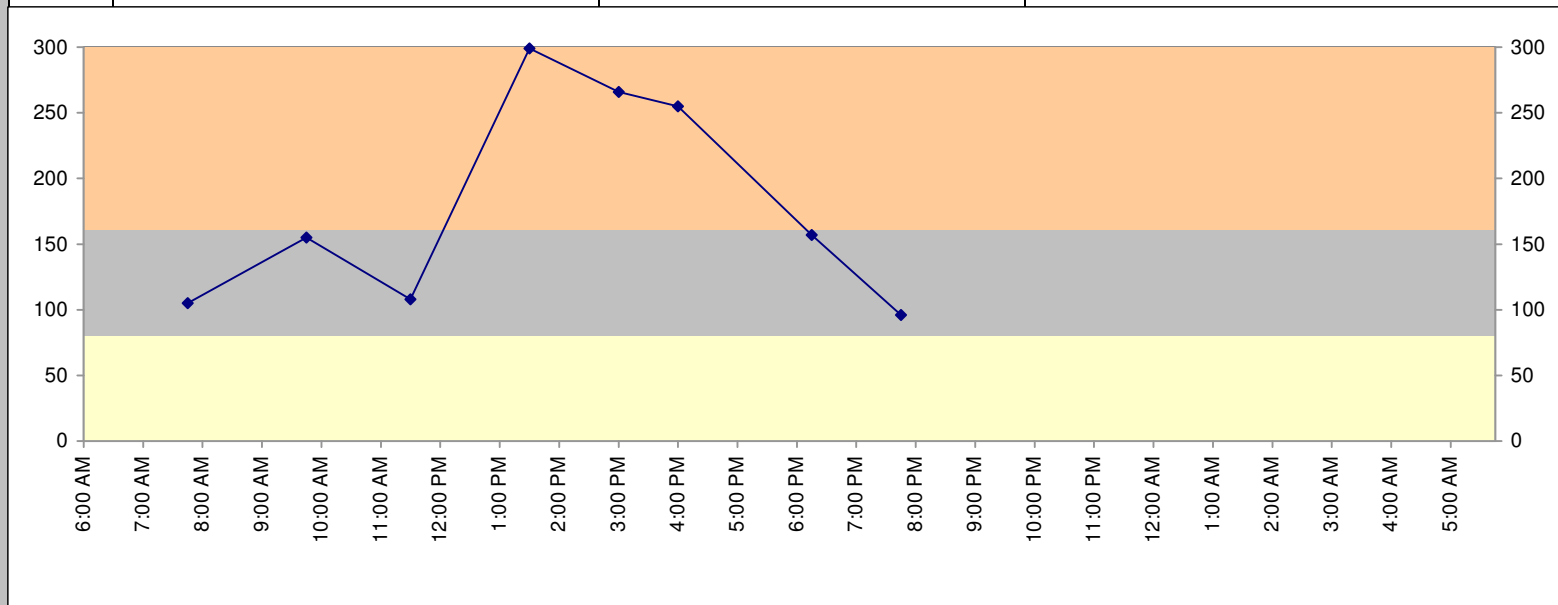


Monday, July 30, 2007

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										266	255													
0:15													157											
0:30						108		299																
0:45		105		155										96										
Carbs		35				117					80			45										
Bolus		4.75				14.40					12.45			1.65										
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	180
Max	299
Min	96
Range	203
Total Carbs	277
Total Bolus	33.25
Total Basal	28
Total Insulin	61.25

