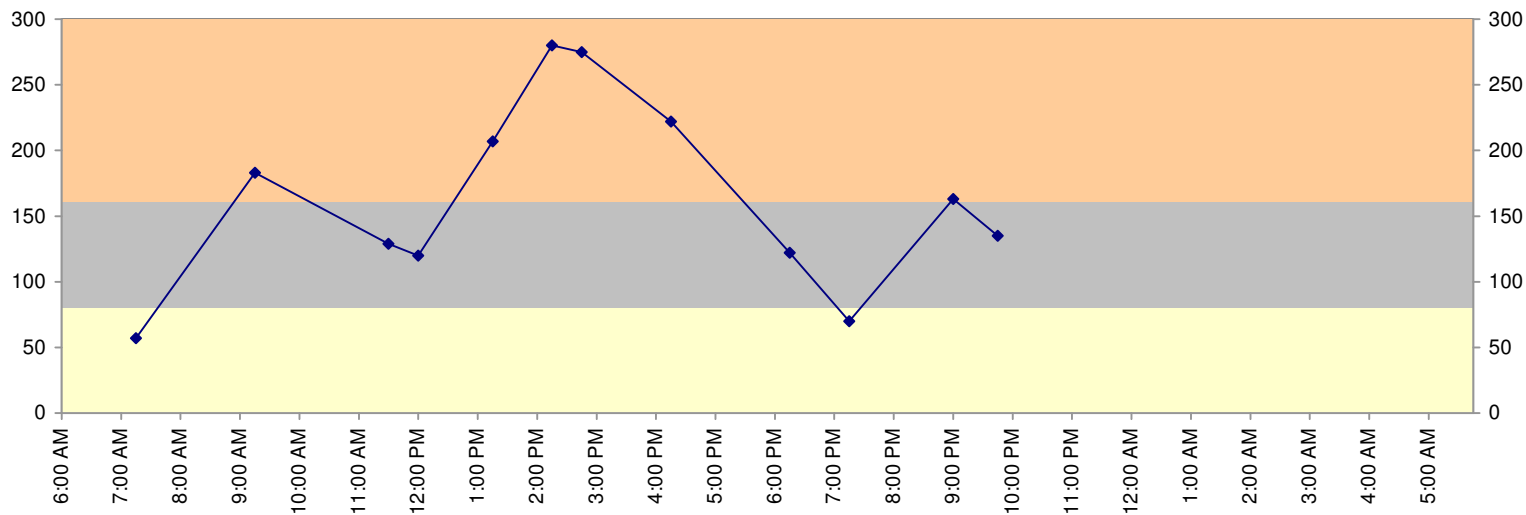


Monday, July 16, 2007

| 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 | # of Tests | |
|----------|-----|------|-----|-----|------|-------|------|-----|-----|-----|-----|-----|-----|-------|-----|-----|------|------|------|-----|-----|-----|-----|-----|---------------|-------|
| 0:00 | | | | | | | 120 | | | | | | | | | 163 | | | | | | | | | 12 | |
| 0:15 | | 57 | | 183 | | | | 207 | 280 | | 222 | | | 122 | 70 | | | | | | | | | | Average | 164 |
| 0:30 | | | | | | 129 | | | | | | | | | | | | | | | | | | | Max | 280 |
| 0:45 | | | | | | | | | 275 | | | | | | | 135 | | | | | | | | | Min | 57 |
| Carbs | | 59 | | | | | 117 | | | | | | | 120 | | | 50 | | | | | | | | Range | 223 |
| Bolus | | 6.65 | | | | 14.85 | | | | | | | | 15.15 | | | 6.65 | | | | | | | | Total Carbs | 346 |
| 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 | 43.30 |
| Activity | | | | | | | | | | | | | | | | | | | | | | | | | Total Basal | 28 |
| | | | | | | | | | | | | | | | | | | | | | | | | | Total Insulin | 71.3 |

