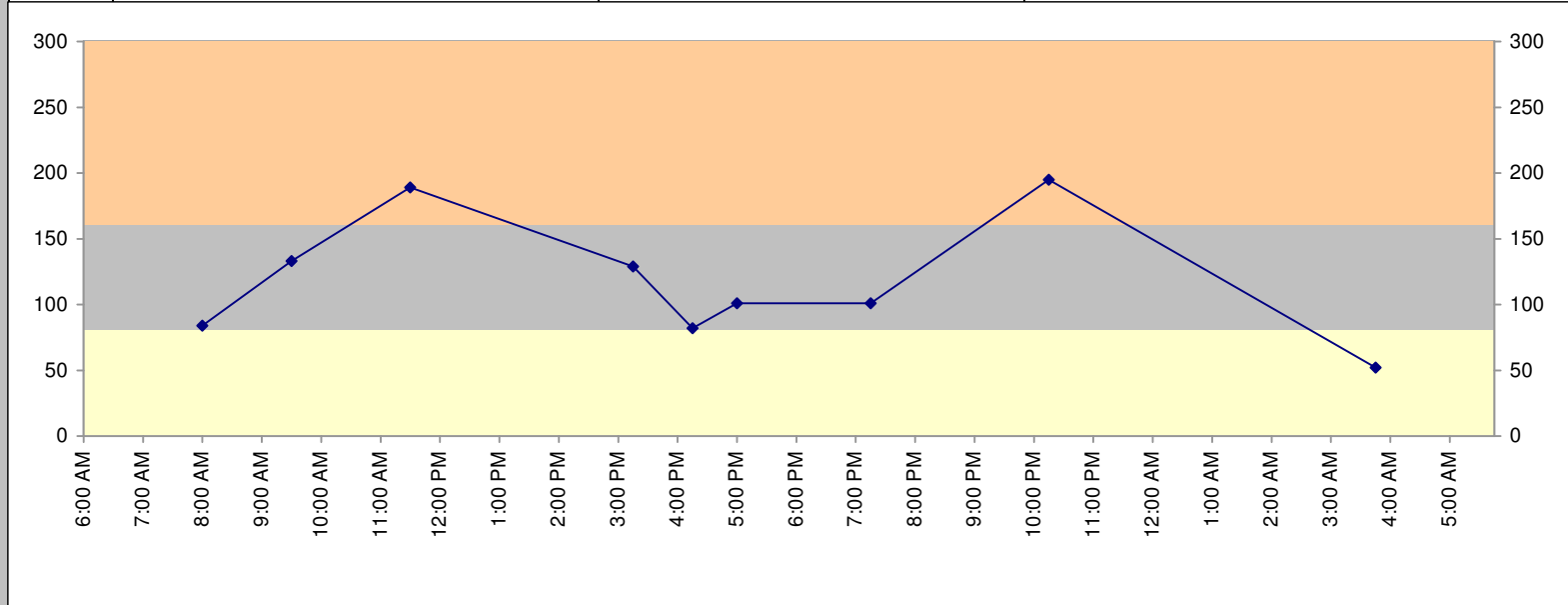


# Monday, January 15, 2007

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			84									101												
0:15										129	82			101			195							
0:30				133		189																		
0:45																						52		
<b>Carbs</b>					30	92							65		34							30		
<b>Bolus</b>				0.95	4.00	12.25							8.65		13.05							0.90		
<b>Basal</b>	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
<b>Activity</b>																								

# of Tests	9
Average	118
Max	195
Min	52
Range	143
<b>Total Carbs</b>	251
<b>Total Bolus</b>	39.80
<b>Total Basal</b>	28
<b>Total Insulin</b>	67.8

