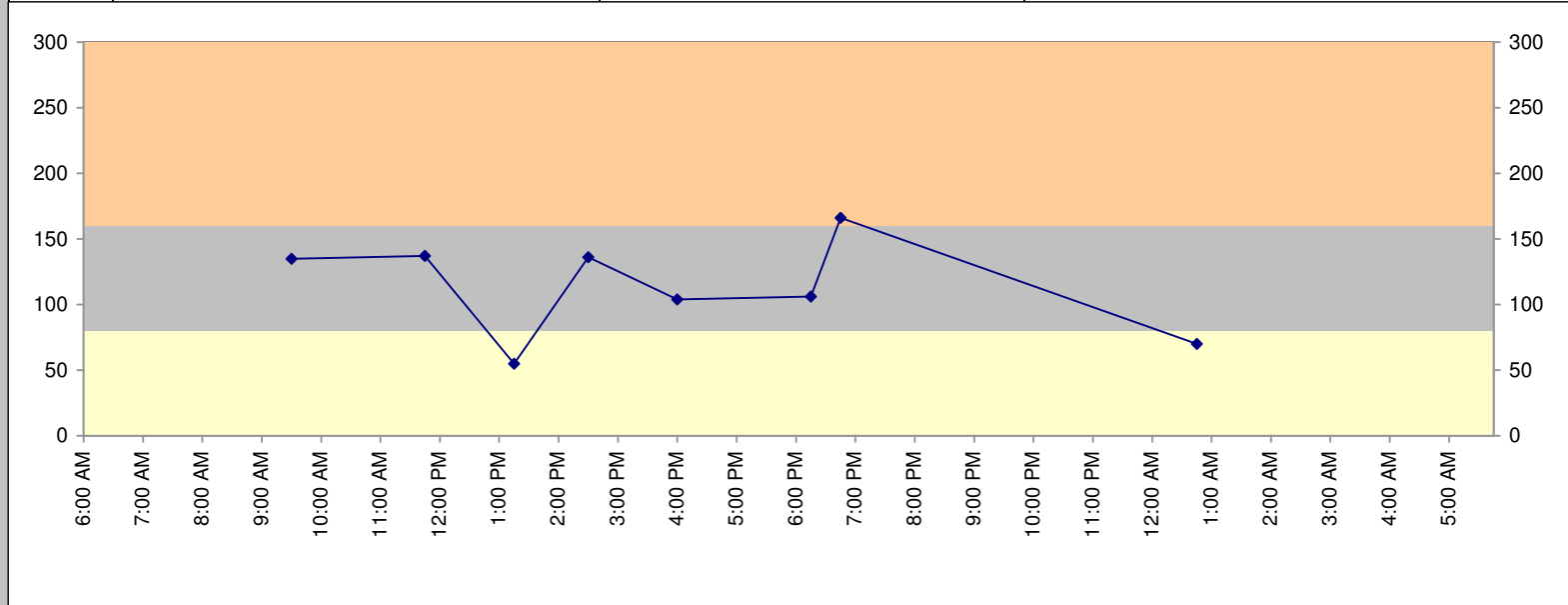


Saturday, June 30, 2007

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											104													
0:15								55					106											
0:30				135					136															
0:45						137							166						70					
Carbs					70			85			150								114					
Bolus					9.35			4.80			16.70								13.90					
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	8
Average	114
Max	166
Min	55
Range	111
Total Carbs	419
Total Bolus	44.75
Total Basal	28
Total Insulin	72.75

