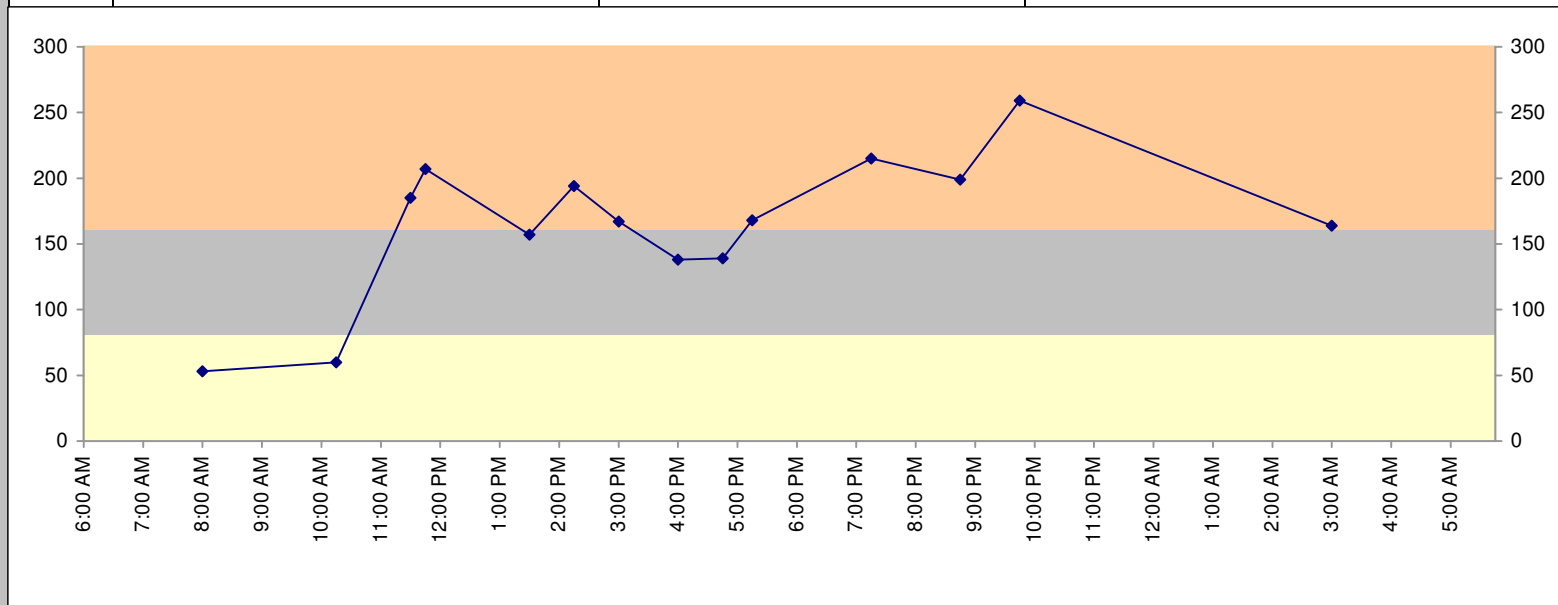


Monday, August 27, 2007

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
0:00			53							167	138												164	
0:15					60				194			168		215										
0:30						185		157																
0:45						207					139				199	259								
Carbs			50		50	69					20			35										
Bolus			6.65			8.80						1.35		4.70	1.00	2.00								
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	14
Average	165
Max	259
Min	53
Range	206
Total Carbs	224
Total Bolus	24.50
Total Basal	28
Total Insulin	52.5