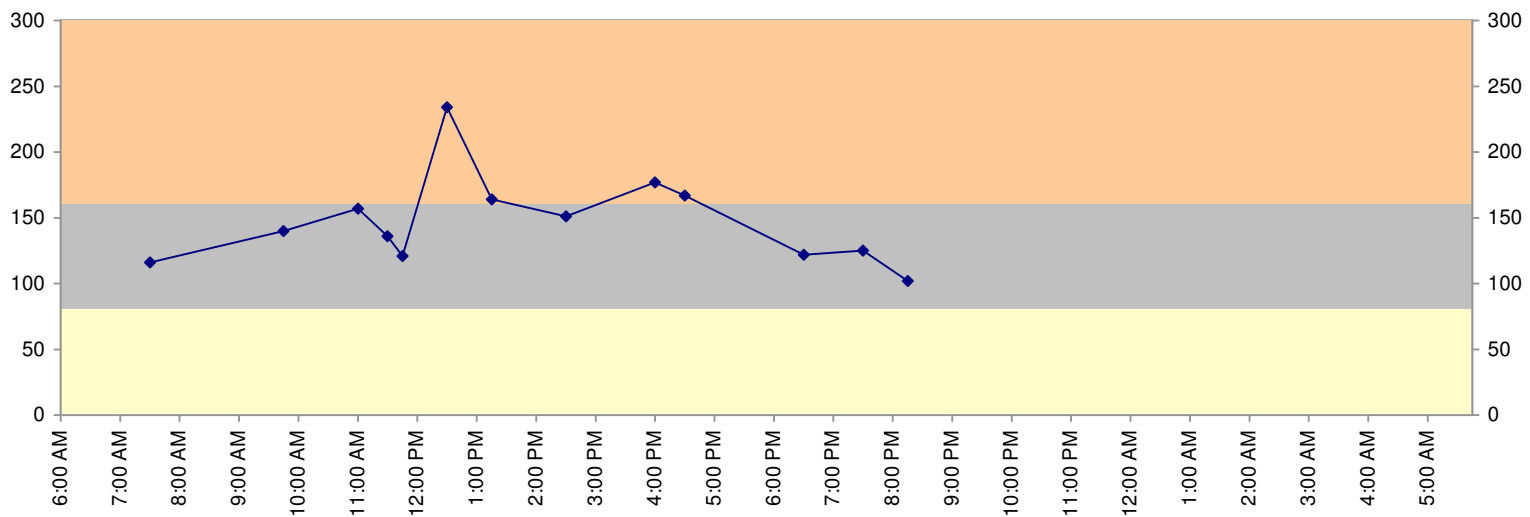
Notes	Morning	Afternoon	Evening
	9:30am - Note rise in BG from wake up to get to work? A bit of a stressful drive to work - fresh snow, lots of spinout accidents. 10:00am - English muffin with butter & peanut butter.	11:30am - Blimpies - 6" cheese & mayo, bag of baked Lays (sour cream & onion), 5 Peppermint candies. 4:22pm - Nosedive?! Handful of jumbo peanut M&M's	7:00pm - Large fries at Burger King. 9:00pm - two hot dog buns with ketchup & mustard. Peanuts. Glass of red wine. 3:45am - low. 2 packs of BD glucose tabs (30g).



## Tuesday, January 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						157					177														13	
0:15								164							102											Average
0:30		116				136	234		151		167		122	125												Max
0:45				140		121																				Min
Carbs				30		54			20						172											Range
Bolus		0.20		5.05			1.50		3.50						23.00											Total Carbs
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
Activity						Basketball																				Total Basal
																										Total Insulin

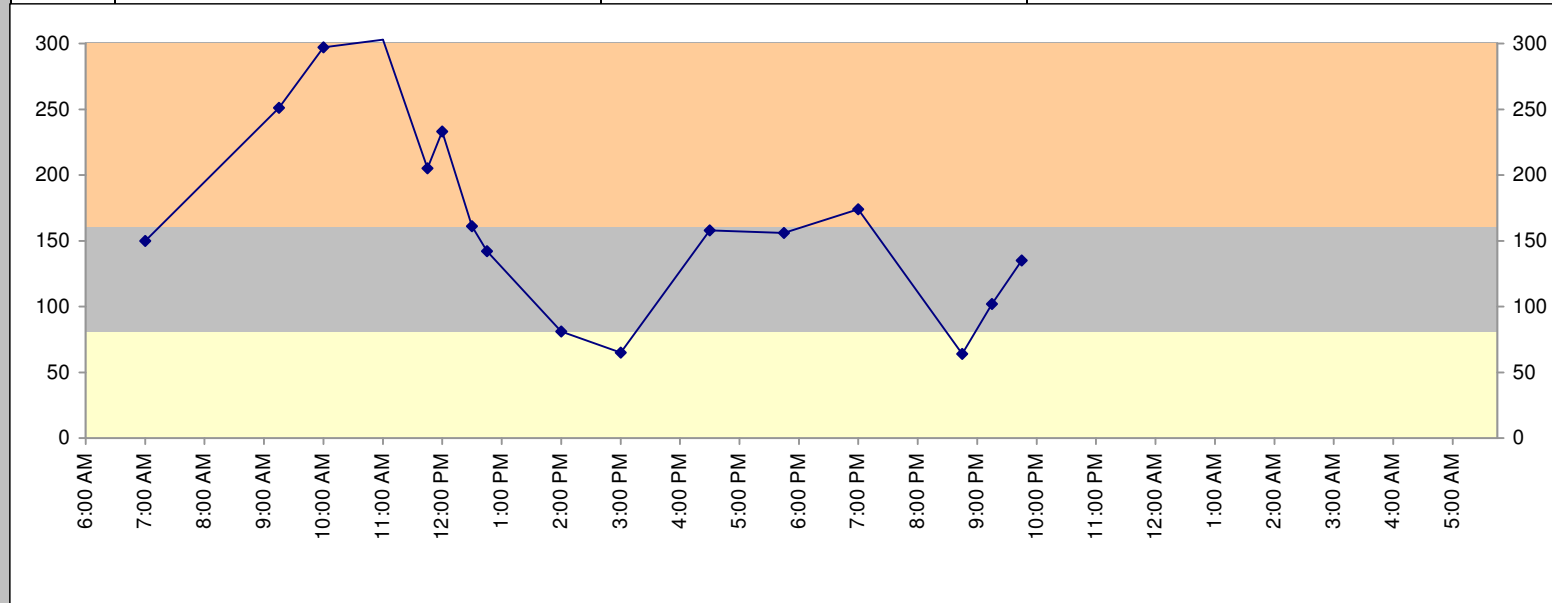
Notes	Morning	Afternoon	Evening
	9:30am - English muffin with butter & peanut butter. 11:15am - at basketball - had my sport shake. 11:45am - still dropping, had a packet of gu. 12:30pm - Sport shake was probably enough, just didn't wait long enough. Scared of dropping while playing ball.	2:30pm - Cottage cheese and a handful of almonds.	8:15pm - two cheese burritos, two grilled cheese sandwiches and two hotdog buns with ketchup & mustard. 9:15pm - set change.



