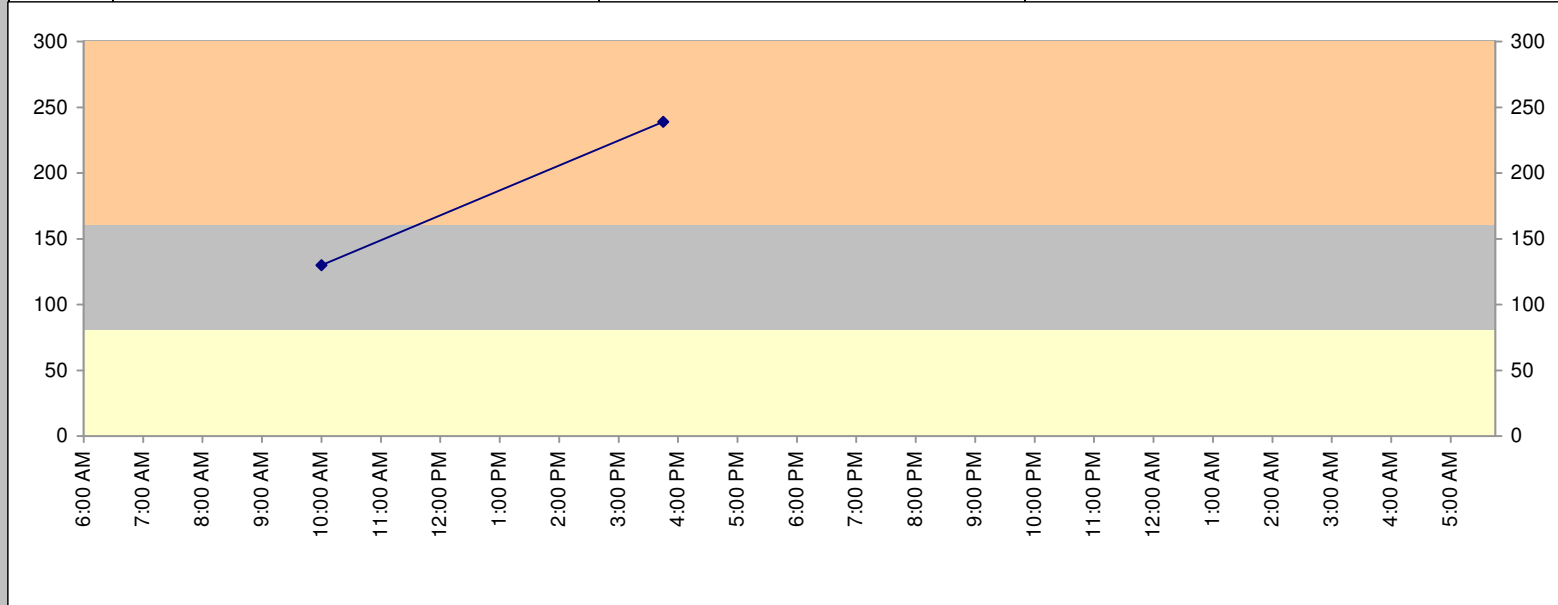


# Monday, December 11, 2006

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					130																				2
0:15																									Average
0:30																									185
0:45										239															239
Carbs						80						40			180	90			40						Total Carbs
Bolus					0.85	10.65				2.00		5.35			24.00	12.00			5.35						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																									Total Insulin