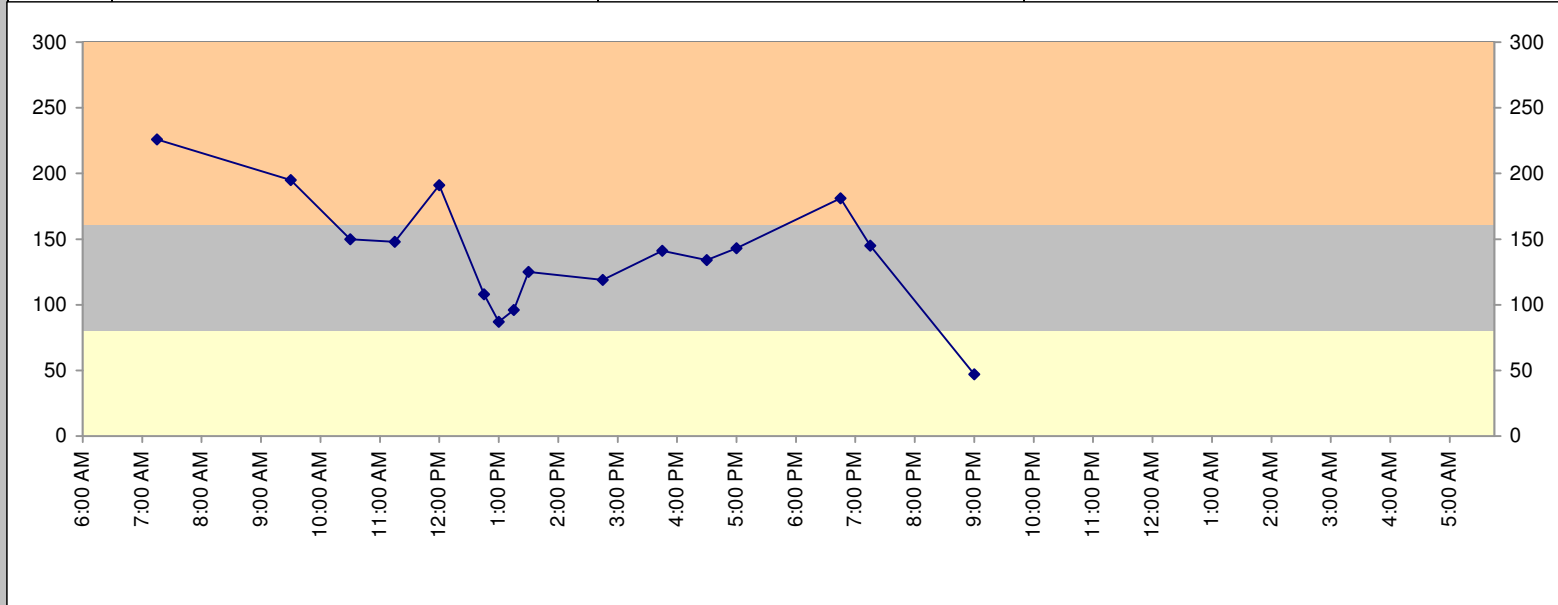
| Notes | Morning | Afternoon | Evening |
|-------|---|---|---|
| | 7:20am - woke up a little low. Had about two servings of cheerios with a cup of milk. 9:15am - I think I under-estimated the carbs on the cereal this morning. We'll see how it all shakes out. | 11:36am - bolused early for blimpies. 11:58am - started eating. 12" cheese trio on wheat, bag of baked lays sour cream & cheddar. 2:15pm - WTF? 280 mg/dl? I bolused 20 minutes early?! Shit. | 7:15pm - had two bowls of rice with soy sauce (not measured), a sandwich (cheese & mayo), and some handfuls of dry cereal (not measured). 9:45pm - was feeling nervous and anxious, worried about going low. Went down and had some cereal. Didn't count or measure, then later I worried I had eaten too much, so I bolused for 50g. |



Tuesday, July 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 | | | | | | | 191 | 87 | | | | 143 | | | | 47 | | | | | | | | | 16 | |
| 0:15 | | 226 | | | | 148 | | 96 | | | | | | 145 | | | | | | | | | | | Average | 140 |
| 0:30 | | | | 195 | 150 | | | 125 | | | 134 | | | | | | | | | | | | | | Max | 226 |
| 0:45 | | | | | | | 108 | | 119 | 141 | | | 181 | | | | | | | | | | | | Min | 47 |
| Carbs | | | 80 | | 34 | 16 | | 20 | | | | 56 | | | | 100 | | | | | | | | | Range | 179 |
| Bolus | | 2.80 | 10.65 | | | | | | | | | 8.20 | | | | 13.35 | 8.65 | | | | | | | | Total Carbs | 306 |
| 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 | 43.65 |
| Activity | | | | | | Basketball | | | | | | | | | | | | | | | | | | | Total Basal | 29.3 |
| Activity | | | | | | | | | | | | | | | | | | | | | | | | | Total Insulin | 72.95 |

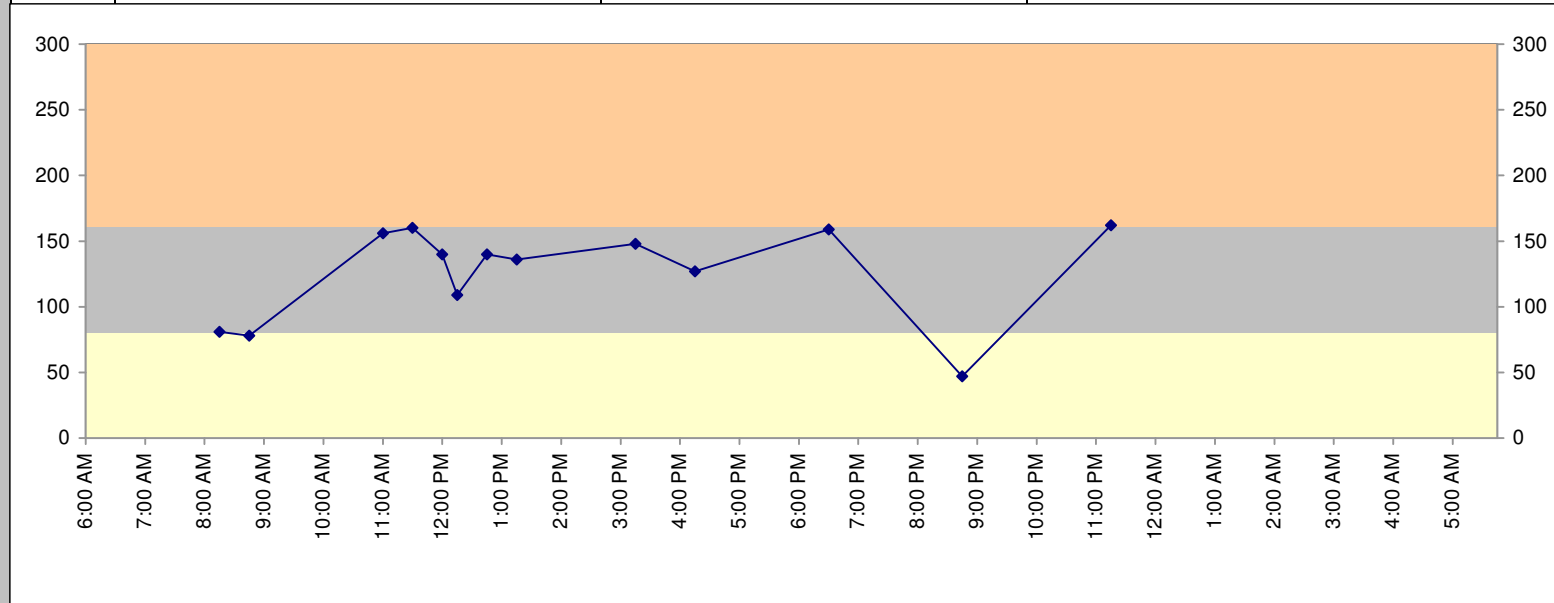
| Notes | Morning | Afternoon | Evening |
|-------|--|-----------|---|
| | 8:10am - two large cheesy tots at Burger King. 10:55am - carton of chocolate milk (34g). 11:15am - 8oz gatorade. Felt pretty shitty at basketball today. Just not feeling energetic/motivated. 12:55am - 10-12oz gatorade. | | 5:06pm - V-8, 100 cal bag of wheat thins with hummus, dried blueberries. I'm out of cottage cheese. 9:30pm - Perkins meal with fam. Grilled cheese with fries & hash browns and a hot fudge sundae. 10:30pm - site change |