## Wednesday, January 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		150			297	303	233		81	65				174											16		
0:15				251												102									Average	167	
0:30							161				158														Max	303	
0:45						205	142					156			64	135									Min	64	
Carbs			70							15	15			27	42		150								Range	239	
Bolus		1.40	9.35								3.65					0.75	20.00								Total Carbs	319	
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	35.15
Activity						Basketball																			Total Basal	28	
																									Total Insulin	63.15	

Notes	Morning	Afternoon	Evening
	8:15am - Burger King breakfast. Large hash browns and french toast sticks with syrup.	2:00pm - some almonds. 3:00pm - handful of peanut M&M's 4:30pm - three little serving bags of croutons (15g).	6:00pm - started temp rate, 3:30 @ 10% in preparation for basketball tonight. Planning on drinking a nutrition shake on the way there. Flat frickin' broke today. 7:00pm - EAS Sport shake. 8:50pm - running low at ball. Gu packet and about 8oz Gatorade. 10:30pm - Two pillsbury caramel rolls, 2 servings of pasta with "ICBNB" and parmesan. Glass of red wine.

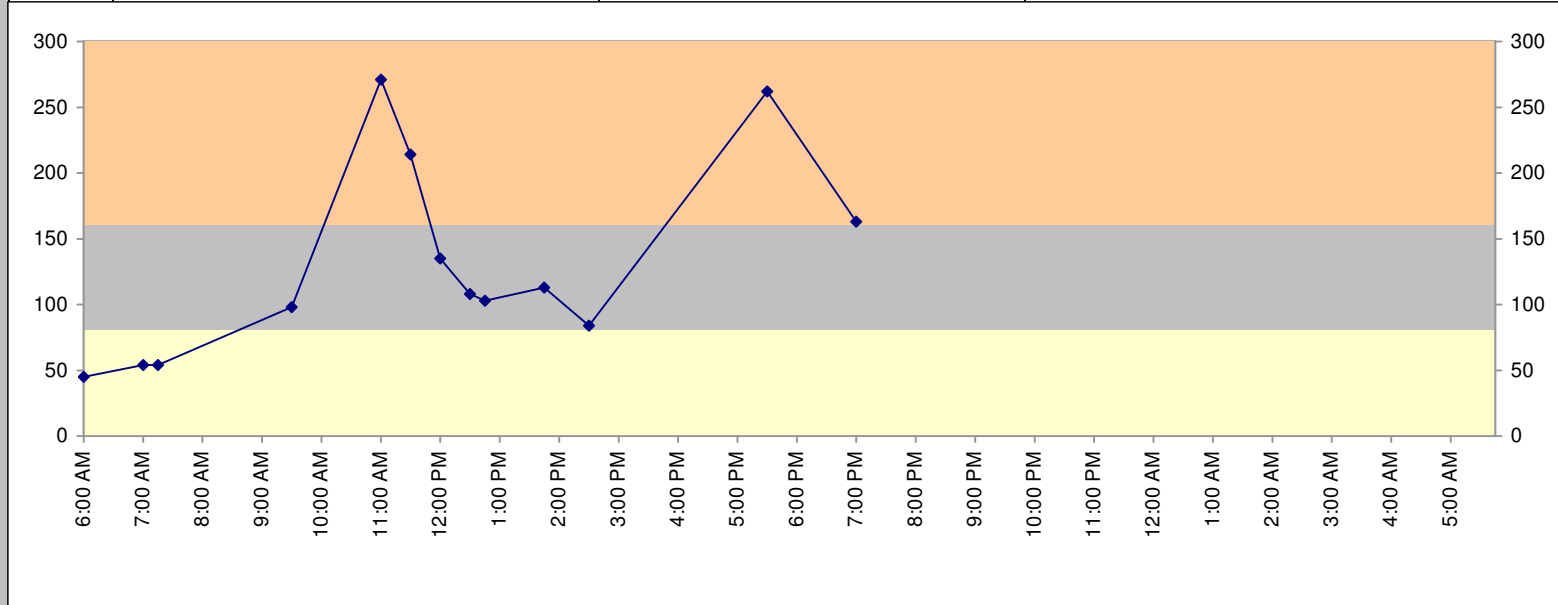


## Thursday, January 18, 2007

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	45	54				271	135							163											13
0:15		54																							Average