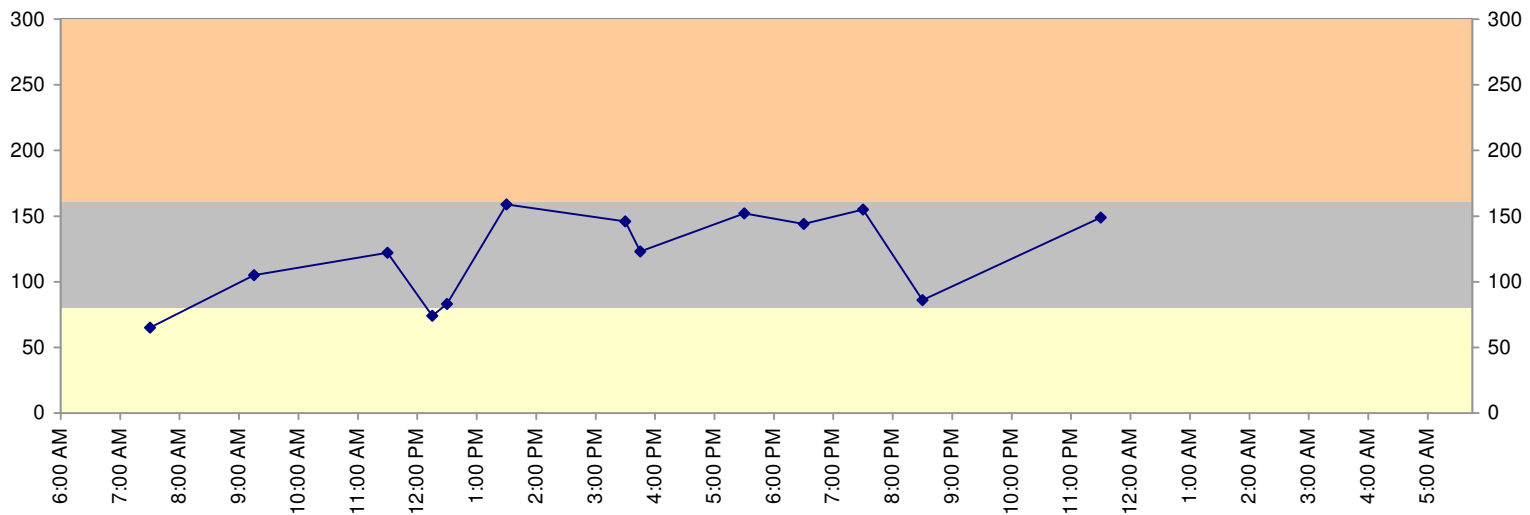
Notes	Morning	Afternoon	Evening
	7:38am - slice of white toast with peanut butter and a mug of chocolate soy milk.	11:30am - Blimpies, 12" cheese trio on wheat, bag of baked lays chips.	4:00pm - two large cheesy tots at Burger King. 6:30pm - running a temp rate at 0u for 1.5 hours. Changing tire on truck. 7:50pm - Berry smoothy. 1 cup skim milk, 1 cup plain yogurt, 1 cup mixed berries. 8:30pm - 8oz red wine.



Tuesday, July 31, 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	120
0:15				105			74																		Max	159
0:30		65				122	83	159		146		152	144	155	86			149							Min	65
0:45										123															Range	94
Carbs				80		51	40			55			55		135										Total Carbs	416
Bolus				10.75						8.00			4.45		13.60										Total Bolus	36.80
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	Total Basal	29.3
Activity							Basketball																		Total Insulin	66.1

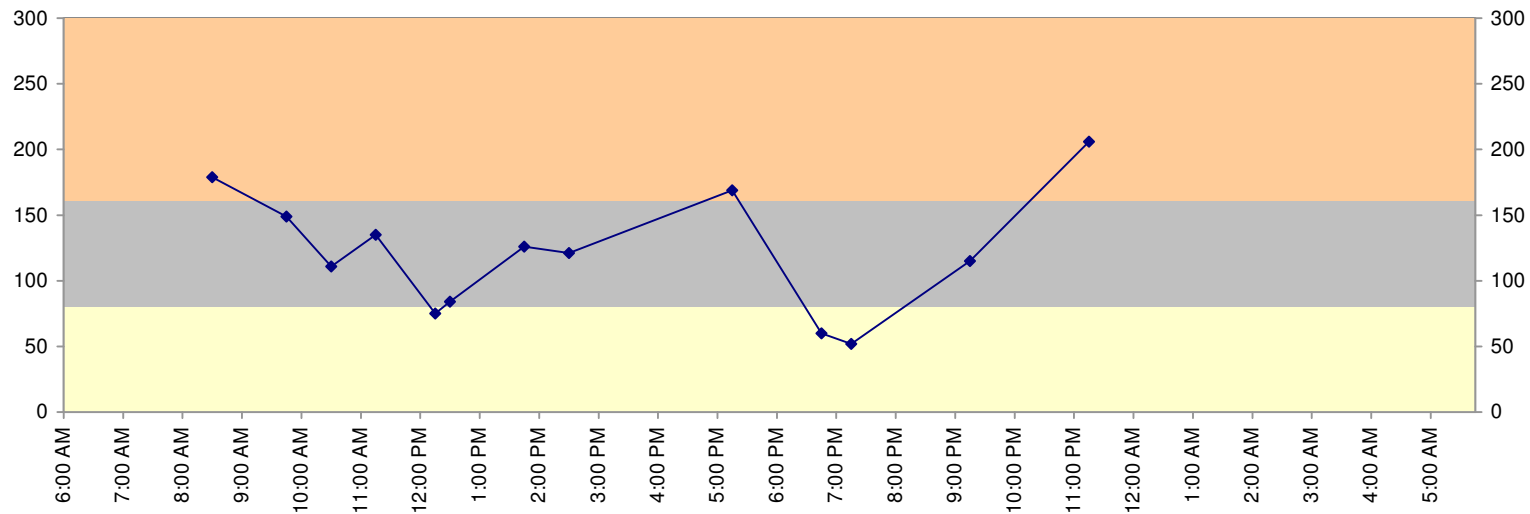
Notes	Morning	Afternoon	Evening
	<p>8:00am - running a tad low. Had a mug of chocolate soy milk.</p> <p>9:15am - two large cheesy tots at Burger King. 11:00am - had a carton of chocolate skim milk before ball. 34g. 11:15am - had my glucerna shake before ball. 17g.</p>	<p>12:15pm - Feeling/running low. Slammed some gatorade.</p> <p>24oz? 3:45pm - v-8, cottage cheese, 100 cal bag of wheat thins with hummus, pitted dates.</p>	<p>6:30pm - v-8, cottage cheese, 100 cal bag of wheat thins with hummus, pitted dates. 8:00pm - Had some leftover crusts from the kids garlic bread. 20g? Then ate a large tortilla (49g) with sour cream and shredded cheese inside. 8:30pm - had two grilled cheese sandwiches with ketchup. 9:20pm - set change. 9:30pm - glass of red wine (8oz)</p>