Wednesday, July 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 | # of Tests | |
|----------|------|------|------|------|------|------------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|---------------|-------|
| 0:00 | | | | | | 156 | 140 | | | | | | | | | | | | | | | | | | 13 | |
| 0:15 | | | 81 | | | | 109 | 136 | | 148 | 127 | | | | | | | 162 | | | | | | | Average | 126 |
| 0:30 | | | | | | 160 | | | | | | | 159 | | | | | | | | | | | | Max | 162 |
| 0:45 | | | 78 | | | | 140 | | | | | | | | 47 | | | | | | | | | | Min | 47 |
| Carbs | | | 44 | | | 17 | 18 | | | 35 | | | | | 60 | 140 | | | | | | | | | Range | 115 |
| Bolus | | | 5.35 | | | | | | | 0.80 | 4.40 | | | | 5.60 | 18.65 | | | | | | | | | Total Carbs | 314 |
| 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 | 34.80 |
| Activity | | | | | | Basketball | | | | | | | | | | | | | | | | | | | Total Basal | 29.3 |
| | | | | | | | | | | | | | | | | | | | | | | | | | Total Insulin | 64.1 |

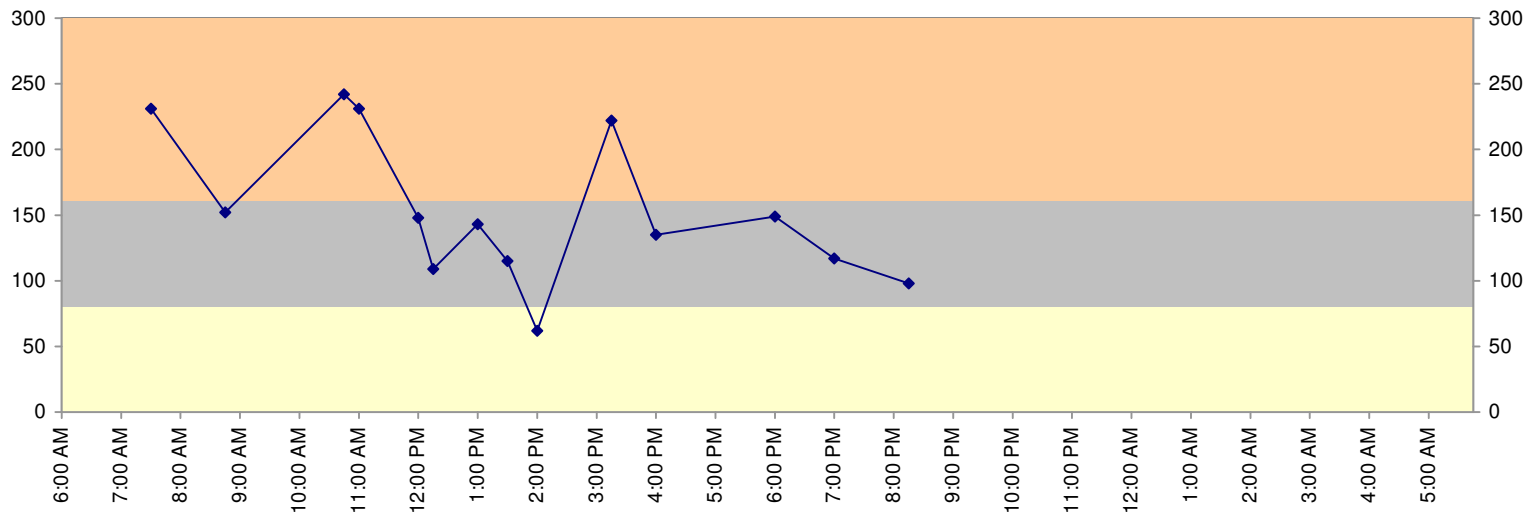
| Notes | Morning | Afternoon | Evening |
|-------|---|------------------------|---|
| | 8:50am - slice of white toast with peanut butter and a mug of chocolate soy milk. 11:20am - glucerna before ball (17g). | 4:24pm - snickers bar. | 8:45pm - low at dinner. Deadly. Started off with a few bowls of cereal, then some potato chips with ketchup, then two sams club cookies (pink frosting), and finally two grilled cheese sandwiches. Sigh. |