0:30				98		214	108		84			262													271
0:45							103	113																	45
Carbs	15	45		75		27			120			30			130										Total Carbs
Bolus	0.45	2.35		10.00					16.00			10.65			17.35										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								Basketball																	Total Insulin

Range	226
Total Carbs	442
Total Bolus	56.80
Total Basal	28
Total Insulin	84.8

Notes	Morning	Afternoon	Evening
	Running low this morning. Glucose tabs upon glucose tabs (I think I had about 4 packs of the BD type?). 9:30am - Custard filled chocolate iced donut, english muffin with butter & peanut butter.	11:30am - at basketball - dropping quickly. Had an EAS nutrition shake to offset the drop. Worked pretty well! 2:30pm - two large fries at burger king with ketchup. 5:45pm - Handfuls (two) of M&M's.	7:01pm - dropping, feel funny, overbolused for those M&M's. Having more.

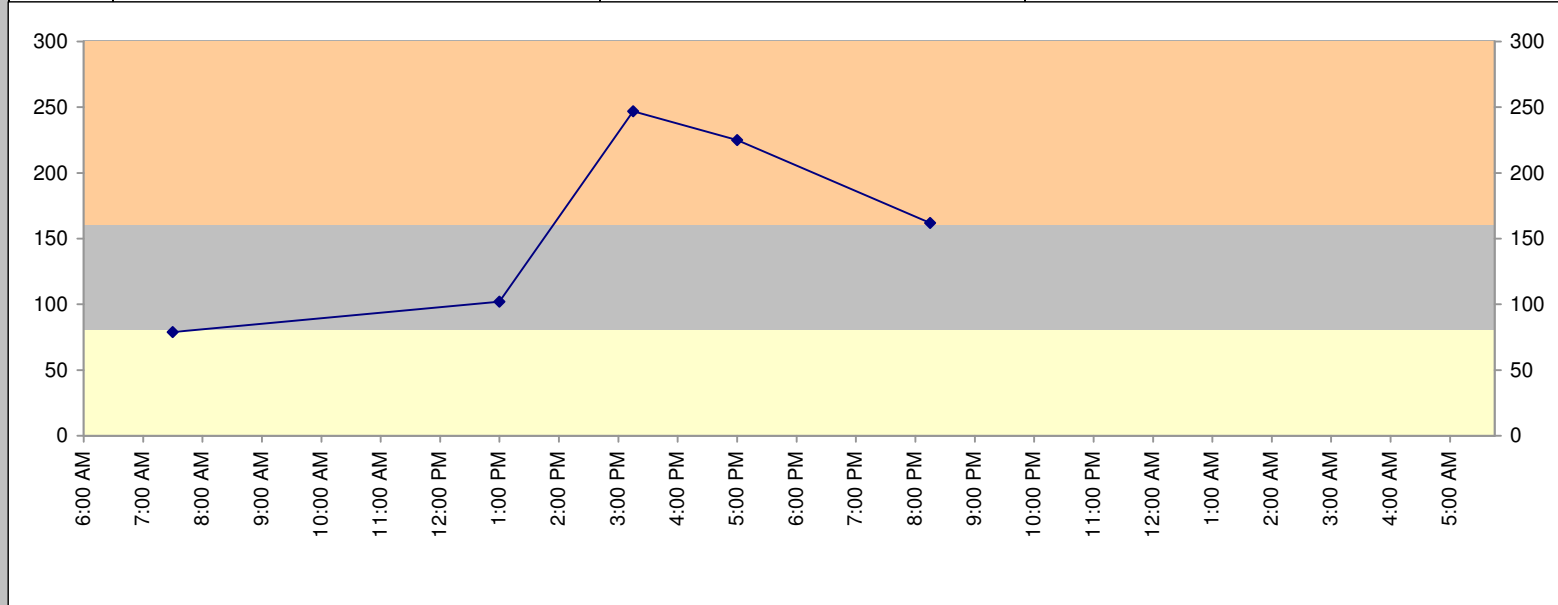


# Friday, January 19, 2007

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
0:00								102				225												
0:15										247					162									
0:30		79																						
0:45																								
<b>Carbs</b>				30		70		94			34			20	134	80								
<b>Bolus</b>				4.00		9.35		0.00		0.85	2.65	1.85		2.65	14.70	10.70								
<b>Basal</b>	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
<b>Activity</b>																								