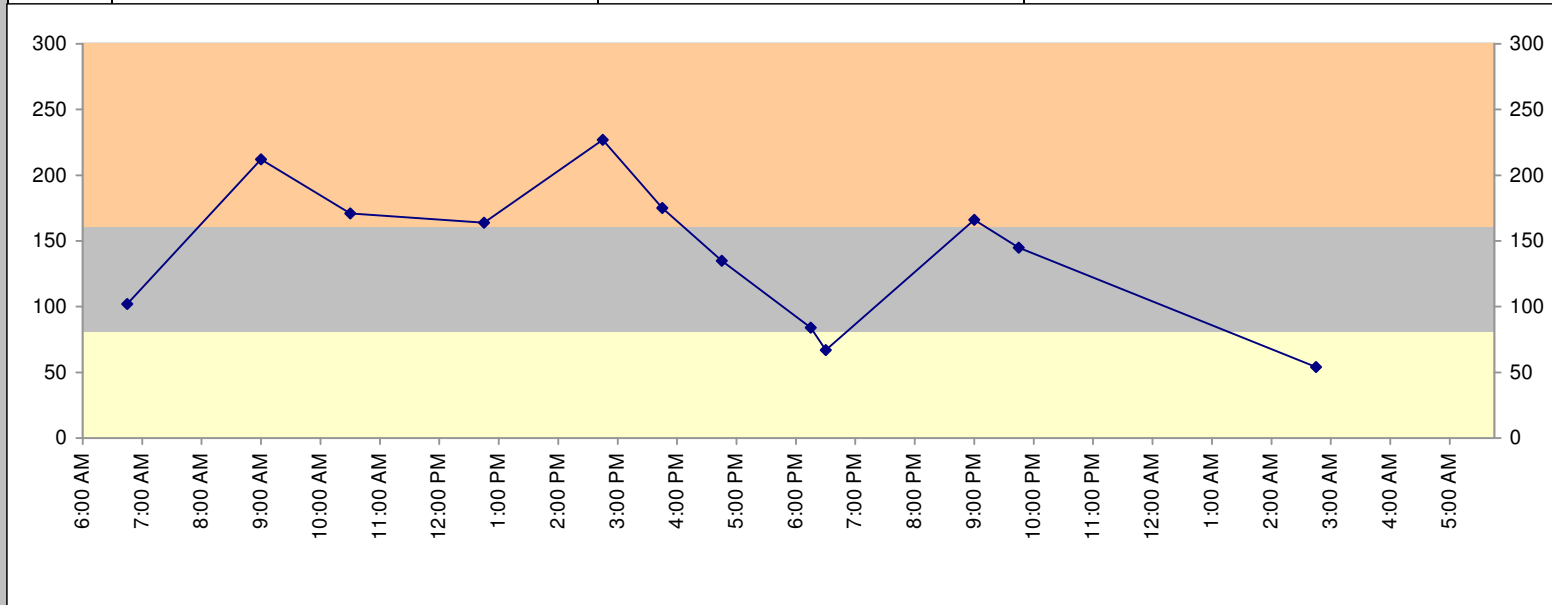
Notes	Morning	Afternoon	Evening
	8:30am - Whole wheat tortilla with a slice of kraft singles cheese, 1/2 serving of dried blueberries, 20 almonds, mug of chocolate soy milk. 10:15am - low. Having a bag of animal crackers (50g).	11:43am - bolusing for 6" blimpies w/chips. 12:00pm - starting to eat. 4:00pm - cottage cheese, 1oz pita chips, hummus.	7:10pm - Fruit smoothie. 8:00pm - site change.



Tuesday, August 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				212												166									12		
0:15													84												Average	142	
0:30					171								67												Max	227	
0:45	102						164		227	175	135					145					54				Min	54	
Carbs		45			30		62						85									12				Range	173
Bolus		6.00					6.50						9.85								0.00					Total Carbs	234
Basal	1.50	1.50	1.50	1.50	1.50	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	0.80	1.50	1.50	1.50	Total Bolus	22.35	
Activity																										Total Basal	24.8
																										Total Insulin	47.15

Notes	Morning	Afternoon	Evening
	7:00am - whole wheat tortilla with a slice of cheese, mug of chocolate soy milk, 1/2 serving of dried blueberries. 10:30am - Pearsons nut roll.	12:45pm - Blimpies, 6" cheese trio on wheat, bag of chips (Lays, ruffles, sour cream & cheddar).	6:30pm - two slices of white bread. 6:48pm - Fruit smoothie