Wednesday, August 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																									Average	122
0:15						135	75					169		52		115		206							Max	206
0:30			179		111		84		121																Min	52
0:45				149				126					60												Range	154
Carbs			38			17	56		95				80		30										Total Carbs	316
Bolus			8.26						13.30				10.65		4.00										Total Bolus	36.21
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	65.51

Notes	Morning	Afternoon	Evening
	8:30am - slice of white toast with peanut butter and a mug of chocolate soy milk. 11:20am - Glucerna in locker room before ball.	12:15am - running low at basketball. Had 32oz of Gatorade. 2:30pm - v-8, cottage cheese, 100 cal bag of wheat thins with hummus, pitted dates. 2:50pm - piece of birthday cake (40g?).	6:45pm - low. Had a handful of peanut M&M's. 7:15pm - still low. Had two snack size snickers. 7:35pm - two large cheesy tots at Burger King. 9:15pm - Grilled cheese sandwich. 10:30pm - glass of red wine.



Thursday, August 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								193																	10	
0:15							166							106											Average	134
0:30			84			135						156													Max	228
0:45						148				228						68		51							Min	51
Carbs			30			51		30				30		150			50	87							Range	177
Bolus			3.65					4.00				3.75		20.00			6.65								Total Carbs	428
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	38.05
Activity						Basketball																			Total Basal	29.3
																									Total Insulin	67.35

Notes

Morning

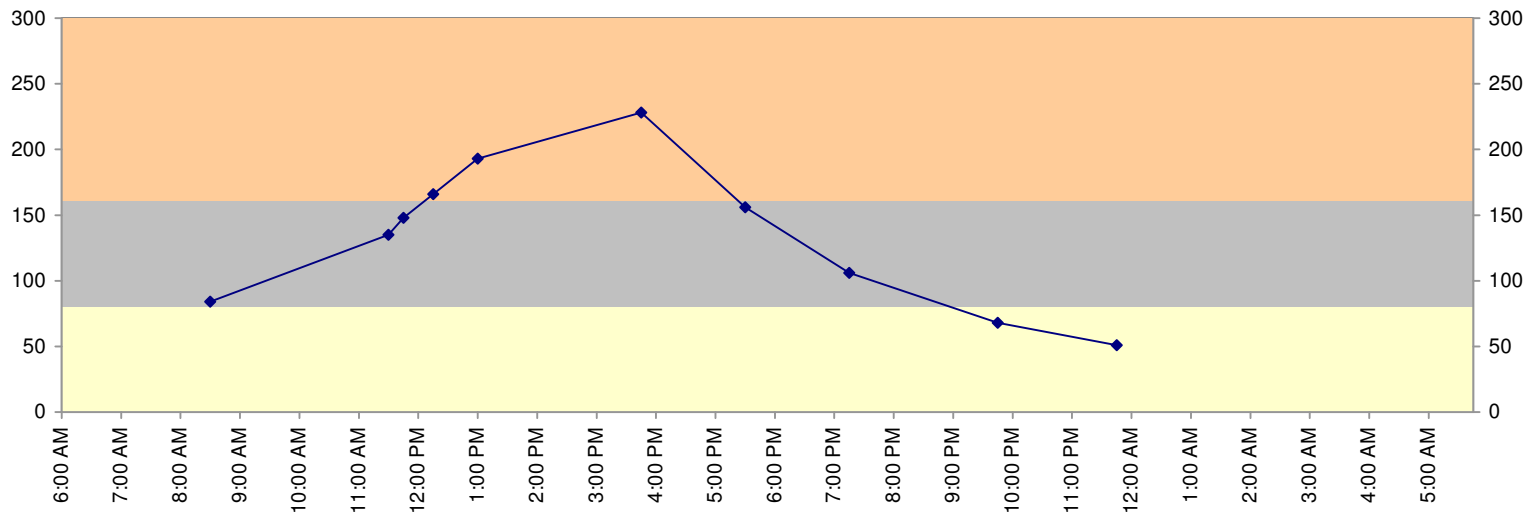
8:30am - Slice of white toast with peanut butter and a mug of chocolate soy milk. 11:10am - Small carton of chocolate skim milk. 11:20am - glucerna shake.