Notes	Morning	Afternoon	Evening

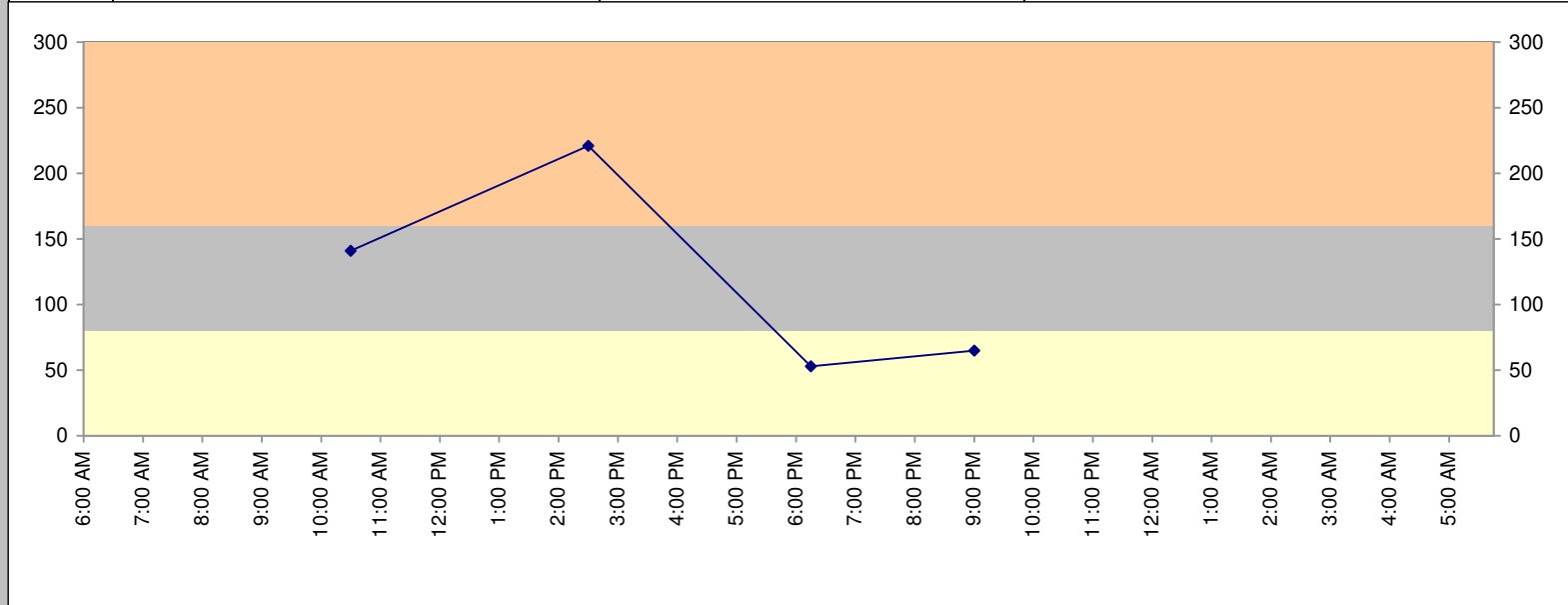


Sunday, July 01, 2007

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
0:00																65								
0:15													53											
0:30					141				221															
0:45																								
Carbs						40	60				60		80			130								
Bolus					1.15	5.35	8.00				8.00		4.30			13.50								
Basal	1.5	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	1.5	1.5	1.5
Activity																								

