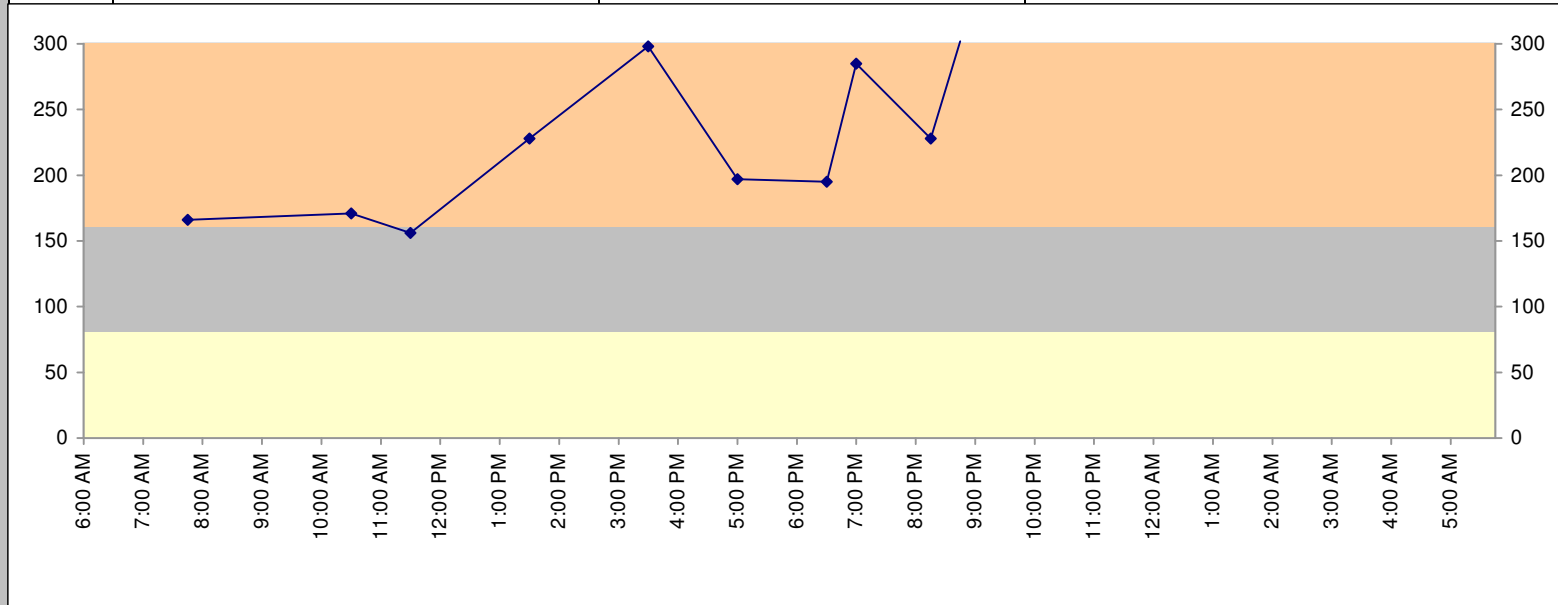


Monday, August 20, 2007

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
0:00												197		285										
0:15															228									
0:30					171	156		228		298			195											
0:45		166													302									
Carbs			40			117				35		10				50								
Bolus		1.45	5.35			14.30				1.80	4.65		1.35		1.75	6.65								
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	10
Average	223
Max	302
Min	156
Range	146
Total Carbs	252
Total Bolus	37.30
Total Basal	28
Total Insulin	65.3