Afternoon

1:45pm - V-8, Cottage cheese, 100 cal bag of wheat thins with hummus, and 3 pitted dates. 5:30pm - bag of crunchy cheetos.

Evening

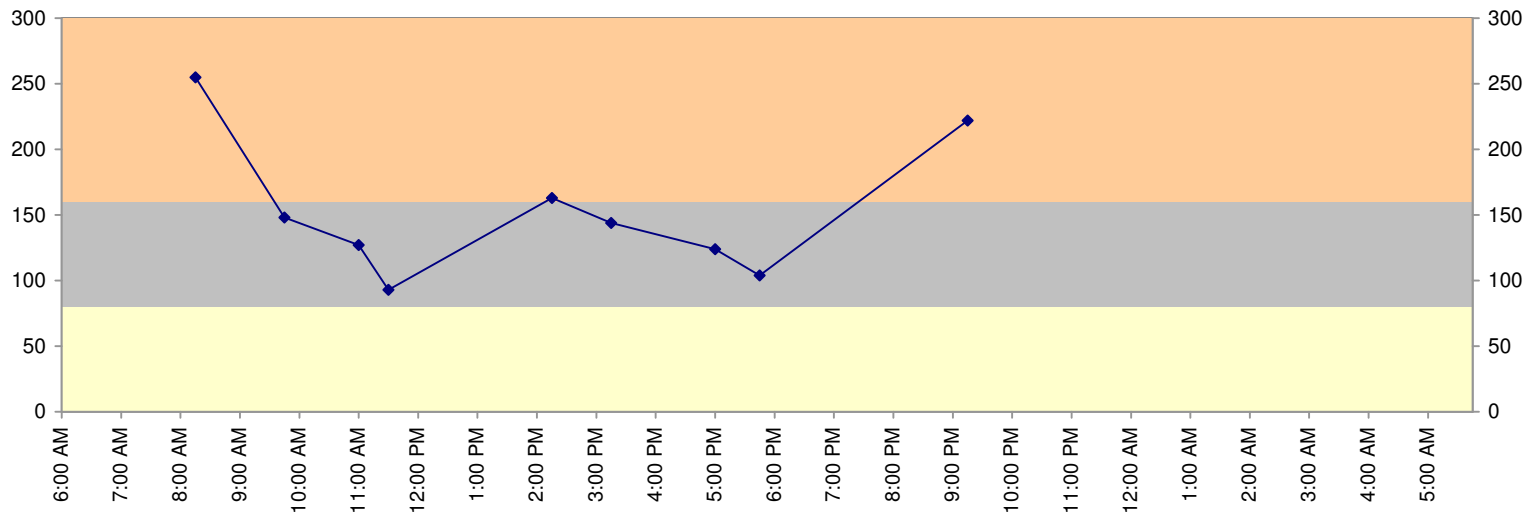
7:30pm - Perkins. Grilled cheese sandwich on sourdough, fries and hashbrowns. 9:45pm - low - maybe perkins hasn't "hit" yet? Had some cereal with milk and a glass of chocolate soy milk. 11:00pm - Worried that I overate when low. Bolused for 50g. 11:45pm - Great. Low again. TONS of insulin on board. Should have tested before bolusing. Had a large tortilla (49g) and a roll of town house crackers (63g).