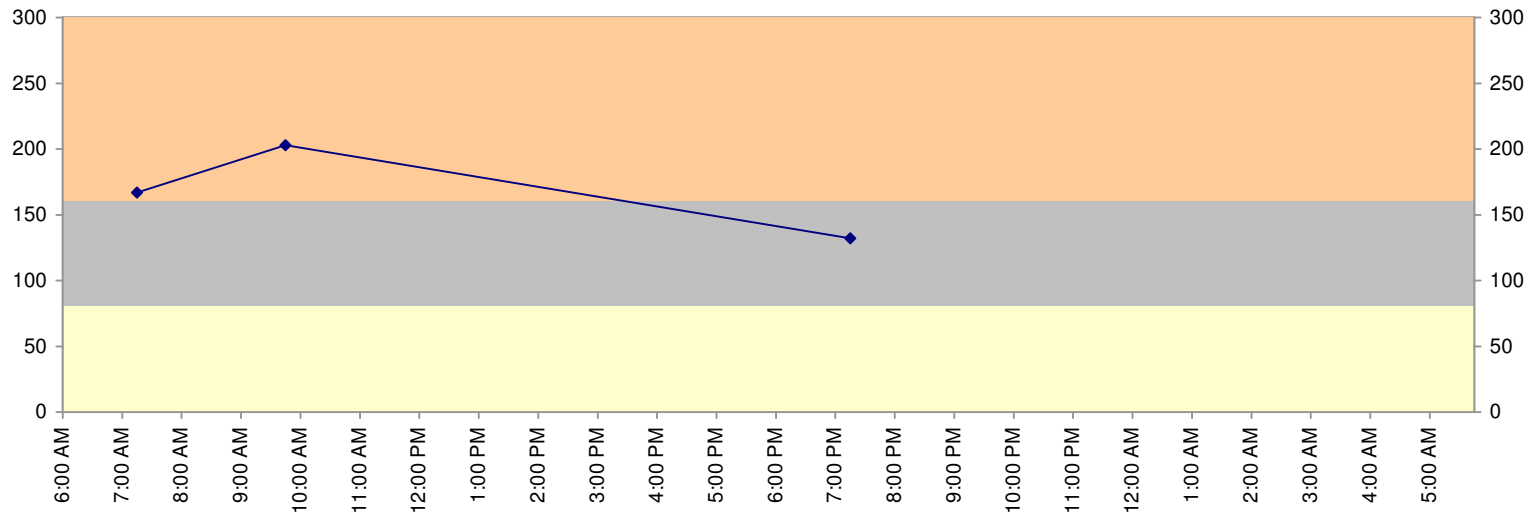
Notes	Morning	Afternoon	Evening
	Sick today. Was fighting it all weekend, but it finally hit me. Deep chest cold or something. Laid in bed and slept all day. 11:30am - had some frosted cheerios cereal.	5:00pm - had a few swigs of cranberry & strawberry juice.	8:30pm - Tab brought home KFC. Had a large mashed potatoes & gravy and one biscuit. Followed that up by a pint of ben & Jerry's frozen yogurt chocolate ice cream. 12:30am - some cool ranch doritos. Not measured



## Tuesday, December 12, 2006

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																									3	
0:15		167												132											Average	167
0:30																									Max	203
0:45				203																					Min	132
Carbs				110				50					74												Range	71
Bolus		2.00		16.55									10.75												Total Carbs	234
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	29.30
Activity																									Total Basal	28
																									Total Insulin	57.3

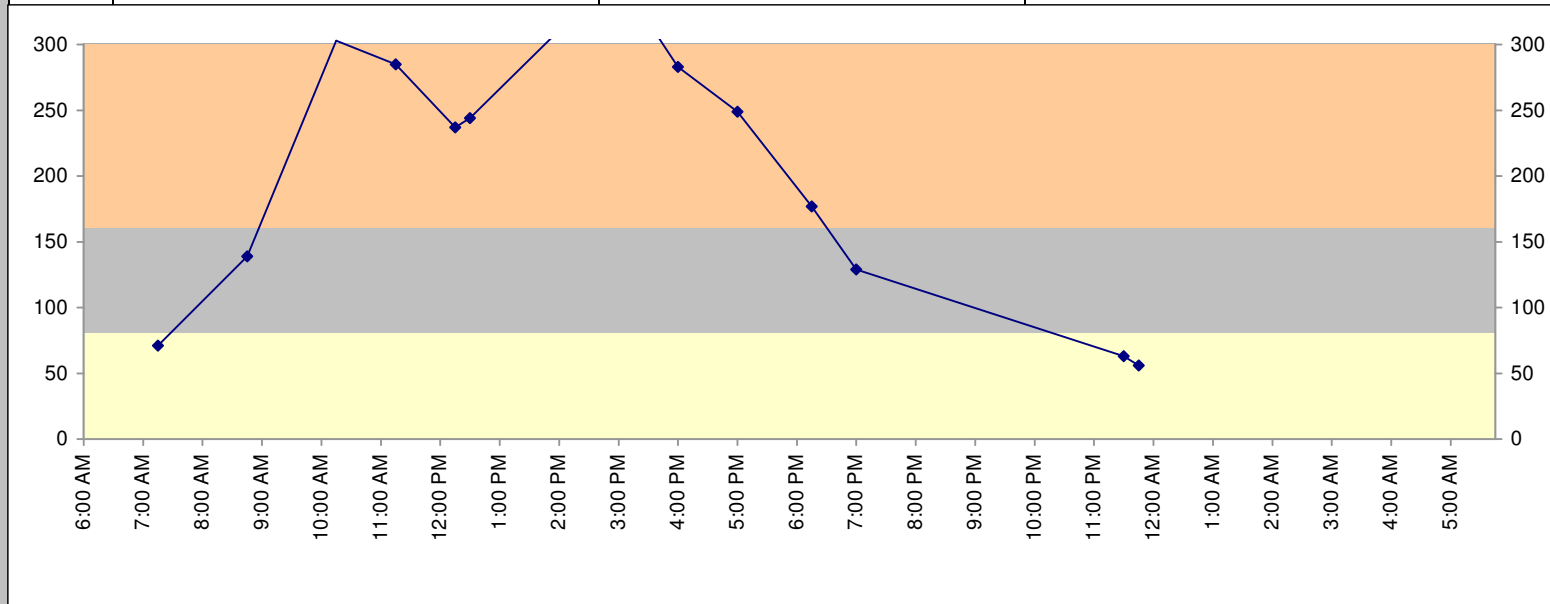
Notes	Morning	Afternoon	Evening
	9:45am - McDonalds. 1 Cinnamon roll and 3 hash browns	1:00pm - Feeling low, didn't test. Had two biscuits from KFC (leftovers)	7:15pm - two mayo sandwiches on whole wheat buns.