# of Tests	5
Average	163
Max	247
Min	79
Range	168
<b>Total Carbs</b>	462
<b>Total Bolus</b>	46.75
<b>Total Basal</b>	28
<b>Total Insulin</b>	74.75

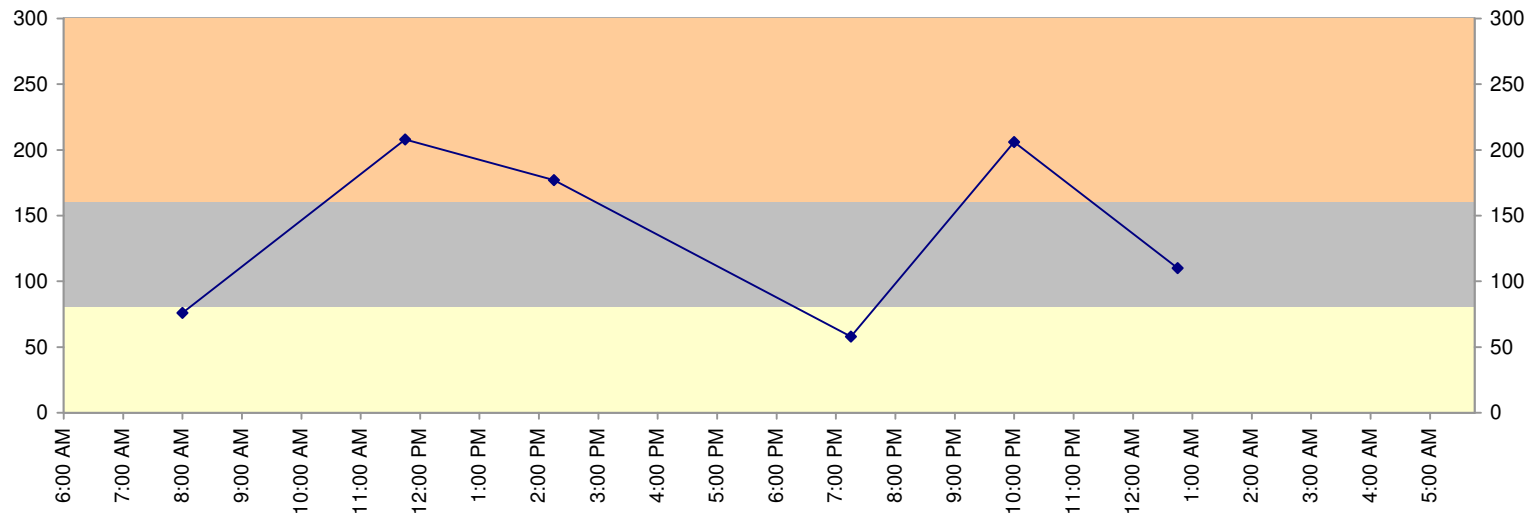
Notes	Morning	Afternoon	Evening
	English muffin breakfast	Large curly fries at Arby's, 1:15pm - two bags of cool ranch doritos and a handful of M&M's. Cripes, eating like crap today. Kind of feeling shitty too - fighting a cold or something. 4:30pm - two ice cream bars. WTF am I doing?	8:49pm - Set change



## Saturday, January 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			76														206								6	
0:15									177					58											Average	139
0:30																									Max	208
0:45						208													110						Min	58
																									Range	150
<b>Carbs</b>			60			114			156					125					36	95					<b>Total Carbs</b>	586
<b>Bolus</b>			8.00			14.95			14.95					13.75					5.10	12.70					<b>Total Bolus</b>	69.45
<b>Basal</b>	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	<b>Total Basal</b>	28
<b>Activity</b>																									<b>Total Insulin</b>	97.45