Friday, August 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						127						124													9		
0:15			255						163	144						222									Average	153	
0:30						93																			Max	255	
0:45				148								104													Min	93	
Carbs				30		117						50	40			20		30		20					Range	162	
Bolus			3.60	4.00		11.15						6.75	5.35			2.65		4.00		2.65					Total Carbs	307	
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	Total Bolus	40.15
Activity																										Total Basal	28
																										Total Insulin	68.15

Notes	Morning	Afternoon	Evening
	10:05am - two nature valley granola bars, 15g ea.	11:30am - Blimpies - 12" cheese trio on wheat with a bag of baked Lays chips.	

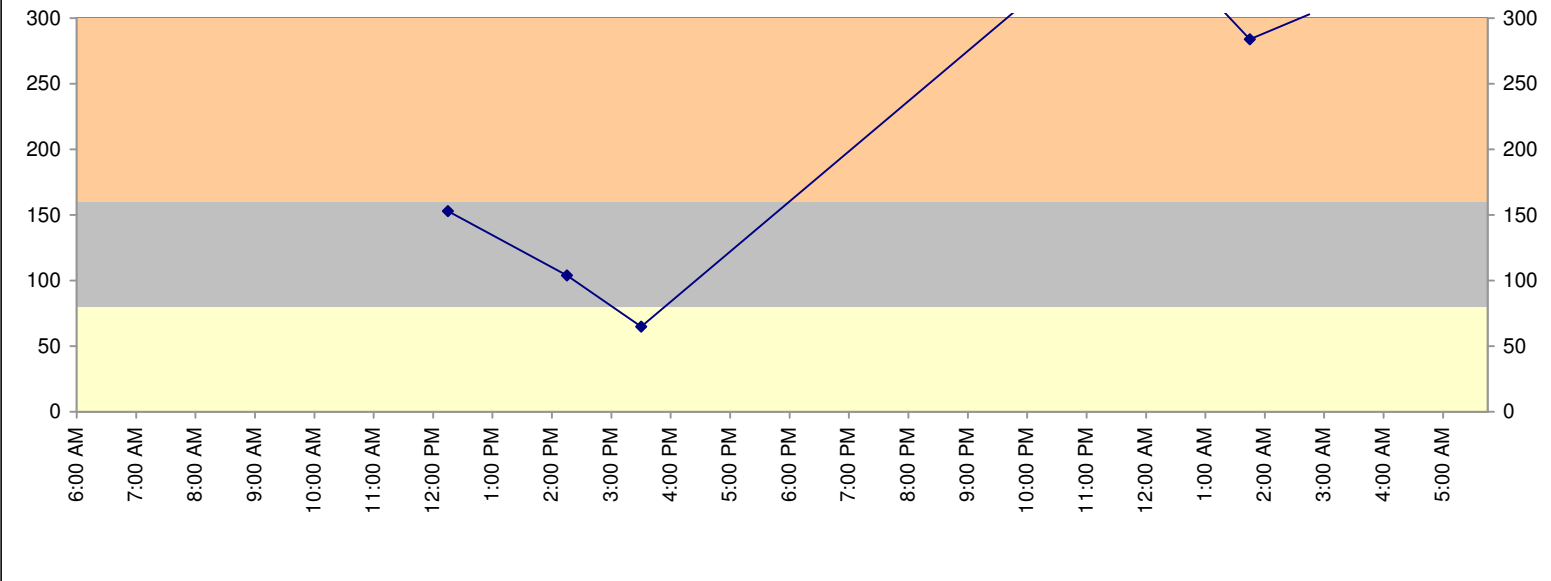


Saturday, August 04, 2007

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	# of Tests
0:00																									6
0:15							153		104																Average
0:30										65															380
0:45																			380	284	303				Max
Carbs							70			60		50			80										Total Carbs
Bolus							9.35				6.65				10.65			4.00			3.00				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	Total Basal
Activity																									Total Insulin

Notes	Morning	Afternoon	Evening
			9:39pm - Set change. Two days late? 6x Fill Cannula @ 1.2u each.