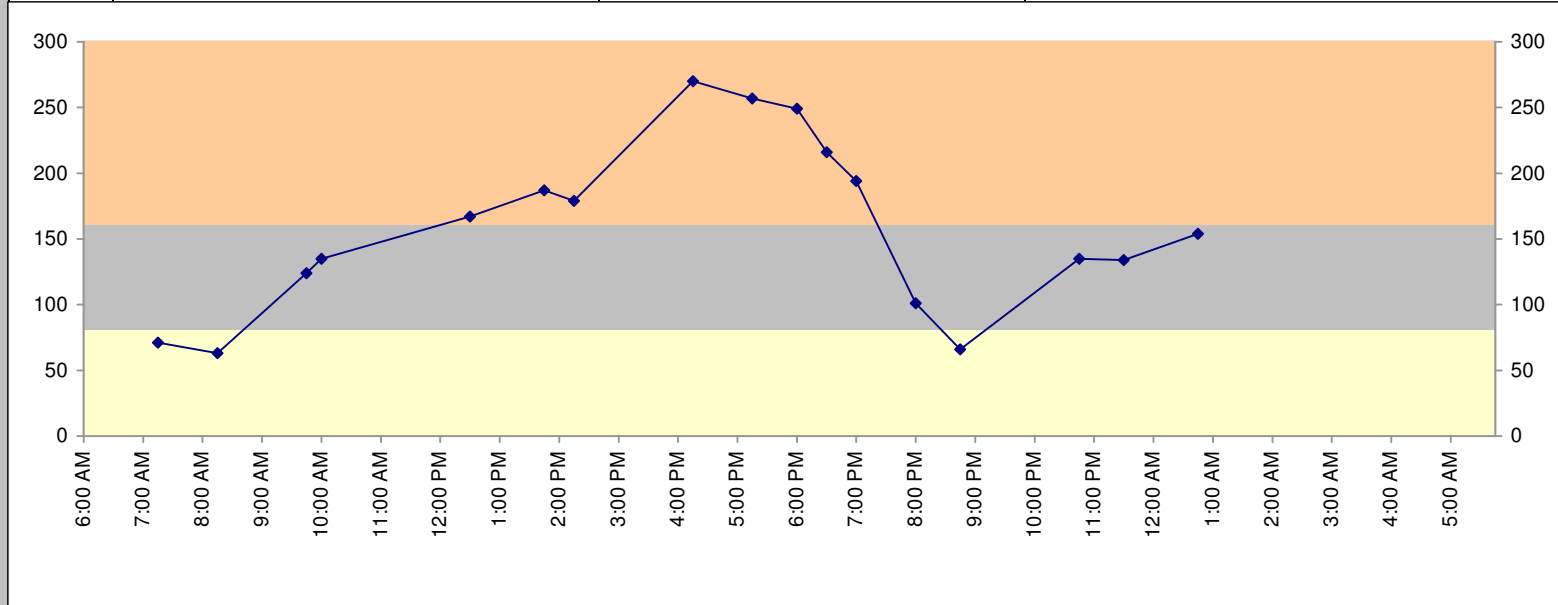


Wednesday, August 29, 2007

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					135								249	194	101									
0:15		71	63						179		270	257												
0:30							167						216					134						
0:45				124				187							66		135		154					
Carbs			45						55				65											
Bolus			4.75						7.65				9.60											
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	17
Average	159
Max	270
Min	63
Range	207
Total Carbs	165
Total Bolus	22.00
Total Basal	29.3
Total Insulin	51.3

Notes	Morning	Afternoon	Evening
	8:15am - whole wheat tortilla with a slice of cheese, 1/2 serving of dried blueberries, mug of chocolate soy milk. 11:45am - Glucerna shake at basketball. Played at the Moundsview Community Center, LONG court, played about 4 games, tired out quickly.	2:15pm - v-8, cottage cheese, pita chips and hummus, dried blueberries.	6:00pm - I guess I didn't bolus enough for lunch. We'll try it again! Bolusing now for my supper. 6:45pm - starting to eat. V-8, cottage cheese, pita chips and hummus, dried blueberries.



Thursday, August 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	# of Tests		
0:00																157	113								16		
0:15		132				78		149						80	91											Average	
0:30									154		256	220														Max	
0:45	144			114		79						201								55						Min	
Carbs		45				50			65			59		16	35						20						Range
Bolus		6.25							9.60			5.90			4.65												Total Carbs
Basal	1.50	1.50	1.50	1.50	0.45	0.45	0.80		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

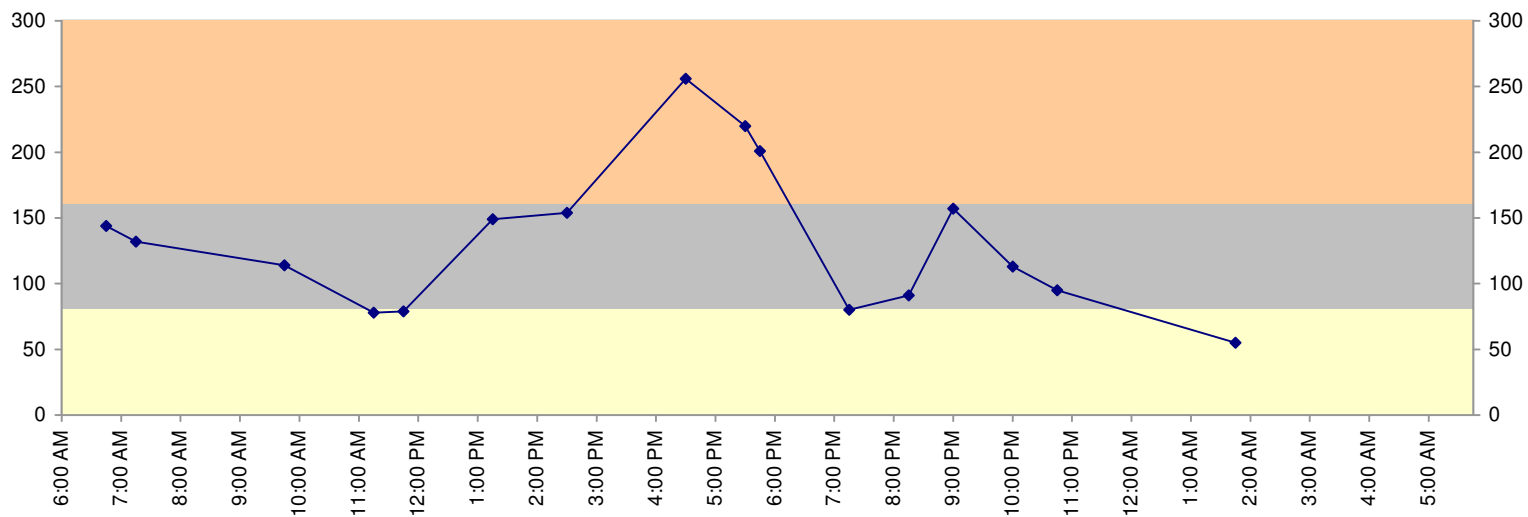
7:15am - whole wheat tortilla with a slice of cheese, 1/2 serving of dried blueberries, mug of chocolate soy milk. 11:15am - A little low before basketball. Wanted to get a chocolate milk, but they were all out. Had a bag of peanut M&M's. When I tested right before ball I was only one point higher! I slugged down some gatorade. VERY slow day at basketball. Only 4 people showed up. Played some 21 then some two on two.