Notes	Morning	Afternoon	Evening

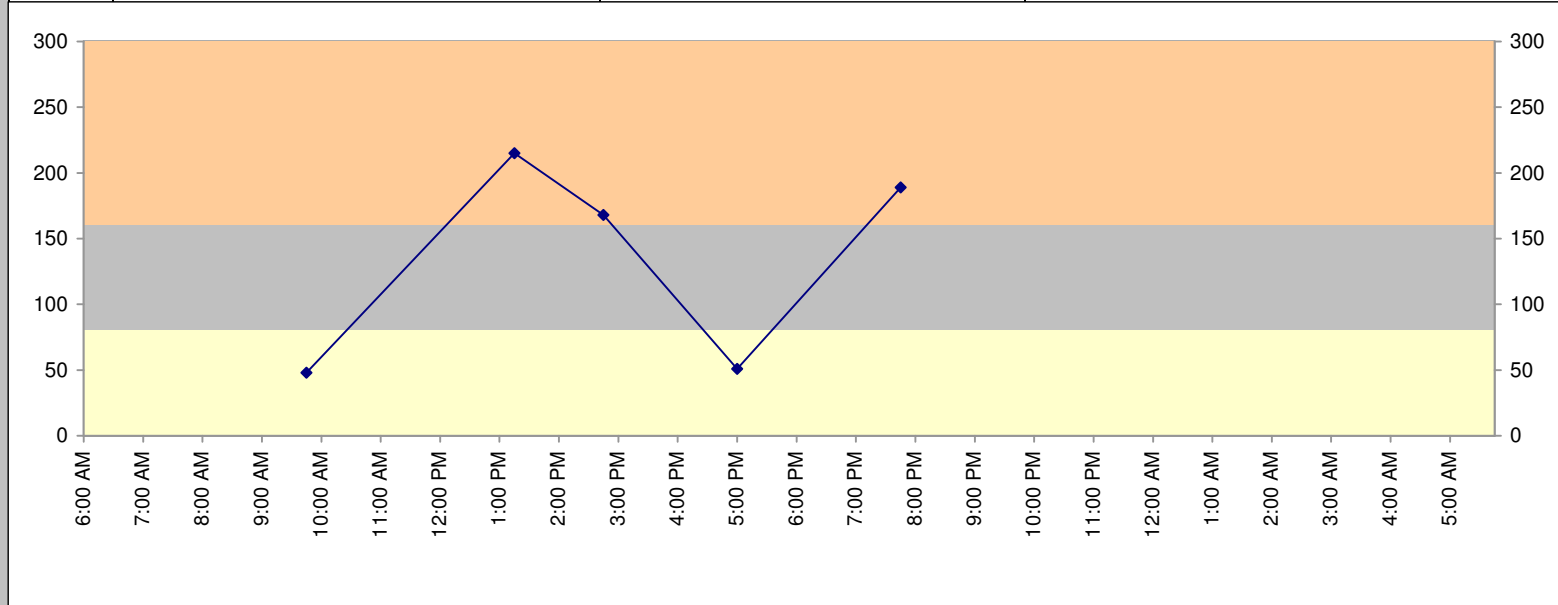


# Sunday, January 21, 2007

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
0:00												51												
0:15								215																
0:30																								
0:45				48					168					189										
Carbs				15	130	50	40					150												
Bolus				0.30	17.35	6.65	5.35					17.60												
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	1.5	1.5	1.5
Activity																								