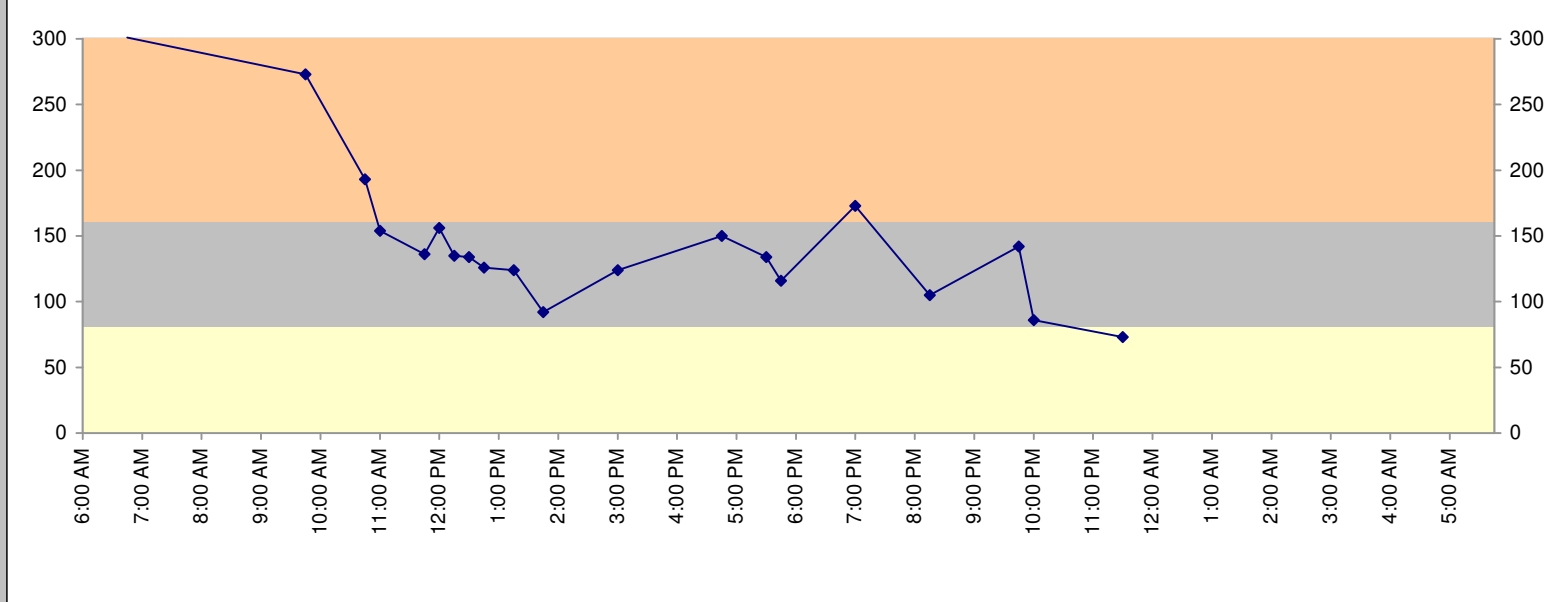
Notes	Morning	Afternoon	Evening
	8:30am - one whole wheat tortilla with a slice of cheese, a mug of chocolate soy milk, twenty almonds and some dried blueberries.	11:30am - bolus for blimpies. 11:45am - Blimpies, 12" cheese trio on wheat, bag of baked lays sour cream and cheddar chips.	6:00pm - some salted in shell peanuts. 6:21pm - trying two servings of the "DreamFields Pasta", supposedly there are only 5g net carbs, but that doesn't jive with what the nutrition label says. I tried bolusing for 10g (2 servings at 5g ea). 9:07pm - set change. 9:45pm - BG high - makes me feel like eating. Had some more peanuts and then one of the kids "GoGurt" drinks. Just LADCS bolused for 50g.



Tuesday, August 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						154	156			124				173			86								20
0:15							135	124							105										Average
0:30							134					134						73							301
0:45	301			273	193	136	126	92			150	116				142									73
Carbs			50			69				30		63			53			53	22						228
Bolus	4.90		6.65							9.10		4.40			7.05			2.65	2.95						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	340
Activity							Basketball																		Total Bolus
																									37.70
																									Total Basal
																									29.3
																									Total Insulin
																									67