Thursday, July 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 | # of Tests | |
|-----------------|------|------|------|------|------|------|------------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|------|------|---------------|-------|
| 0:00 | | | | | | 231 | 148 | 143 | 62 | | 135 | | 149 | 117 | | | | | | | | | | | 14 | |
| 0:15 | | | | | | | 109 | | | 222 | | | | | 98 | | | | | | | | | | Average | 154 |
| 0:30 | | 231 | | | | | | 115 | | | | | | | | | | | | | | | | | Max | 242 |
| 0:45 | | | 152 | | 242 | | | | | | | | | | | | | | | | | | | | Min | 62 |
| Carbs | | | 80 | | | 17 | 42 | | 76 | | 30 | | | | 102 | | | | | | | | | | Range | 180 |
| Bolus | | 2.90 | 9.55 | | | | | | 9.00 | | | | | | 13.55 | | | | | | | | | | Total Carbs | 347 |
| 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 | 35.00 |
| Activity | | | | | | | Basketball | | | | | | | | | | | | | | | | | | Total Basal | 29.3 |
| | | | | | | | | | | | | | | | | | | | | | | | | | Total Insulin | 64.3 |

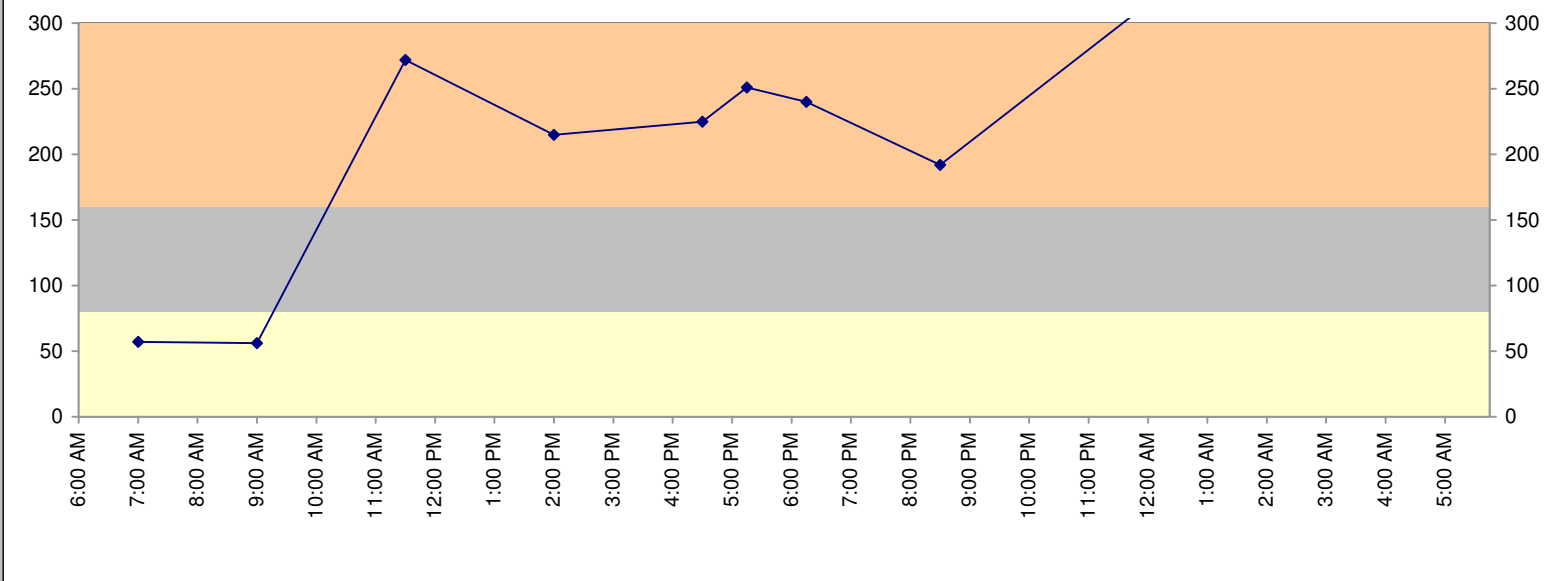
| Notes | Morning | Afternoon | Evening |
|-------|---|--|--|
| | 8:48am - 2 large cheesy tots at Burger King. 10:30am - finished first 20oz bottle of diet coke. 11:30am - Glucerna before basketball. 12:15pm - about 24oz of gatorade. | 2:30pm - running low after ball. Downed another glucerna shake and stopped at BK for a medium coke. 4:30pm - had a bag of cheetos (30g) and a handful of peanut M&M's (??g). Was a bit worried by the sharp dropping of my BG. | 7:00pm - dropping a bit. Had 4 little tootsie rolls before driving home. 8:15pm - Had two grilled cheese sandwiches with ketchup, then some potato chips. Also had two glasses of wine afterwards. |