Afternoon

2:30pm - v-8, cottage cheese, pita chips with hummus, dried blueberries.

Evening

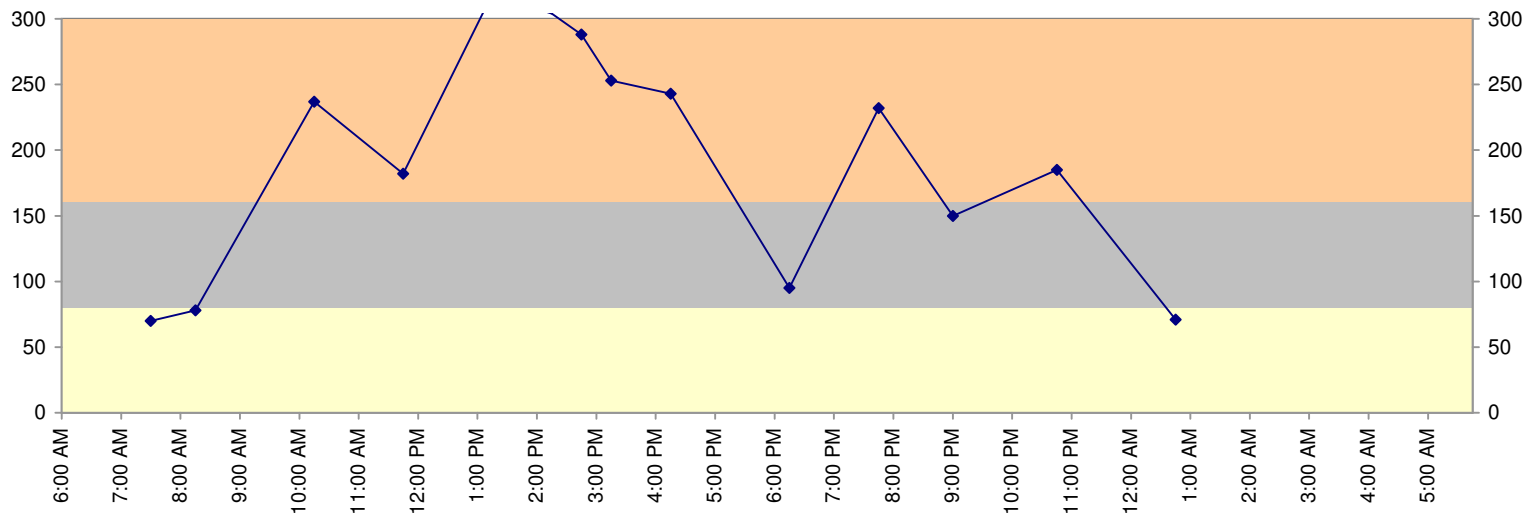
5:45pm - V-8, cottage cheese, pita chips with hummus, dried blueberries. 8:15pm - fruit smoothie. 9:11pm - set change - questionable location... did fill cannula extra. 10:45pm - started an temporary rate of 0.0 units for 1 hour - trying to head off the low. Looks like I didn't need that extra fill canula insulin!!