## Wednesday, December 13, 2006

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										351	283	249		129											14		
0:15		71			303	285	237		322					177											Average	208	
0:30							244											63							Max	351	
0:45			139															56							Min	56	
Carbs			30					50						60				40	100						Range	295	
Bolus			5.10				4.00	6.65	7.00					6.60				0.00	13.35						Total Carbs	280	
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	42.70
Activity																										Total Basal	28
																										Total Insulin	70.7

Notes	Morning	Afternoon	Evening
	7:30am - site change, scheduled. 8:45am - look at that jump! English muffin with butter and peanut butter. 10:00am - WTF? First meal on new set? Frustrating.	1:00pm - Robb brought in some fancy cheesecake. I simply could not resist. Did 50g over 4 hours. 2:20pm - BG is at 322. Damn cheesecake. I really knew better, but was hungry and bit off more than I could chew.	7:30pm - Large fries & Diet Coke at McDonalds. 9:00pm - glass of red wine. 12:30am - feeling low, tested 63, had 5 glucose tabs (20g). 12:45am - still feeling low, in fact worse than before. Tested again and I'm LOWER?! Yikes. Headed downstairs to have some cereal. Had a bunch of frosted cheerios. Frustrated after the fact, I wish I could maintain some sort of self control when I'm low like that.