Friday, July 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 | | 57 | | 56 | | | | | 215 | | | | | | | | | | | | | | | | 9 | |
| 0:15 | | | | | | | | | | | | 251 | 240 | | | | | | | 359 | | | | | Average | 207 |
| 0:30 | | | | | | 272 | | | | | 225 | | | | 192 | | | | | | | | | | Max | 359 |
| 0:45 | | | | | | | | | | | | | | | | | | | | | | | | | Min | 56 |
| Carbs | | 65 | | 45 | | 117 | | | | | | | 60 | | | | | | | | | | | | Range | 303 |
| Bolus | | 7.70 | | 0.15 | | 18.90 | | | | | | | 8.00 | | | | | | | 6.80 | | | | | Total Carbs | 287 |
| 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 | 41.55 |
| Activity | | | | | | | | | | | | | | | | | | | | | | | | | Total Basal | 28 |
| | | | | | | | | | | | | | | | | | | | | | | | | | Total Insulin | 69.55 |

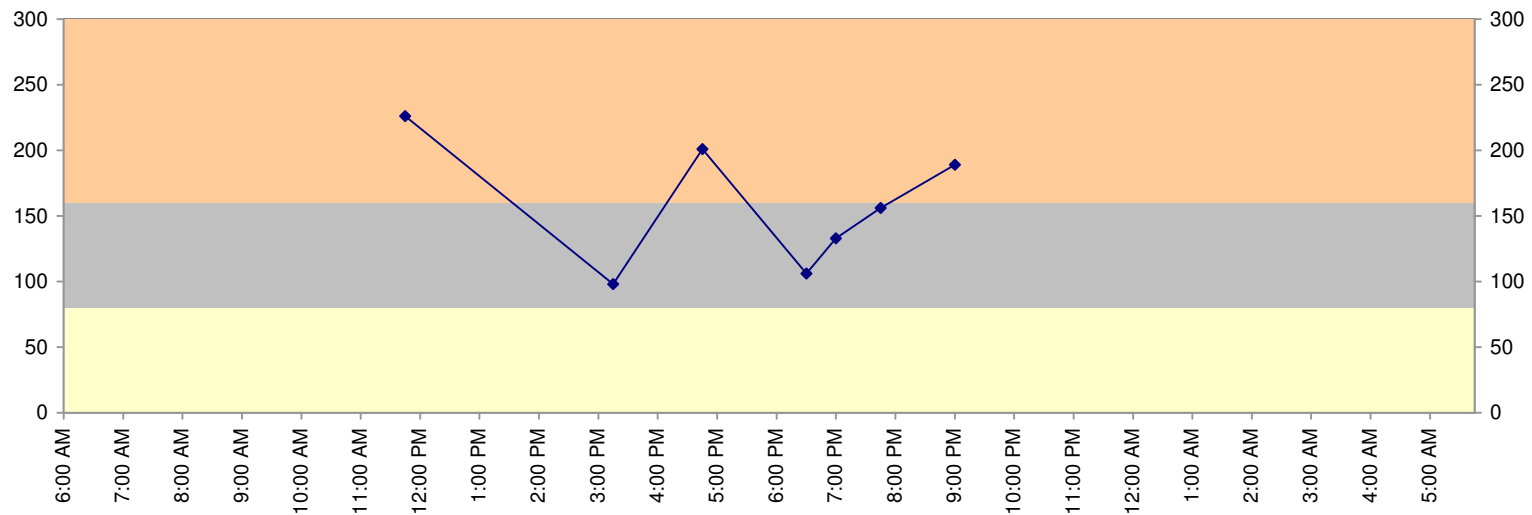
| Notes | Morning | Afternoon | Evening |
|-------|---|---|--|
| | 7:00am - low. Had some cereal. Didn't measure how much, ladsbs bolus. 9:00am - low again, had a lemon poppyseed muffin from the cafeteria. 9:30am - had about 1.5 of some kind of peanut butter brownie things at work (b-day celebrations). 11:30am - Yikes! Forgot to bolus for the PB chocolate brownie thingy I had (1.5 of them actually). | 11:45am - pre-bolused about 10 minutes early. Had blimpies 12" cheese trio on wheat, bag of baked lays chips. 2:45pm - handfull of peanut M&M's. 3:20pm - popcorn. 3:45pm - two mini snicker bars and two little tootsie rolls. Tired, bored at work. Waiting to get out of here. | 6:15pm - three tortillas - one plain, the other two with a cheese slice melted and rolled up. 10:45pm - Out with David & Erin at the ACME Comedy club. Had a glass of white wine - no bolus. 1:15am -Holy smokes! Should I have bolused for that wine? |