Friday, August 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																150									14		
0:15			78		237			319	304	253	243		95												Average	193	
0:30		70																							Max	319	
0:45						182			288				232				185		71						Min	70	
Carbs			40			77										42			21						Range	249	
Bolus			4.40			12.50				0.50			3.00			4.05									Total Carbs	180	
Basal	1.5	1.5	1.5	1.5	1.5	1.0	0.0	0.0	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	24.45
Activity																									Total Basal	26	
																									Total Insulin	50.45	

Notes	Morning	Afternoon	Evening
	8:15am - whole wheat tortilla with a slice of cheese, 1/2 serving of dried blueberries, mug of chocolate soy milk.	11:45am - blimpies - 6" cheese trio on wheat, baked cheetos. Tried using the "Super Bolus" concept from John Walsh (taking my basal insulin for two hours and adding it to the bolus, then running a temp rate of 0% for those two hours.). We'll see how it works! 1:15pm - um, yikes! Maybe it has something to do with my new infusion set?	9:00pm - two servings of tater tots, two slices of melted cheese on top, ketchup. 12:45pm - low. Had a hamburger bun with miracle whip on it.

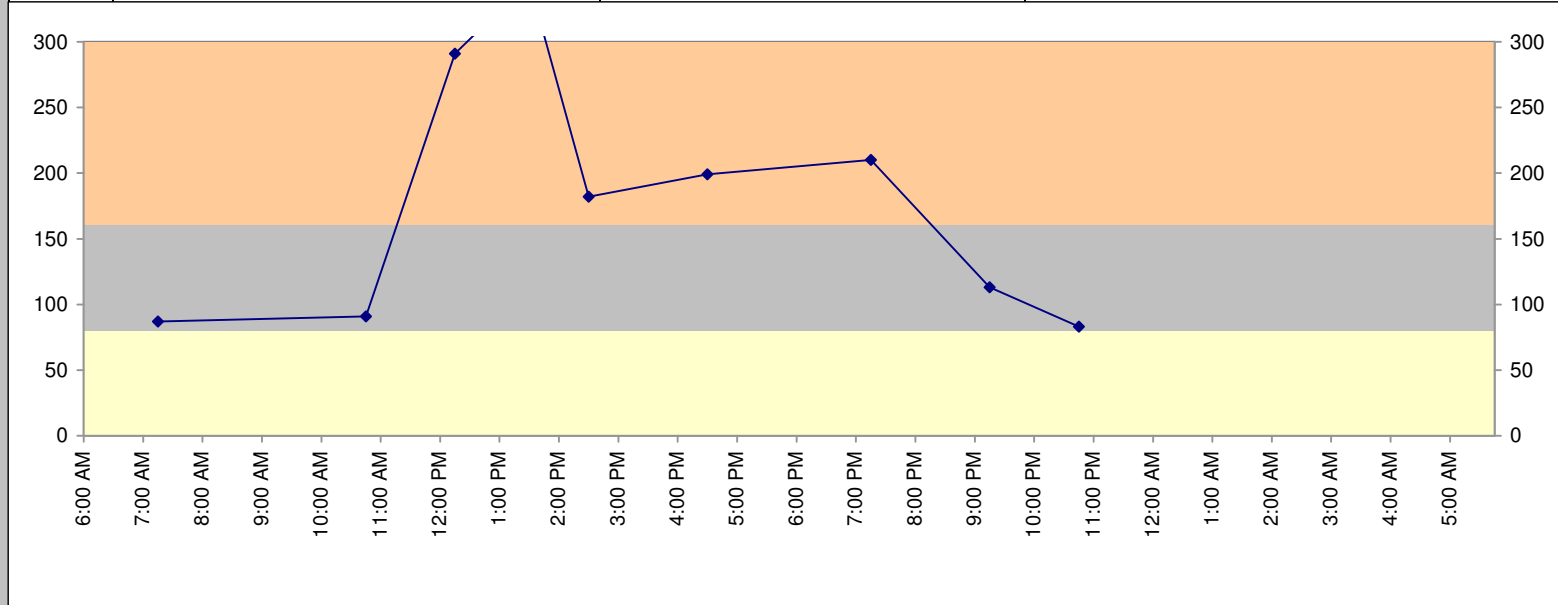


Saturday, September 01, 2007

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																								
0:15		87					291							210		113								
0:30								346	182		199													
0:45					91												83							
Carbs				28	4	123			50															
Bolus				3.75		16.40				1.00				2.05										
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	178
Max	346
Min	83
Range	263
Total Carbs	205
Total Bolus	23.20
Total Basal	28
Total Insulin	51.2