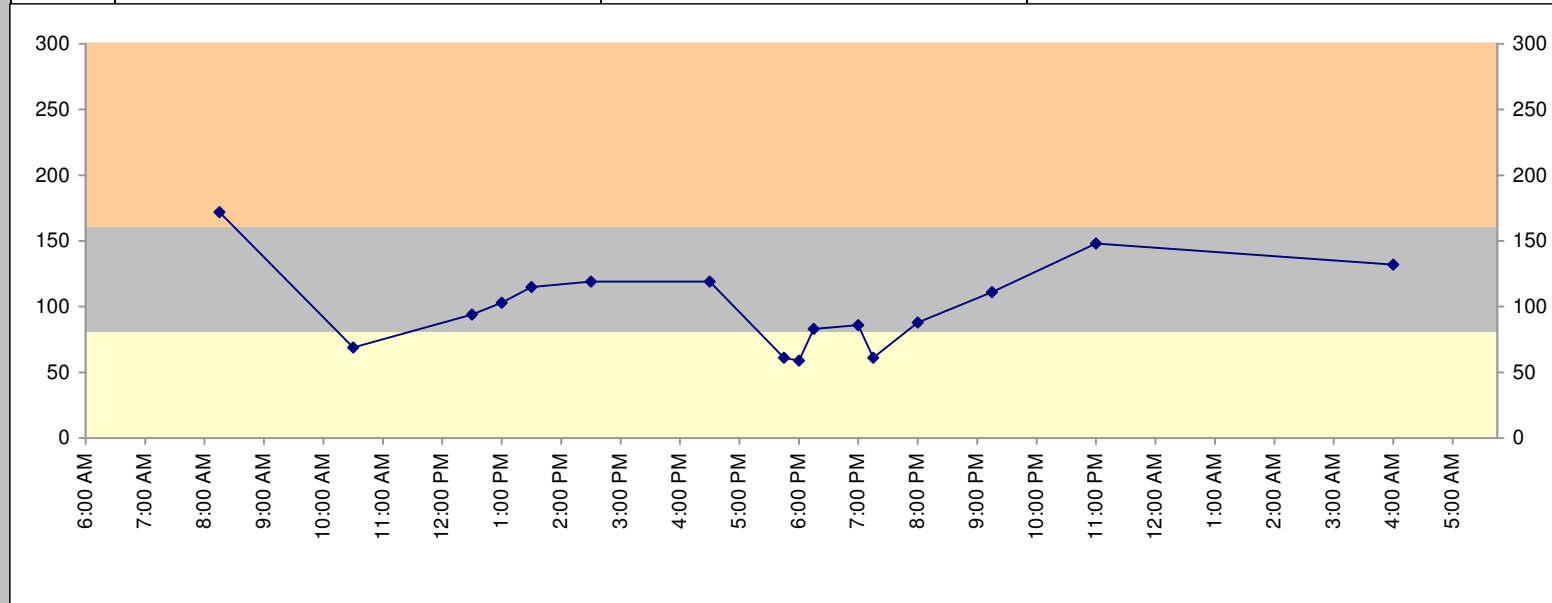
Notes	Morning	Afternoon	Evening
	6:45am - Been high all night I think. Slept restlessly, etc. 8:00am - one whole wheat tortilla with a slice of Kraft singles in it, a cup of chocolate soy milk, half a serving of dried blueberries. 11:00am - dropping like a lead balloon. Right before basketball too. Went and had a snickers bar and a carton of chocolate milk. No bolus.	3:00pm - V-8, cottage cheese, 10 almonds, pita chips with hummus.	5:45pm - Hungry. Having dinner. As I was preparing it I realized that I forgot to eat the dried blueberries I had bolused for with lunch!! I bolused for 63 grams rather than 30! No wonder I'm hungry and dropping! Having v-8, cottage cheese, 10 almonds, pita chips with hummus and DRIED BLUEBERRIES. 8:20pm - Fruit smoothie (1 cup skim milk, 1 cup plain yogurt, 1 cup frozen berries, 1 scoop whey protein). 11:45pm - low BG. 1 biscuit, 1oz Pita chips & hummus, doritos (didn't measure these).



Wednesday, August 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								103					59	86	88			148						132	16		
0:15			172										83	61		111									Average	101	
0:30					69		94	115	119		119														Max	172	
0:45												61													Min	59	
Carbs			58		70		7		76			76		24	53											Range	113
Bolus			9.35		0.00				10.70			4.80		0.00	0.00											Total Carbs	364
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	24.85	
Activity							Basketball																		Total Basal	29.3	
Activity							Basketball																		Total Insulin	54.15	

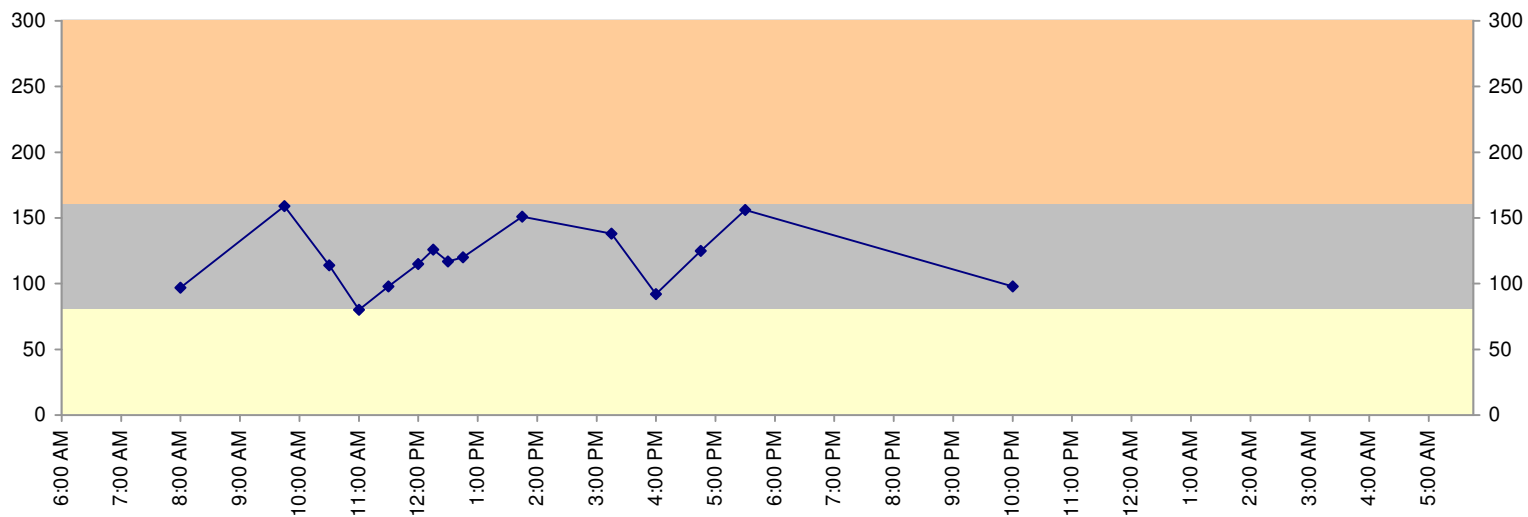
Notes	Morning	Afternoon	Evening
	8:30am - whole wheat tortilla, 1 slice of kraft singles cheese, 1 cup chocolate soy milk, 1/2 serving of dried blueberries. 10:40am - 69 mg/dl - 5+ units on board, hour before basketball? No good. Snickers bar and wheat thins.	12:30pm - Playing hard at ball. Had 4oz of gatorade (tested 94 mg/dl). 2:20pm - V-8, Cottage cheese, pita chips & hummus, dried blueberries.	5:49pm - V-8, Cottage cheese, pita chips & hummus, dried blueberries. 7:19pm - low. So soon after dinner. Wow. Had 6 glucose tabs. 8:00pm - fruit smoothie - didn't bolus for it.