Saturday, July 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 | | | | | | | | | | | | | | 133 | | 189 | | | | | | | | | 7 |
| 0:15 | | | | | | | | | | 98 | | | | | | | | | | | | | | | Average |
| 0:30 | | | | | | | | | | | | | 106 | | | | | | | | | | | | 158 |
| 0:45 | | | | | | 226 | | | | | 201 | | 156 | | | | | | | | | | | | Max |
| Carbs | | | | | | | 140 | | | 32 | 56 | | | | | 80 | | 20 | 40 | | | | | | 226 |
| Bolus | | | | | | 3.60 | 18.65 | | | | | | | 1.60 | | 15.00 | | 2.65 | 5.35 | | | | | | 98 |
| 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 | Range |
| Activity | | | | | | | | | Walking | | | Geocaching | | | | | | | | | | | | | 128 |
| Total Carbs | | | | | | | | | | | | | | | | | | | | | | | | 368 | |
| Total Bolus | | | | | | | | | | | | | | | | | | | | | | | | 46.85 | |
| Total Basal | | | | | | | | | | | | | | | | | | | | | | | | 28 | |
| Total Insulin | | | | | | | | | | | | | | | | | | | | | | | | 74.85 | |

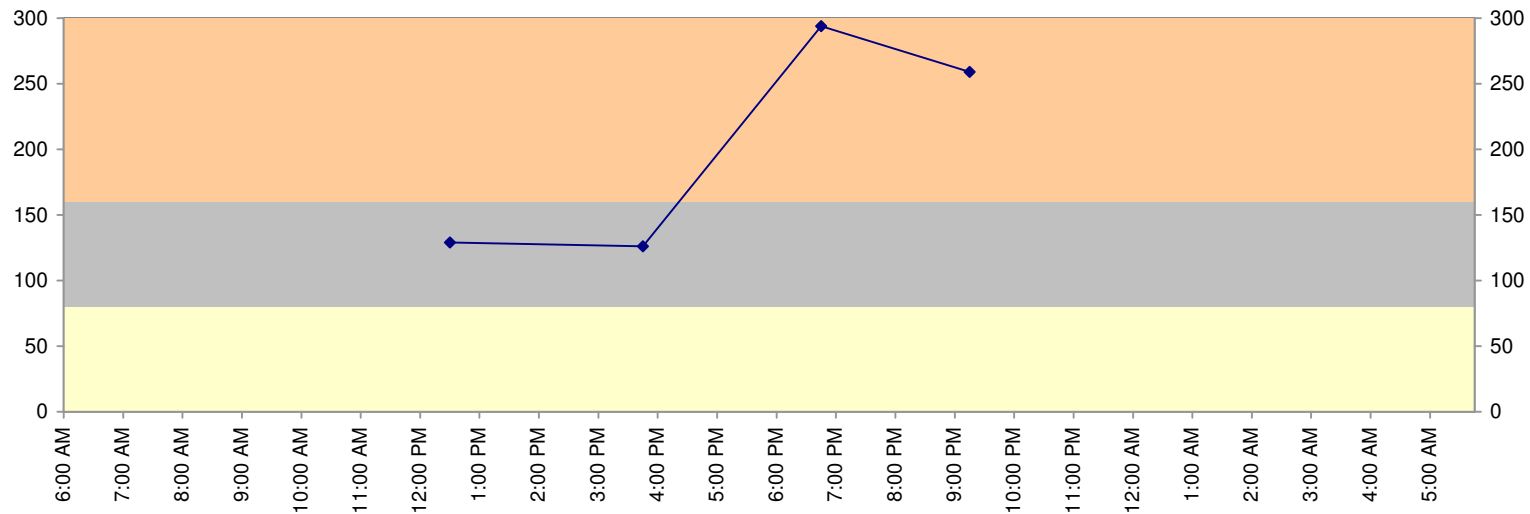
| Notes | Morning | Afternoon | Evening |
|-------|---------|--|---|
| | | 12:55pm - Eating at CheeseCake Factory, had a grilled cheese with some fries, buttered bread, and about 3/4 of a piece of rich cheesecake. 3:00pm - We had been walking for about 2 miles (carried Bella on my shoulders much of the time). Heading low, had 8 glucose tabs, then had a medium coke (56g?) on the way home. 4:30pm - Out Geocaching with Bryce - started temp rate 0%. | 8:00pm - set change. 9:08pm - Burger king, two large cheesy tots. 12:11am - salted, in shell peanuts. Extended bolus. |



Sunday, July 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 | | | | | | | | | | | | | | | | | | | | | | | | | Average | 202 |
| 0:15 | | | | | | | | | | | | | | | | 259 | | | | | | | | | Max | 294 |
| 0:30 | | | | | | | 129 | | | | | | | | | | | | | | | | | | Min | 126 |
| 0:45 | | | | | | | | | | 126 | | | 294 | | | | | | | | | | | | Range | 168 |
| Carbs | | | | | | | | 45 | | 120 | | | | | | 110 | | | | | | | | | Total Carbs | 275 |
| Bolus | | | | | | | | 6.00 | | 12.90 | | | | | | 19.25 | | | | | | | | | Total Bolus | 38.15 |
| 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 | 66.15 |