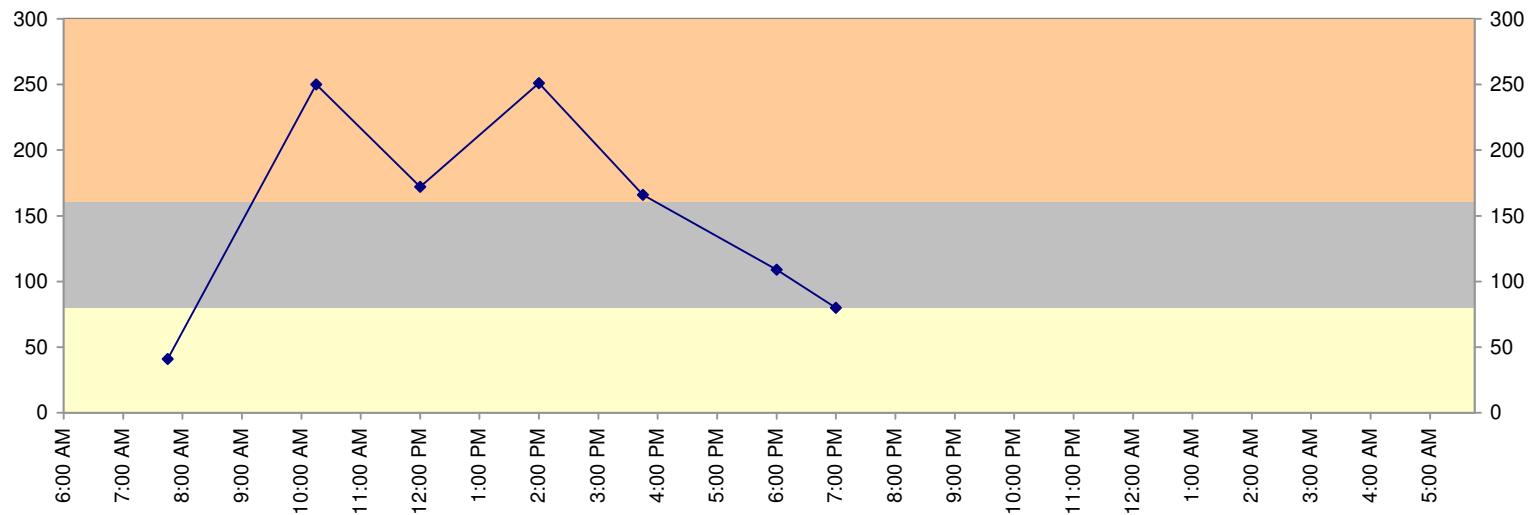
Notes	Morning	Afternoon	Evening
	9:00am - two cups of peanuts (in the shell), works out to 4 servings at 7g each.	11:30am - met Laurie for brunch. Had a glucose tab while waiting for her (worried about dropping too low (IOB)). The "diet" coke tasted funny, asked the server to be double sure, and the new one tasted funny too. Had three slices of french toast with a side of hashbrowns. Bolused high for it all because I suspected the pop was loaded. 1:30pm - yep, that had to be regular coke... 2:00pm - heading out with the kids, worried about dropping. Had some cereal.	10:45pm - snack size snickers bar.



Sunday, September 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							172		251				109	80											7	
0:15					250																				Average	153
0:30																									Max	251
0:45		41								166															Min	41
Carbs		75					80			50			120												Range	210
Bolus		8.00					10.25			3.65			13.35												Total Carbs	325
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	35.25
Activity																									Total Basal	28
																									Total Insulin	63.25