# of Tests	Average	Max	Min	Range
6	215	380	65	315

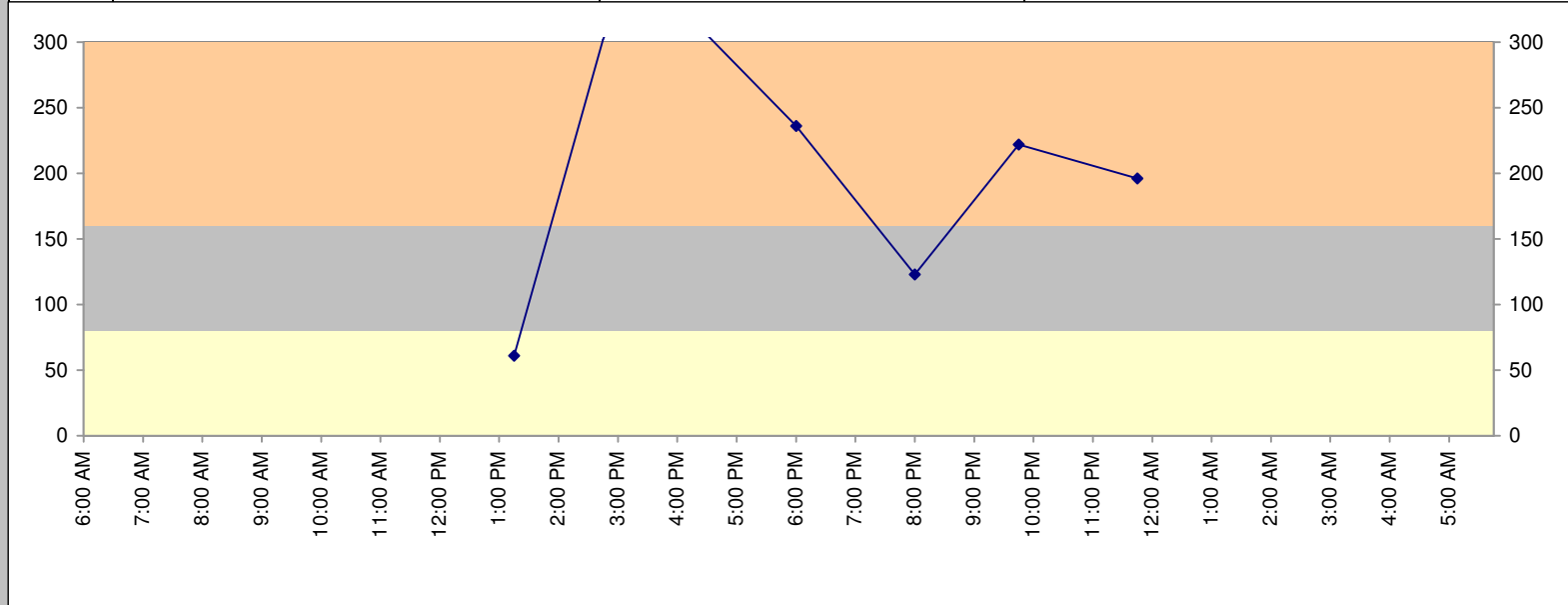


Sunday, August 05, 2007

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										329			236		123									
0:15								61			317													
0:30																								
0:45									302							222		196						
Carbs								70					80											
Bolus								8.25	3.50		5.00		10.65					2.75						
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	223
Max	329
Min	61
Range	268
Total Carbs	150
Total Bolus	30.15
Total Basal	28
Total Insulin	58.15