# of Tests	5
Average	134
Max	215
Min	48
Range	167
Total Carbs	385
Total Bolus	47.25
Total Basal	28
Total Insulin	75.25

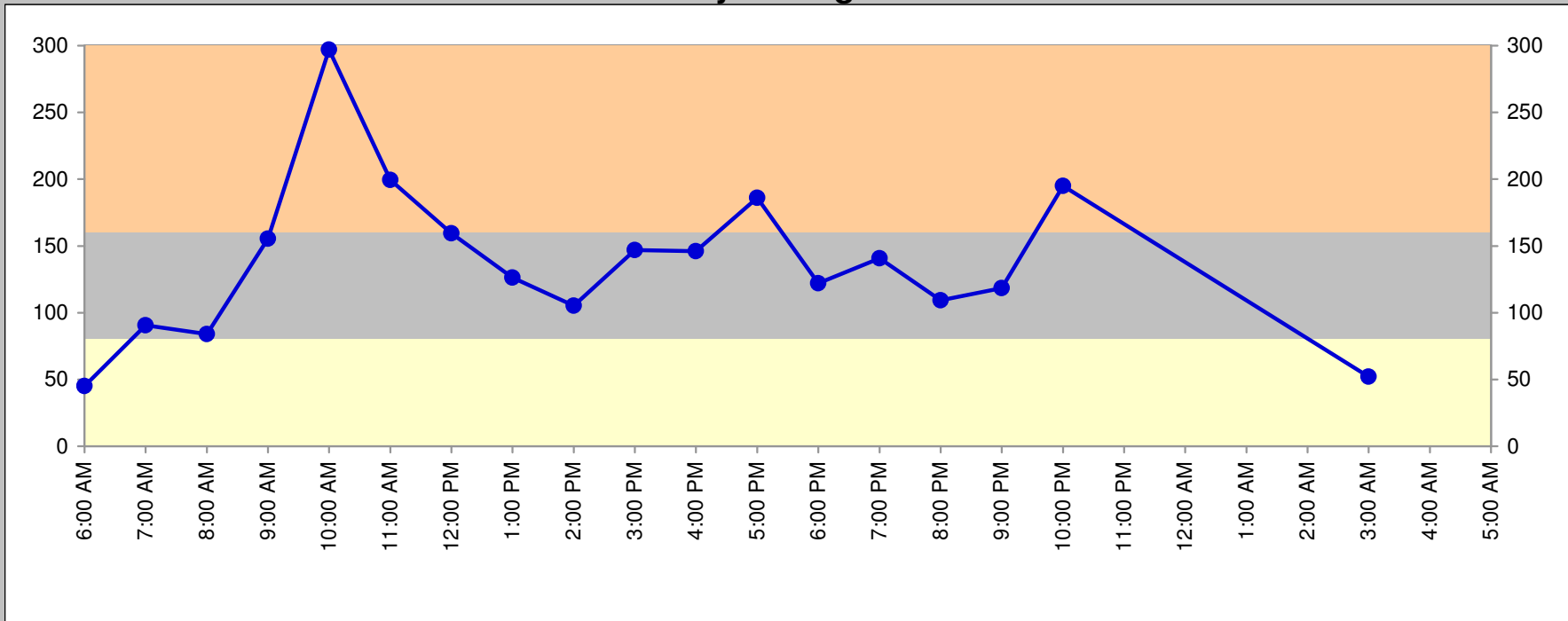
Notes	Morning	Afternoon	Evening
	9:45am - woke up feeling low. Had glucose tabs (BD). Then had 4 big Grands flakey biscuits. Went to Borders to sit and work on the computer, had some type of green tea (18g x 2).	Had a bowl of cream of chicken wild rice soup at Panera.	5:00pm - feeling low. Stopped in to Boston Market for dinner. Had a large mac & cheese, 2 cornbreads and a big chocolate brownie thing.



# Weekday Average Bloodsugar: 146

01/15/07 - 01/19/07

## Hourly Average

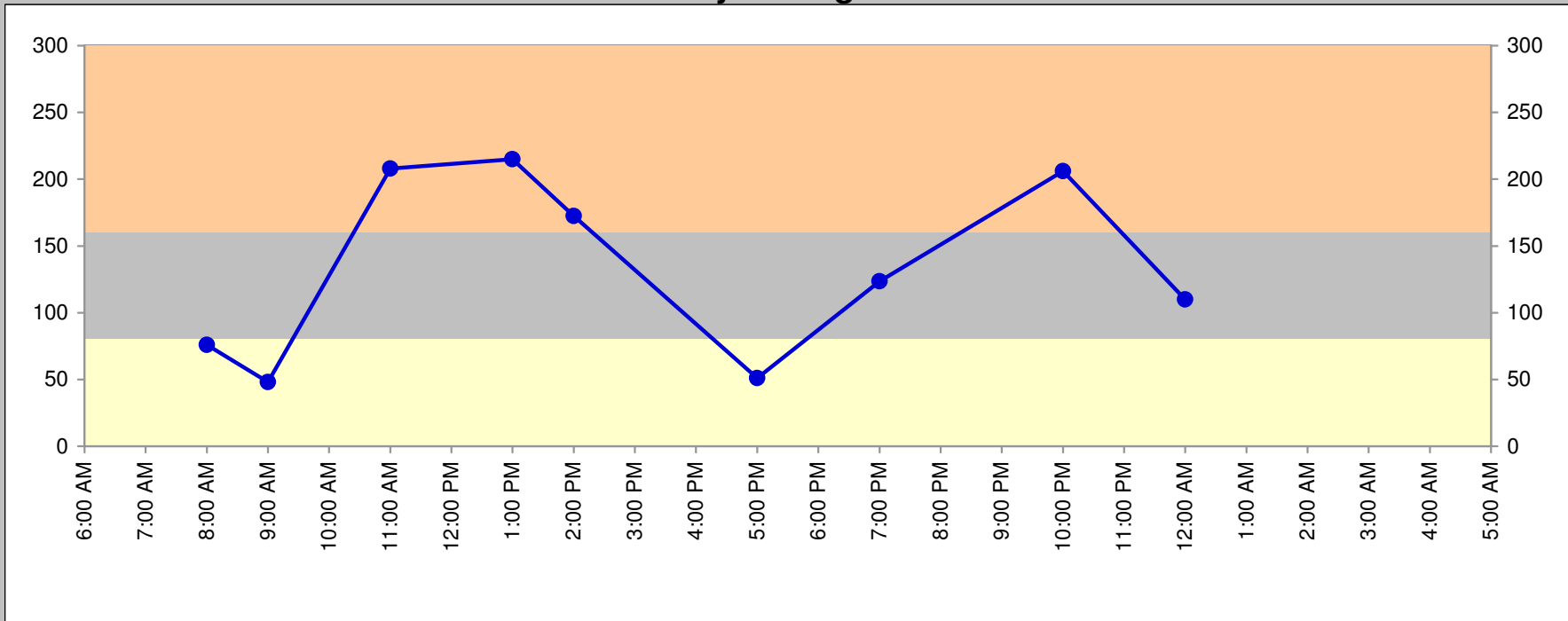


	Average	Max	Min	Range
Monday	118	195	52	143
Tuesday	147	234	102	132
Wednesday	167	303	64	239
Thursday	131	271	45	226
Friday	163	247	79	168