# of Tests	4
Average	120
Max	221
Min	53
Range	168
Total Carbs	370
Total Bolus	40.30
Total Basal	28.5
Total Insulin	68.8

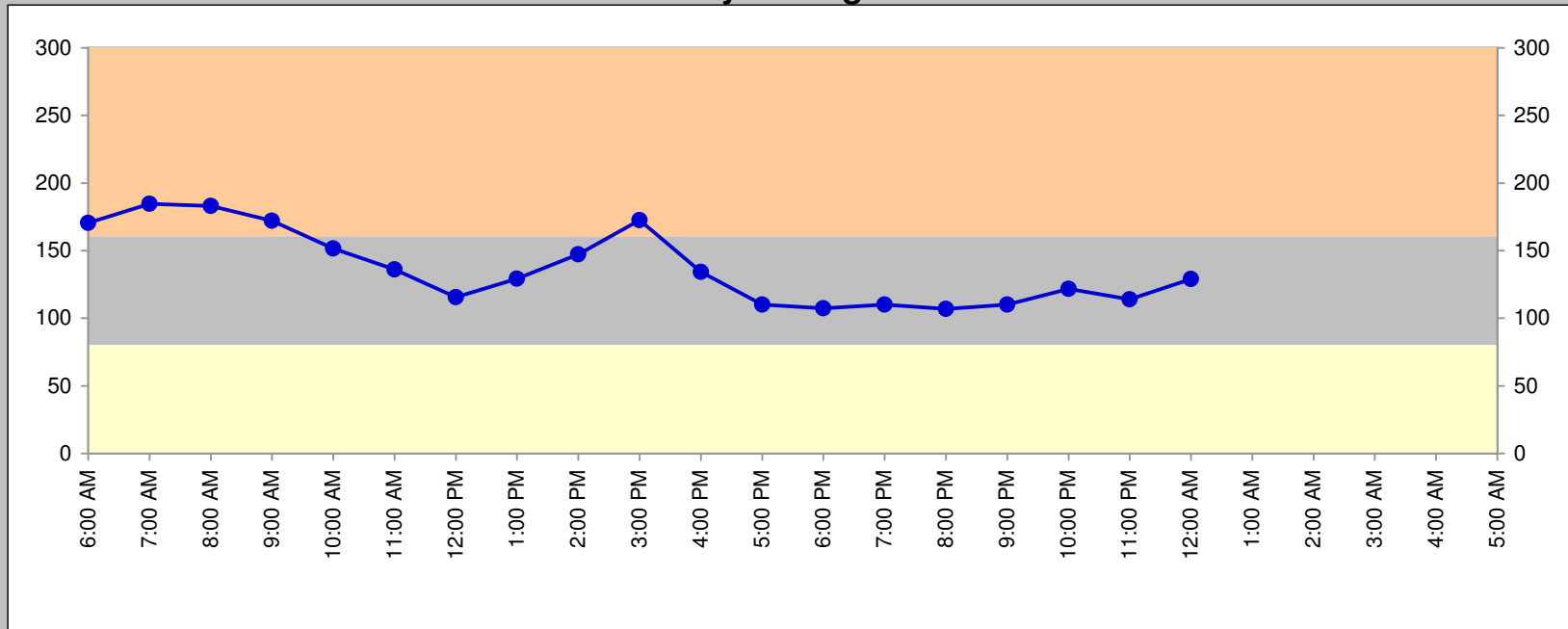
Notes	Morning	Afternoon	Evening



Weekday Average Bloodsugar: 136

06/25/07 - 06/29/07

Hourly Average

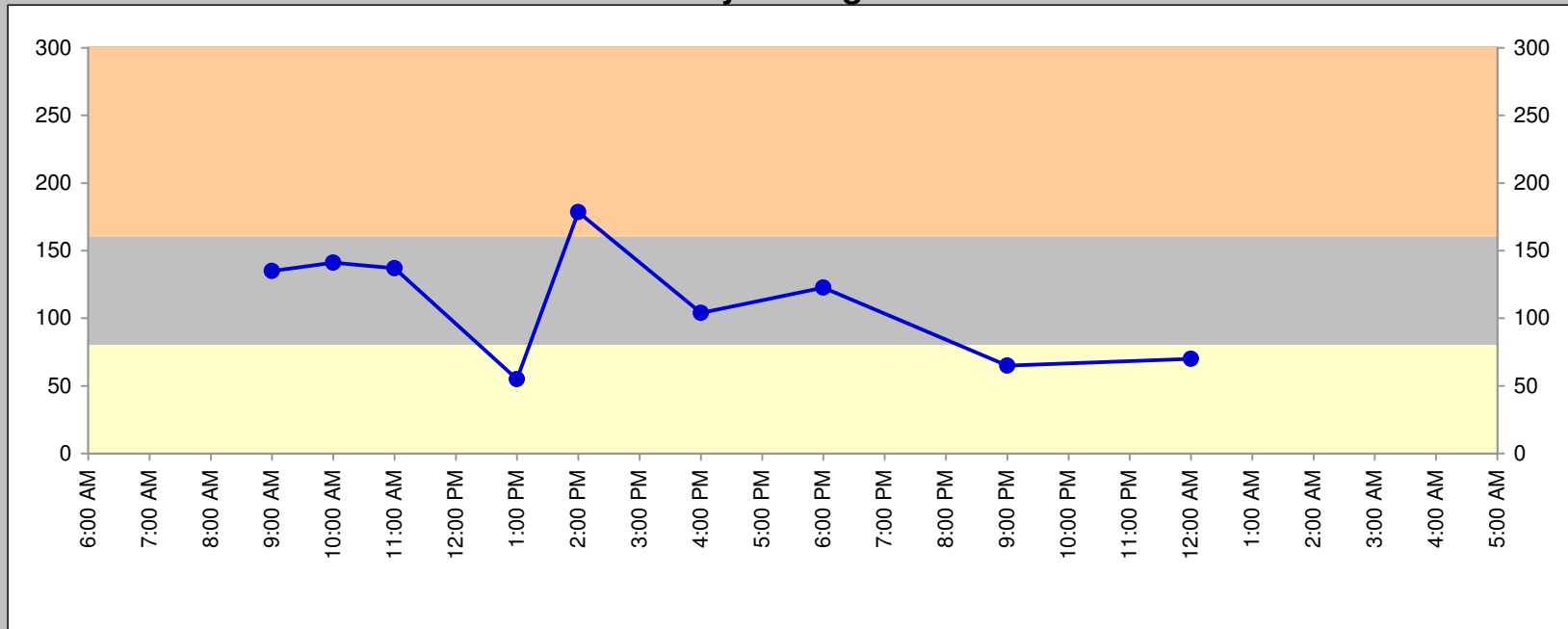


	Average	Max	Min	Range
Monday	153	255	104	151
Tuesday	142	177	107	70
Wednesday	139	209	64	145
Thursday	118	240	60	180
Friday	134	199	63	136