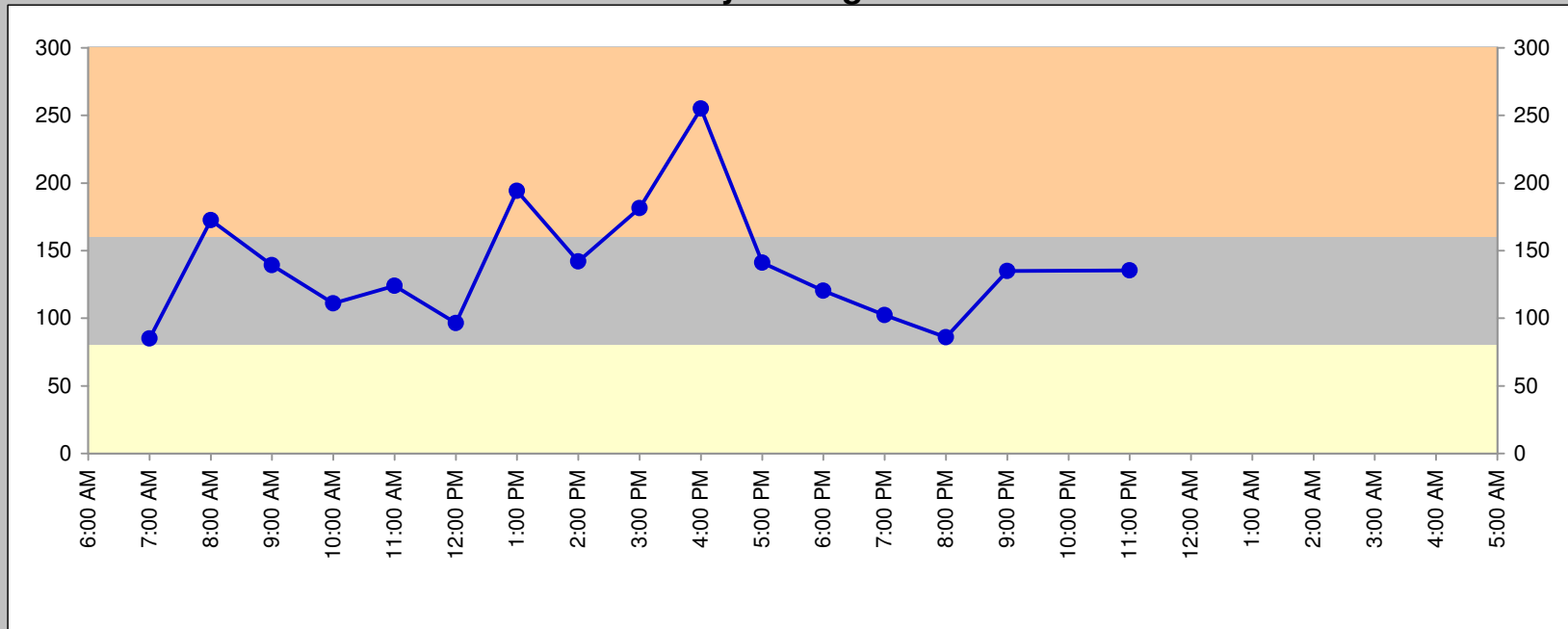
Notes	Morning	Afternoon	Evening



Weekday Average Bloodsugar: 138

07/30/07 - 08/03/07

Hourly Average

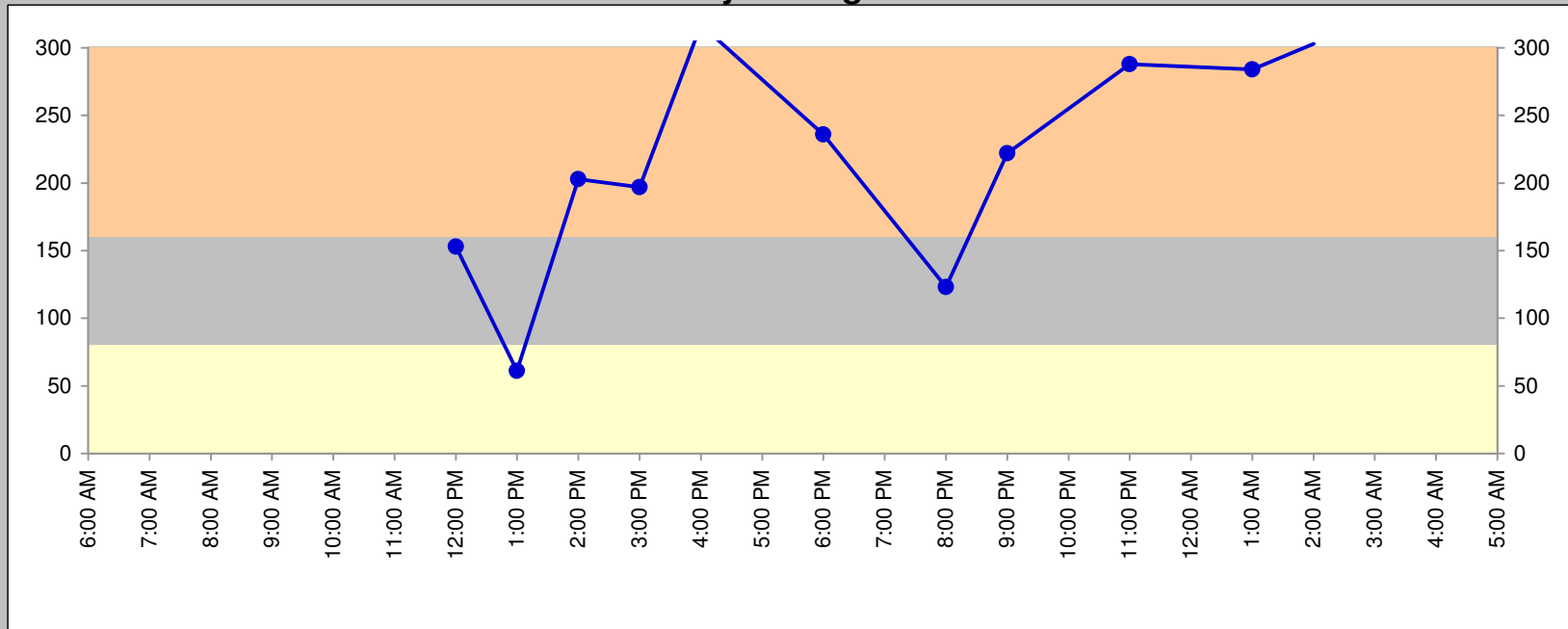


	Average	Max	Min	Range
Monday	180	299	96	203
Tuesday	120	159	65	94
Wednesday	122	206	52	154
Thursday	134	228	51	177
Friday	153	255	93	162

Weekend Average Bloodsugar: 220

08/04/07 - 08/05/07

Hourly Average