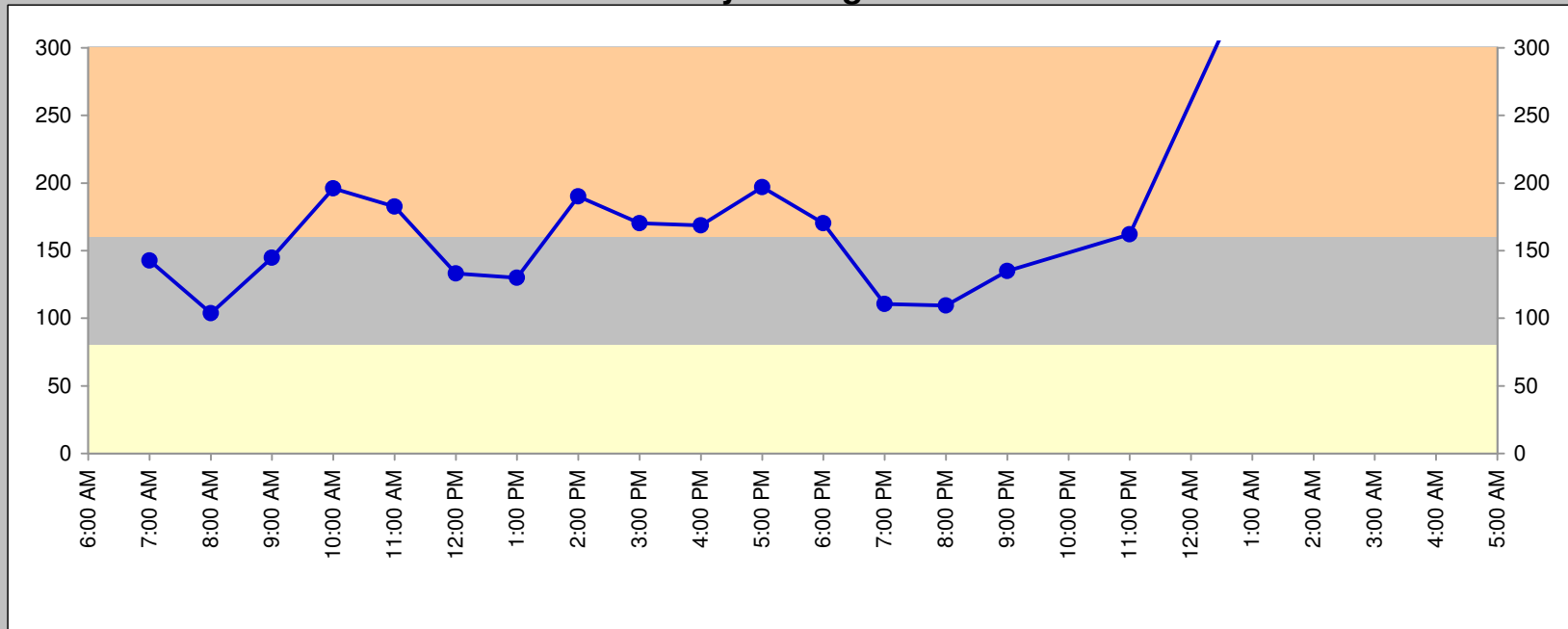
| Notes | Morning | Afternoon | Evening |
|-------|---------|---|--|
| | | 1:00pm - salted, in shell peanuts, extended bolus. 3:45pm - At Tom & Jackie's, some baked beans, buttered bread, chips, fudge, cookies. | 9:15pm - Three slices of bread, potato chips w/ketchup, then some mashed potatoes. |