Thursday, August 23, 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			97			80	115				92						98								15
0:15							126			138															Average
0:30					114	98	117					156													Max
0:45				159			120	151			125														Min
Carbs			40			72				50				110			60								Range
Bolus			5.35							7.15				14.65											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

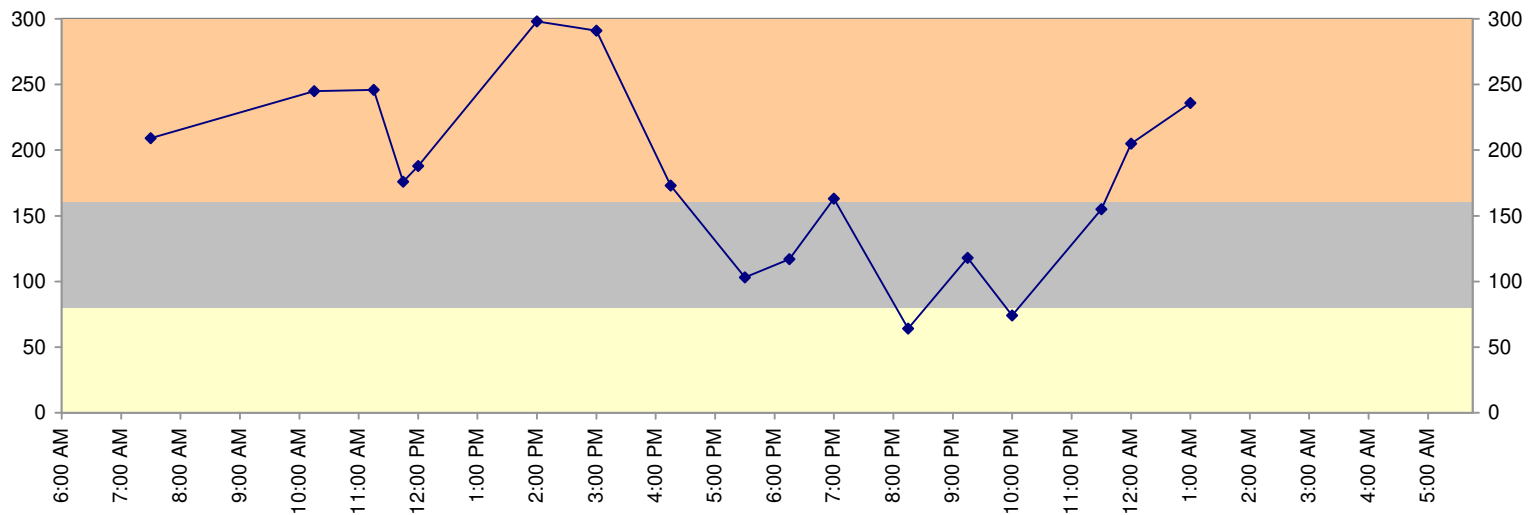
Notes	Morning	Afternoon	Evening
	8:30am - whole wheat tortilla, slice of kraft singles cheese, mug of chocolate soy milk, 1/2 serving of dried blueberris and 20 almonds. 11:15am - dropping too fast right before basketball. Had a carton of chocolate milk (34g) and my glucerna (17g)	12:15pm - 32 beats per 10/s, 12:40pm - 25 beats per 10/s, 1:45pm - 24 beats per 10/s. 3:15pm - V-8, cottage cheese, dried blueberries. Started eating Pita chips and hummus, but started feeling upset to my stomach. Couldn't finish them. 4:30pm - Had 5 glucose tabs (20g).	7:00pm - Had some potato chips, then a couple of cheese sandwiches. 10:00pm - dropping too low, a fair amount of insulin on board too. Not stable enough for bedtime. Went downstairs and had some leftover mashed potatoes. 10:16pm - site change. 5x fill cannula.