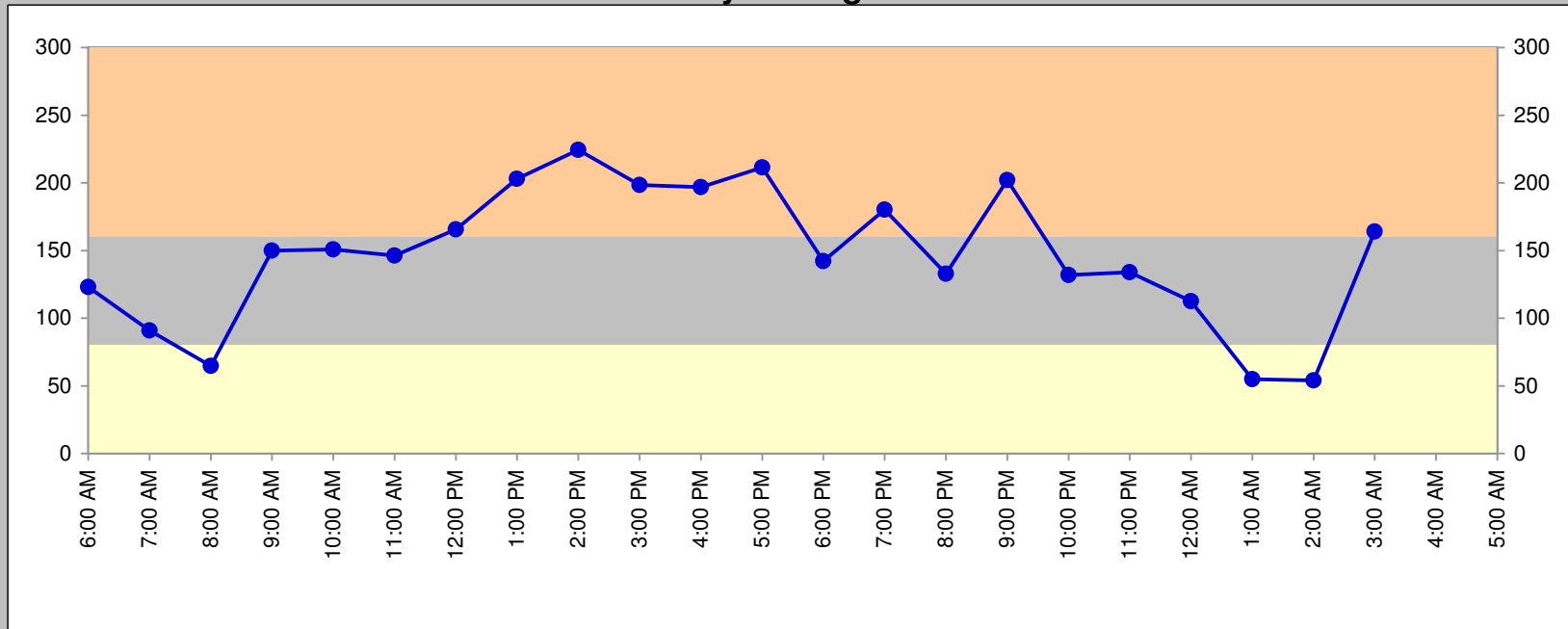
Notes	Morning	Afternoon	Evening
	7:45am - woke up low. Had some froot loops cereal and a snack size snickers that was on the counter. 11:56am - two large cheesy tots at burger king.	3:45pm - two biscuits. Heading out to work on screening in the kids playhouse	7:00pm - white rice with soy sauce. Didn't measure it (it was left overs from Tab's dinner). Figured it was about 1.5 servings. Also had two grilled cheese sandwiches.