Weekday Average Bloodsugar: 154

07/16/07 - 07/20/07

Hourly Average

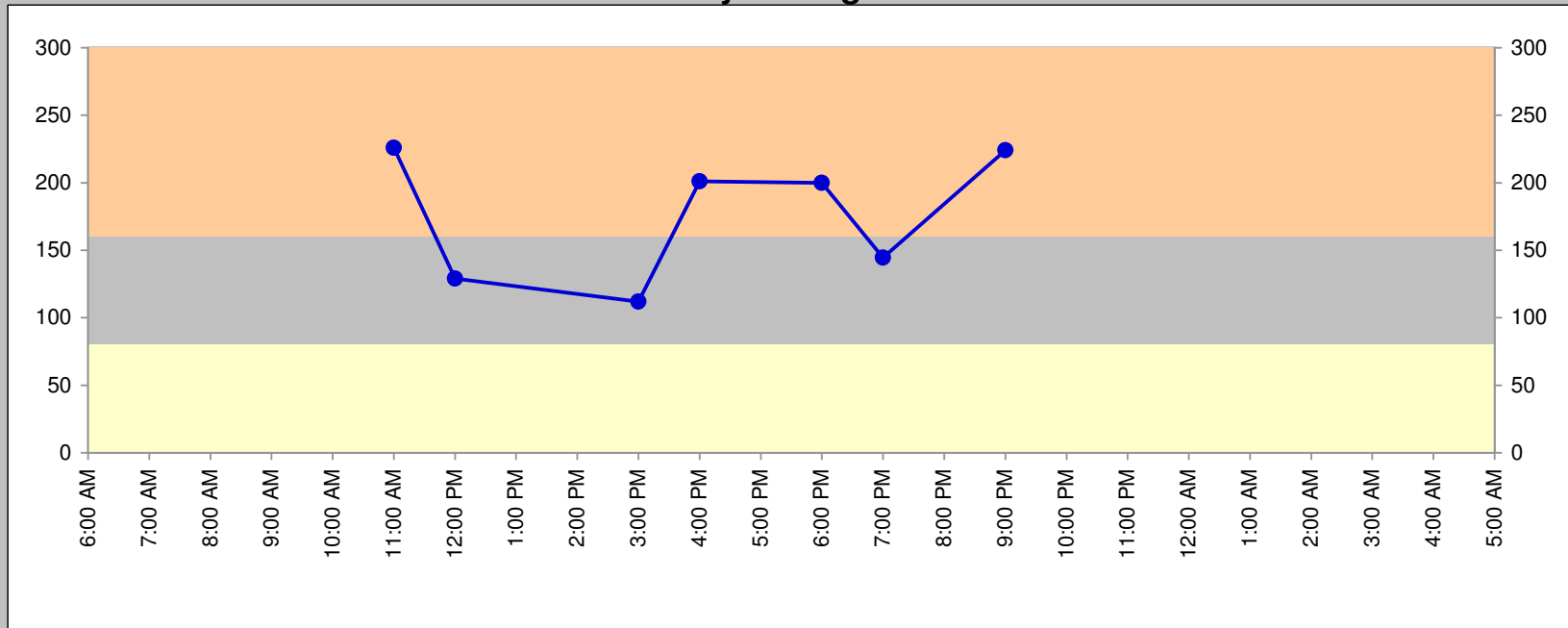


| | Average | Max | Min | Range |
|-----------|---------|-----|-----|-------|
| Monday | 164 | 280 | 57 | 223 |
| Tuesday | 140 | 226 | 47 | 179 |
| Wednesday | 126 | 162 | 47 | 115 |
| Thursday | 154 | 242 | 62 | 180 |
| Friday | 207 | 359 | 56 | 303 |

Weekend Average Bloodsugar: 174

07/21/07 - 07/22/07

Hourly Average

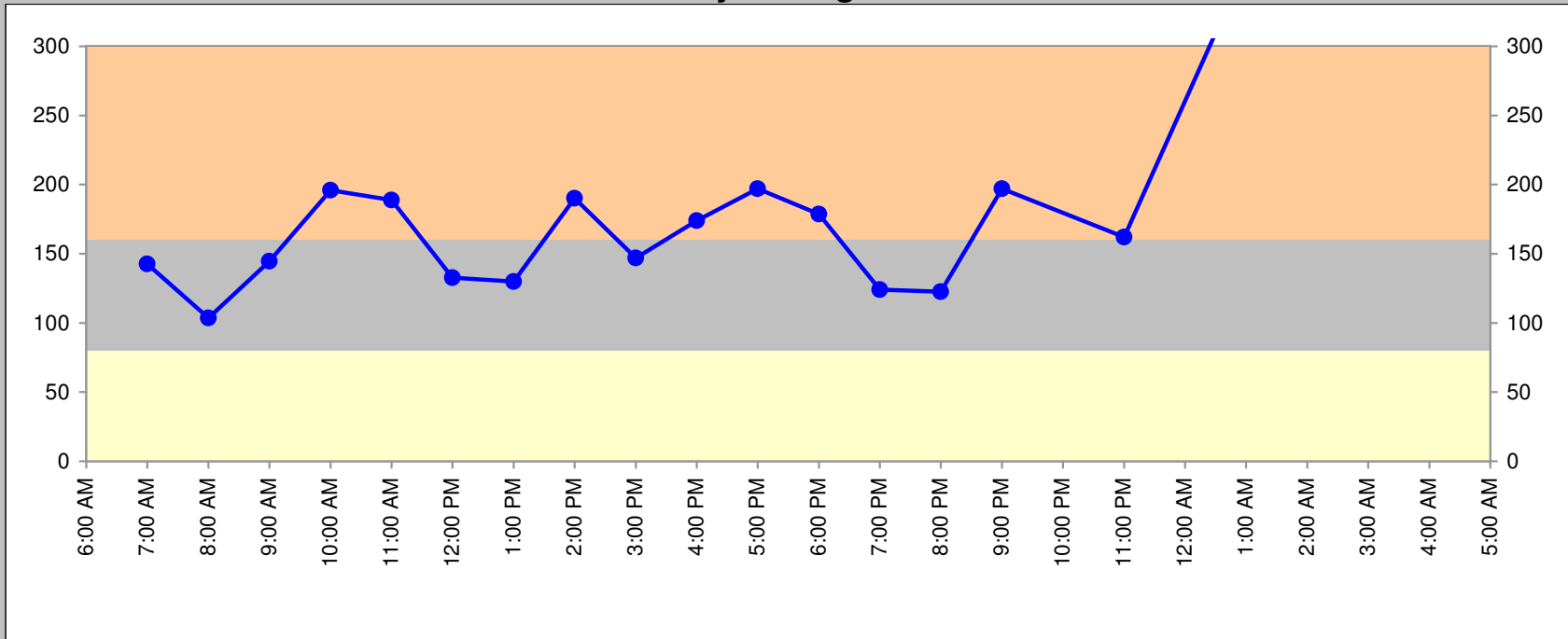


| | Average | Max | Min | Range |
|----------|---------|-----|-----|-------|
| Saturday | 158 | 226 | 98 | 128 |
| Sunday | 202 | 294 | 126 | 168 |

Average Bloodsugar All Week: 157

07/16/07 - 07/22/07

Hourly Average



| | Average | Max | Min | Range |
|------------------|----------------|------------|------------|--------------|
| Monday | 164 | 280 | 57 | 223 |
| Tuesday | 140 | 226 | 47 | 179 |
| Wednesday | 126 | 162 | 47 | 115 |
| Thursday | 154 | 242 | 62 | 180 |
| Friday | 207 | 359 | 56 | 303 |
| Saturday | 0 | 0 | 0 | 0 |
| Sunday | 0 | 0 | 0 | 0 |

Weekday Average Bloodsugar: 154

07/16/07 - 07/20/07