Friday, August 24, 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							188		298	291				163			74		205	236					17		
0:15					245	246					173			117		64	118								Average	180	
0:30		209										103						155							Max	298	
0:45						176																			Min	64	
Carbs			50				135					30			20		30								Total Carbs	265	
Bolus		1.95	6.65				17.45					3.50					2.05		1.00						Total Bolus	32.60	
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 Basal	28
Activity																										Total Insulin	60.6

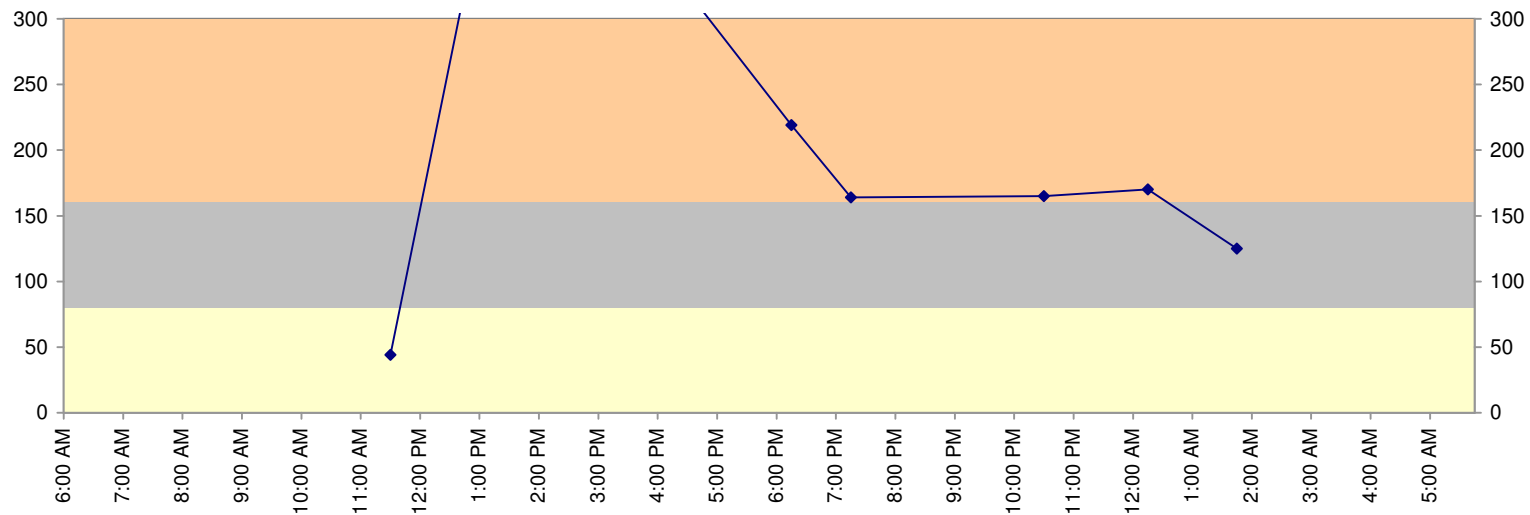
Notes	Morning	Afternoon	Evening
	8:00am - whole wheat tortilla with a slice of cheese, mug of chocolate soy milk, 20 almonds, 1/2 serving of chocolate soy milk.	12:00pm - two orders of breadsticks with sauce at Target/Pizza Hut. Bolused 20 minutes before eating. 5:30pm - bag of cheetos (30g).	8:15pm - low at movies. Had 5 glucose tabs. 10:00pm - running low again. Had a fruit smoothie, 1 cup milk, 1 cup yogurt, 1.50 cup frozen berries, handful of walnuts, 1 scoop whey protein. Ran an extended bolus for 30g - probably a little gun shy from the other night this week (where I had run low, didn't even bolus for the smoothie, and woke up fine).