Weekday Average Bloodsugar: 158

08/27/07 - 08/31/07

Hourly Average

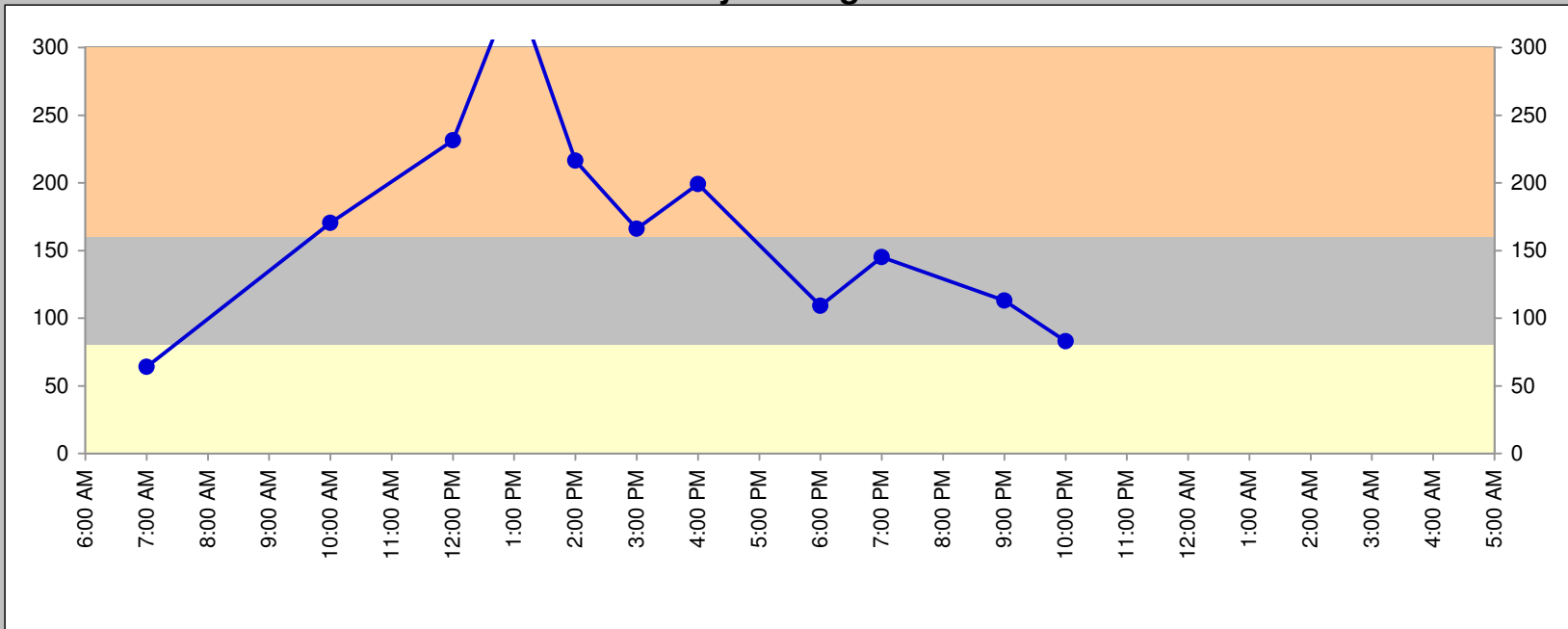


	Average	Max	Min	Range
Monday	165	259	53	206
Tuesday	142	227	54	173
Wednesday	159	270	63	207
Thursday	132	256	55	201
Friday	193	319	70	249

Weekend Average Bloodsugar: 167

09/01/07 - 09/02/07

Hourly Average

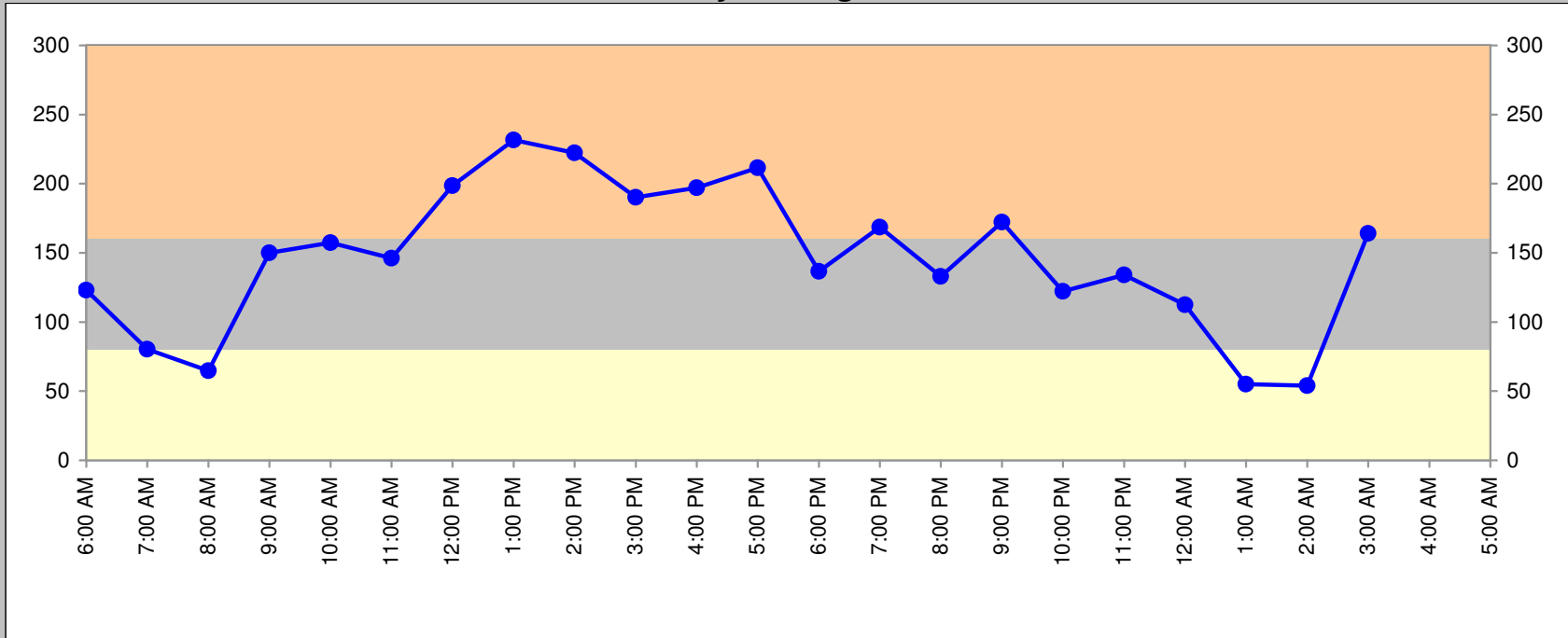


	Average	Max	Min	Range
Saturday	178	346	83	263
Sunday	153	251	41	210

Average Bloodsugar All Week: 160

08/27/07 - 09/02/07

Hourly Average



	Average	Max	Min	Range
Monday	165	259	53	206
Tuesday	142	227	54	173
Wednesday	159	270	63	207
Thursday	132	256	55	201
Friday	193	319	70	249
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 158

08/27/07 - 08/31/07