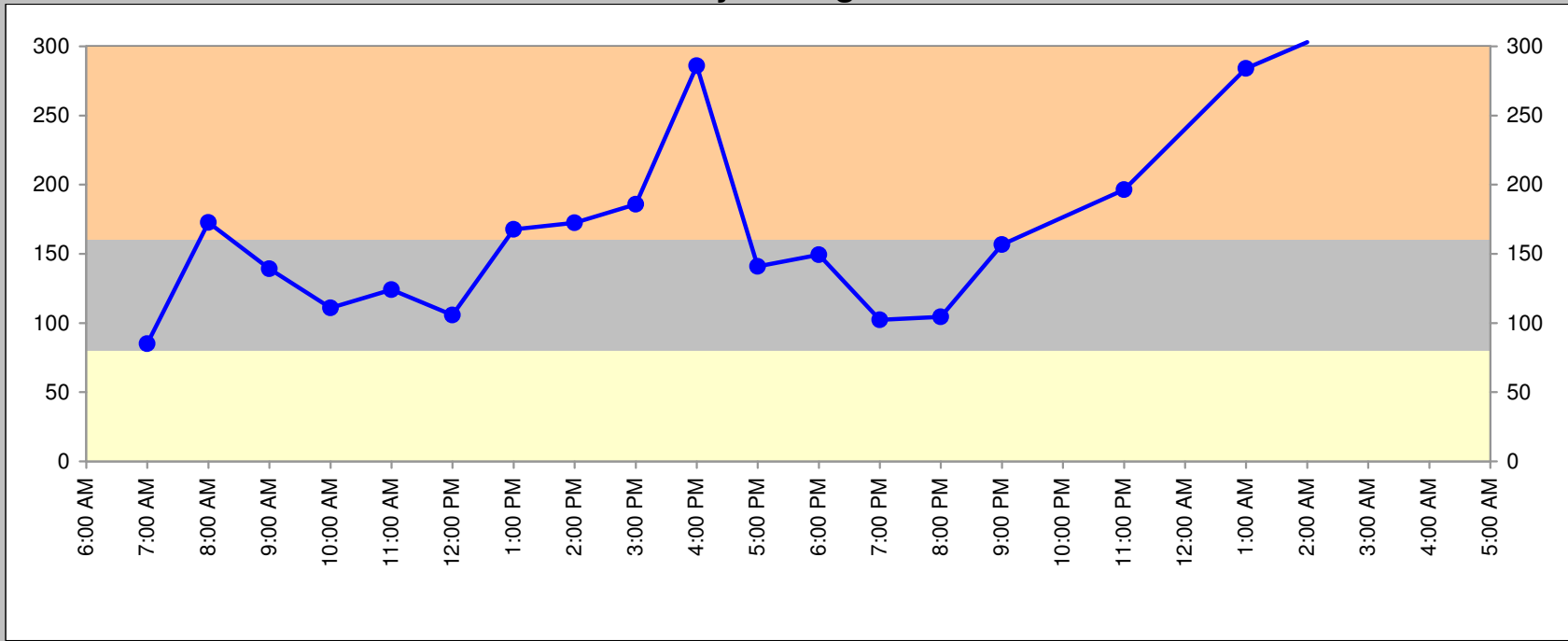


	Average	Max	Min	Range
Saturday	215	380	65	315
Sunday	223	329	61	268

Average Bloodsugar All Week: 155

07/30/07 - 08/05/07

Hourly Average



	Average	Max	Min	Range
Monday	180	299	96	203
Tuesday	120	159	65	94
Wednesday	122	206	52	154
Thursday	134	228	51	177
Friday	153	255	93	162
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 138

07/30/07 - 08/03/07