Saturday, August 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	# of Tests		
0:00									600																8		
0:15													219	164					170						Average	226	
0:30						44					321						165								Max	600	
0:45																			125						Min	44	
																									Range	556	
Carbs						60				80	80														Total Carbs	220	
Bolus									15.00	10.65	10.65						1.30		0.15						Total Bolus	37.75	
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	1.0	1.5	1.5	1.5	Total Basal	28
Activity																									Total Insulin	65.75	

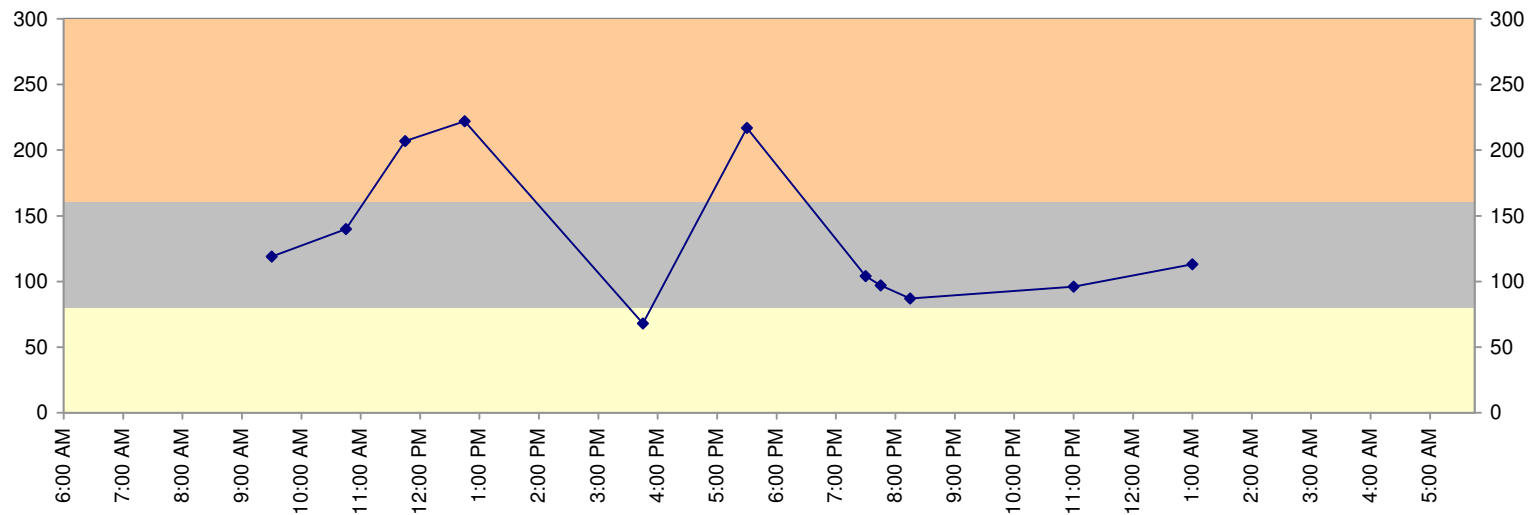
Notes	Morning	Afternoon	Evening
	<p>Woke up low (44 mg/dl) at 11:30am - Went downstairs, had about three servings of Frosted Flakes in milk, then two of the pirolline cookies. I didn't bolus for any of this because I was heading out to work on the yard, and that usually drops me low pretty hard.</p>	<p>2:00pm - holy shit. I guess that didn't work out too well!! Didn't really notice that I wasn't feeling well until I came in from doing the yard and felt thirsty. 3:00pm - snacked on some chips and more of those pirolline cookies (mouth felt nasty, made me want to snack - hard to fight the urges). 4:30pm - Two large cheesy tots at Burger King.</p>	<p>Snacked on peanuts (salted, in the shell) through the night.</p>



Sunday, August 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																		96		113					Average	134	
0:15															87											Max	222
0:30				119								217		104												Min	68
0:45					140	207	222			68				97												Range	154
Carbs					80					15	20	100			22											Total Carbs	237
Bolus					11.10						2.65	13.95														Total Bolus	27.70
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	55.7