# Weekend Average Bloodsugar: 137

01/20/07 - 01/21/07

## Hourly Average

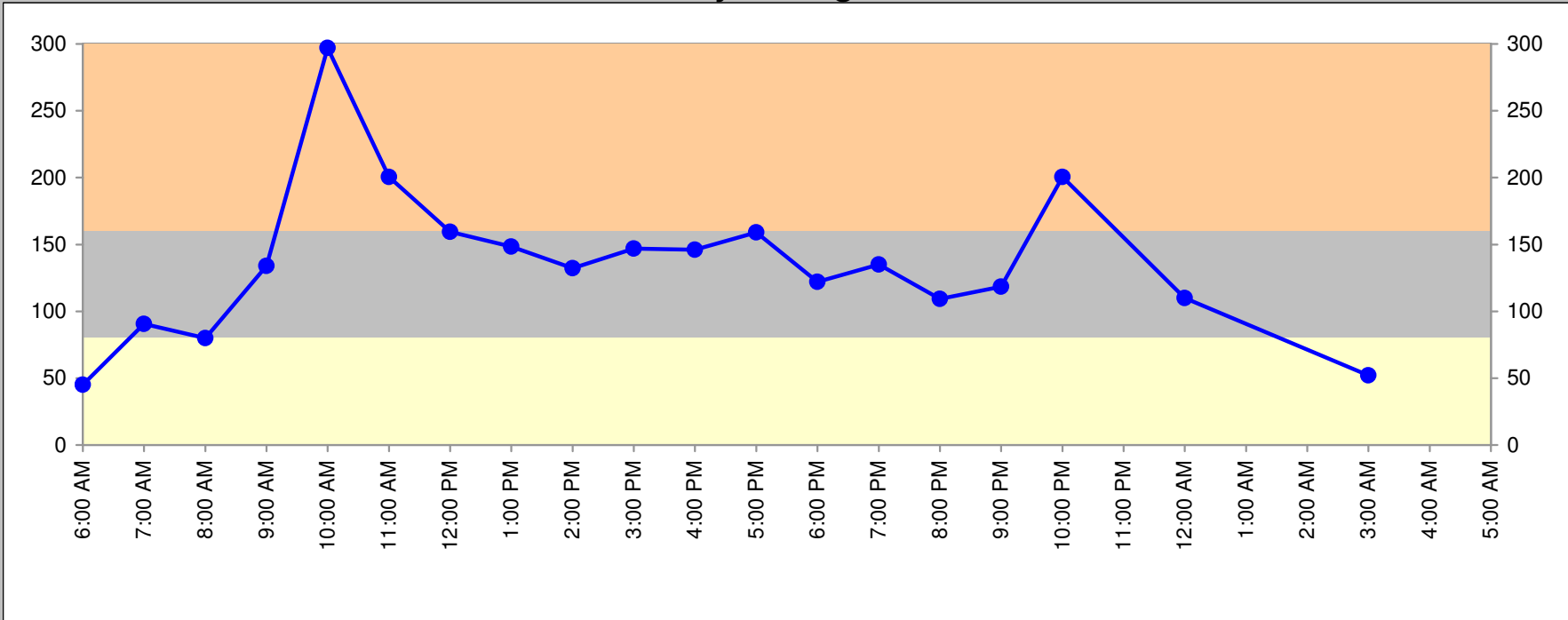


	Average	Max	Min	Range
Saturday	139	208	58	150
Sunday	134	215	48	167

**Average Bloodsugar All Week: 144**

01/15/07 - 01/21/07

**Hourly Average**



	<b>Average</b>	<b>Max</b>	<b>Min</b>	<b>Range</b>
<b>Monday</b>	118	195	52	143
<b>Tuesday</b>	147	234	102	132
<b>Wednesday</b>	167	303	64	239
<b>Thursday</b>	131	271	45	226
<b>Friday</b>	163	247	79	168
<b>Saturday</b>	0	0	0	0
<b>Sunday</b>	0	0	0	0

# Weekday Average Bloodsugar: 146

01/15/07 - 01/19/07