Weekend Average Bloodsugar: 116

06/30/07 - 07/01/07

Hourly Average

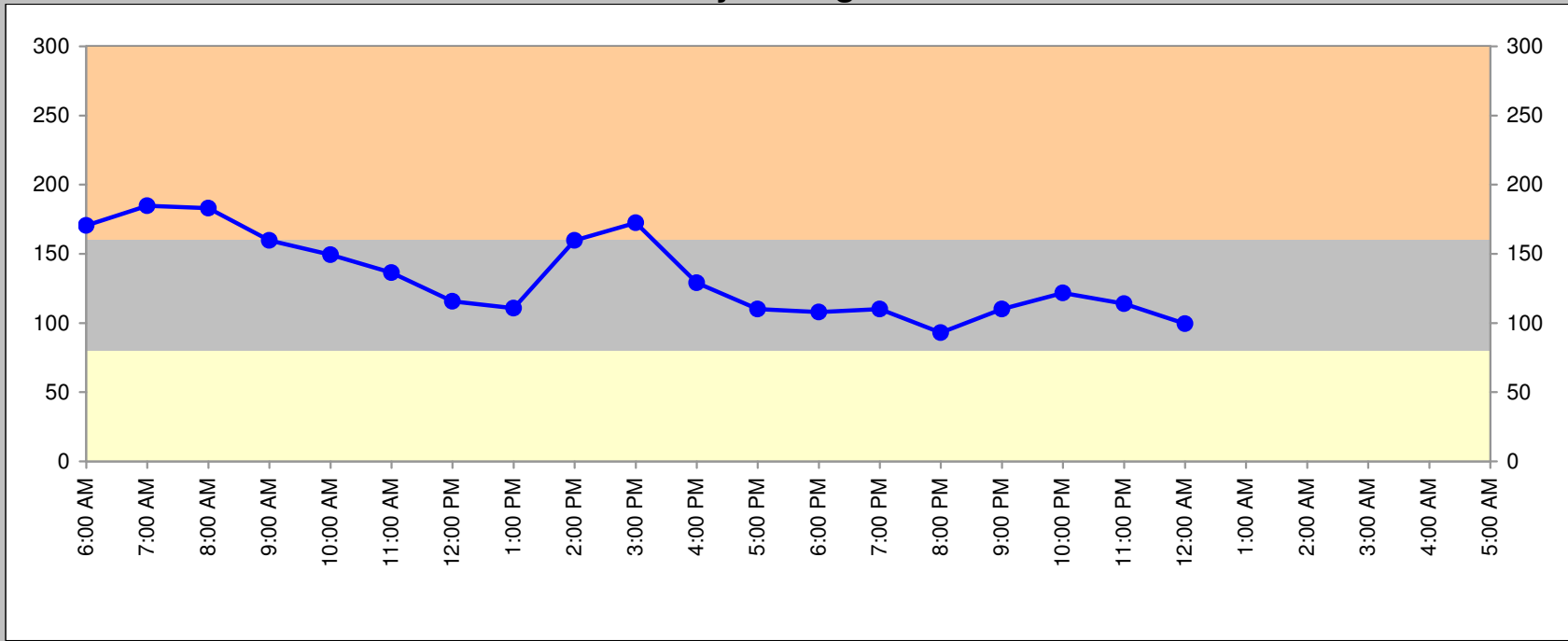


	Average	Max	Min	Range
Saturday	114	166	55	111
Sunday	120	221	53	168

Average Bloodsugar All Week: 133

06/25/07 - 07/01/07

Hourly Average



	Average	Max	Min	Range
Monday	153	255	104	151
Tuesday	142	177	107	70
Wednesday	139	209	64	145
Thursday	118	240	60	180
Friday	134	199	63	136
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 136

06/25/07 - 06/29/07