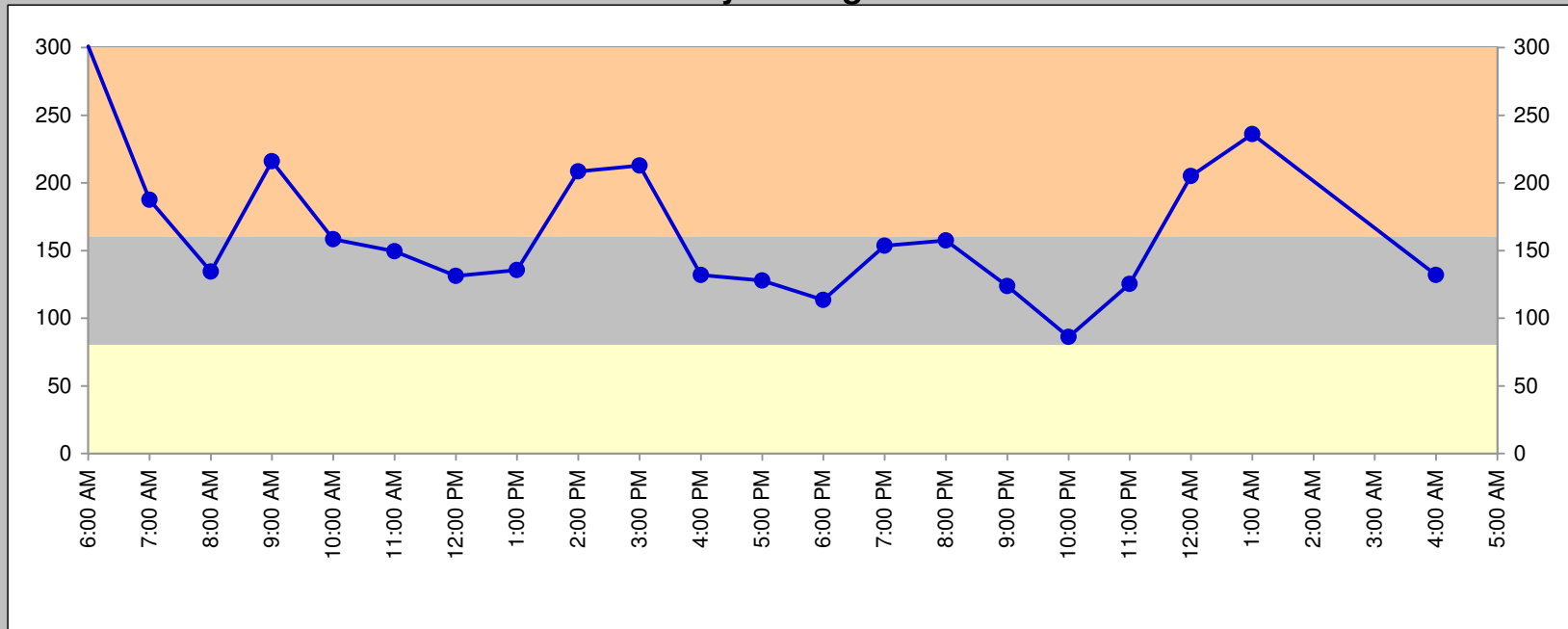
Notes	Morning	Afternoon	Evening
	10:38am - Two large cheesy tots at Burger King.	3:38pm - low. Two hamburger buns with Miracle Whip in them.	5:40pm - Two servings of barbecue Lays chips and two servings of whole wheat spaghetti with "I Can't Believe It's Not Butter", salt, and parmesan cheese. 8:35pm - worried about going low. Had a whole wheat tortilla with sour cream and shredded cheddar cheese.



Weekday Average Bloodsugar: 149

08/20/07 - 08/24/07

Hourly Average

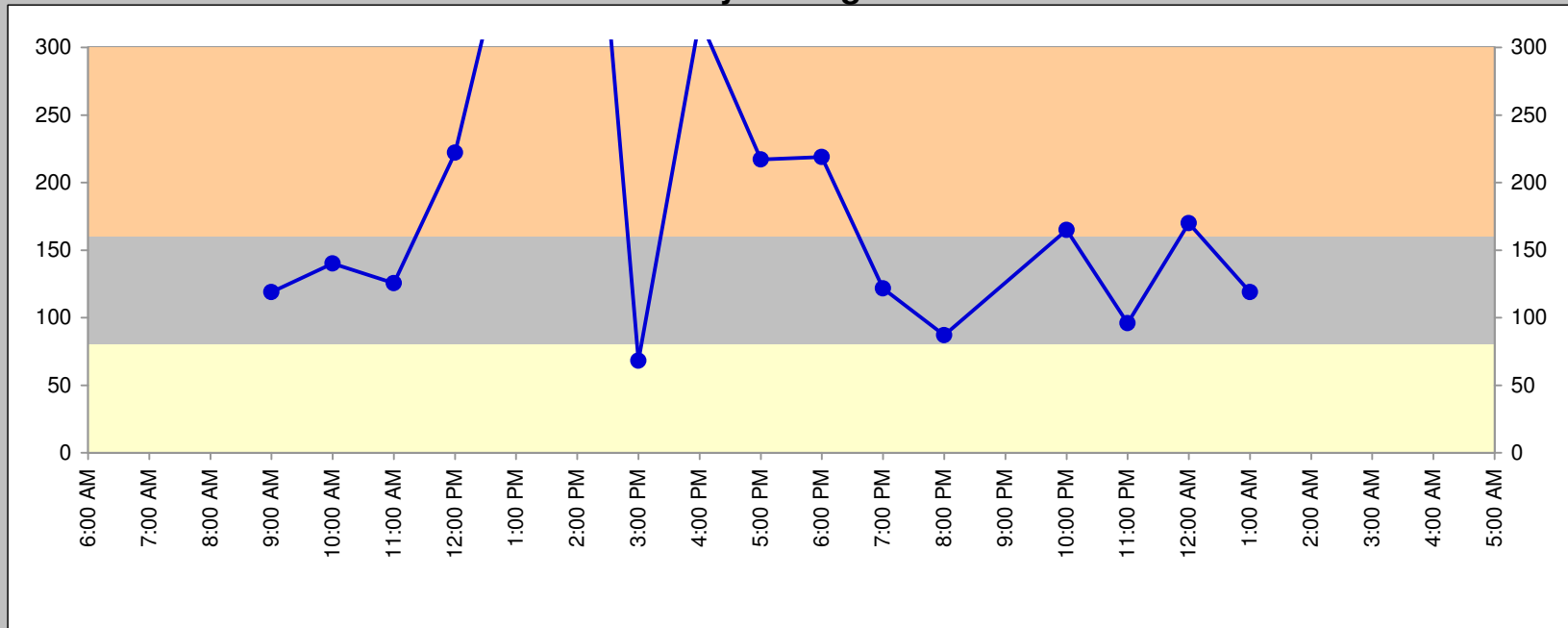


	Average	Max	Min	Range
Monday	223	302	156	146
Tuesday	146	301	73	228
Wednesday	101	172	59	113
Thursday	119	159	80	79
Friday	180	298	64	234

Weekend Average Bloodsugar: 173

08/25/07 - 08/26/07

Hourly Average

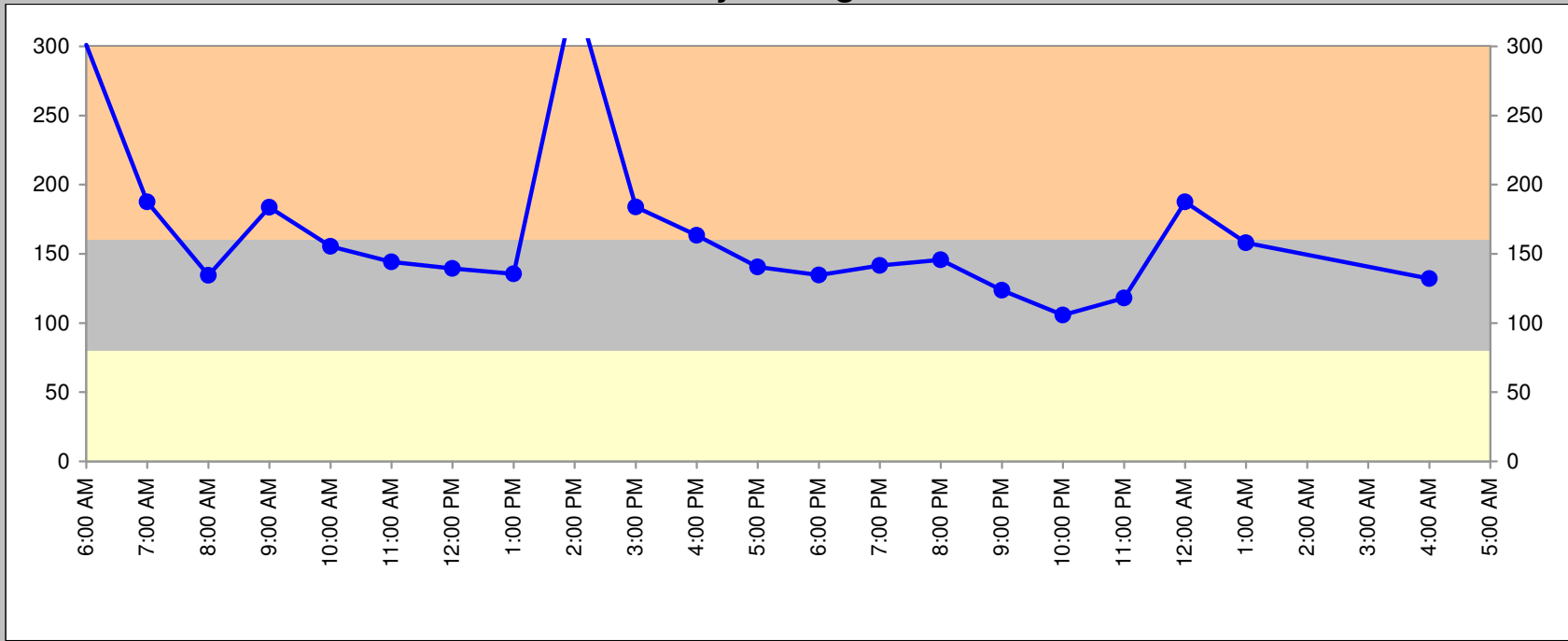


	Average	Max	Min	Range
Saturday	226	600	44	556
Sunday	134	222	68	154

Average Bloodsugar All Week: 154

08/20/07 - 08/26/07

Hourly Average



	Average	Max	Min	Range
Monday	223	302	156	146
Tuesday	146	301	73	228
Wednesday	101	172	59	113
Thursday	119	159	80	79
Friday	180	298	64	234
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 149

08/20/07 - 08/24/07