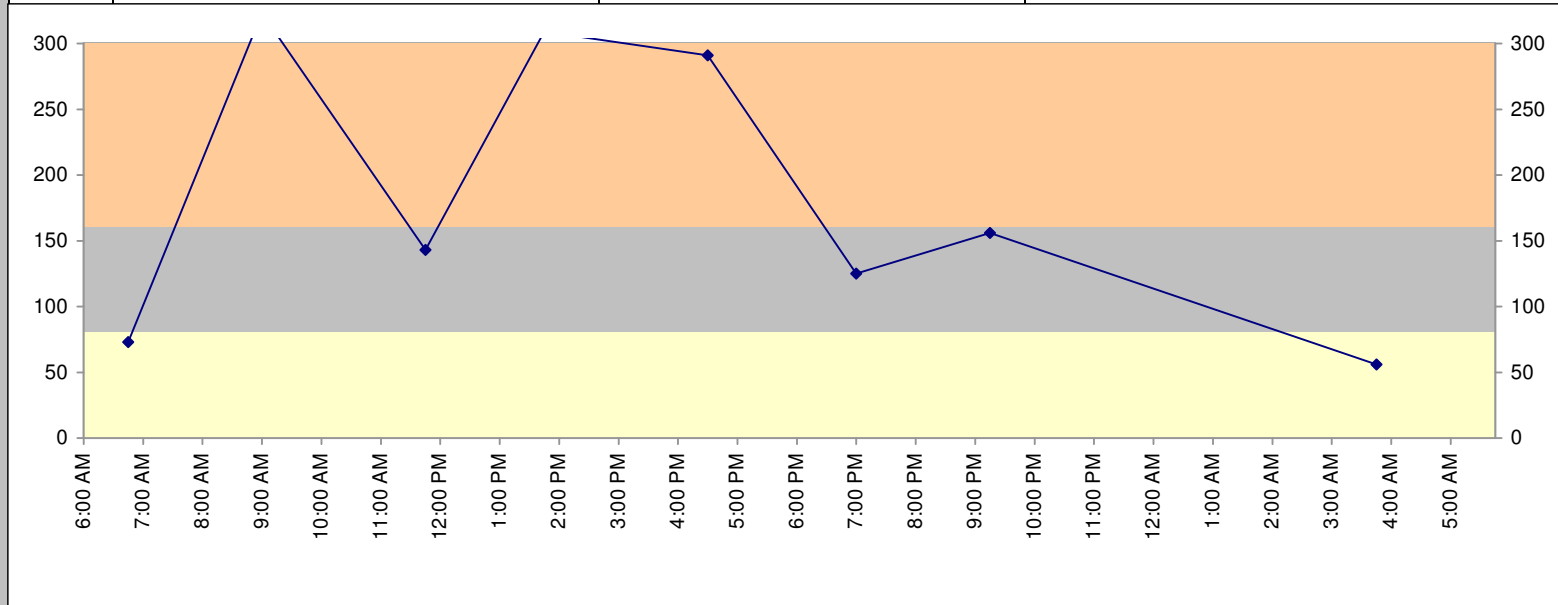


## Thursday, December 14, 2006

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				323										125											8
0:15																156									Average
0:30										291															323
0:45	73					143		309														56			56
Carbs	12	70		30		20	80								40	114						125			Total Carbs
Bolus		9.35		10.00		0.00	10.65				3.50				0.00	14.90						15.40			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

Range	267
Total Carbs	491
Total Bolus	63.80
Total Basal	28
Total Insulin	91.8

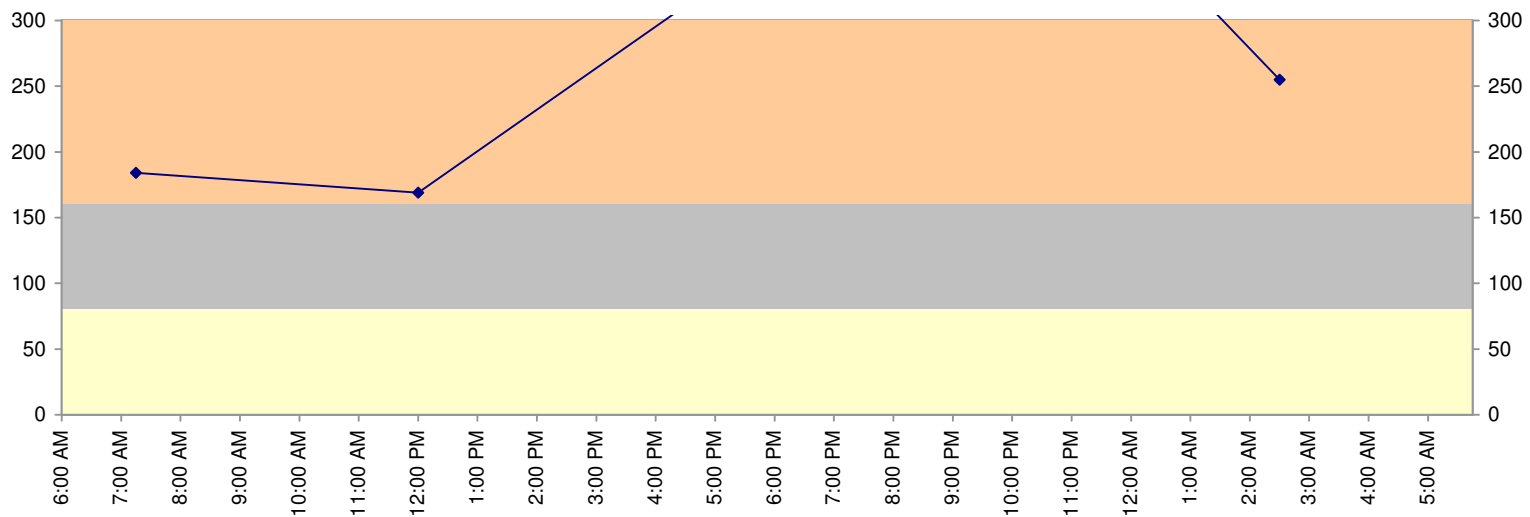
Notes	Morning	Afternoon	Evening
	6:45am - tested at 73, but I'm not really feeling low. Had three glucose tabs. 7:10am - feeling very low now, had some lucky charms cereal. 9:00am - wow, looks like I messed up my carb guesstimate pretty bad. Frustrating. I feel sleepy and have a bad taste in my mouth. Had an english muffin with butter & peanut butter, bolused a lot extra (rage bolus) and am having a bunch of diet coke. Ride the rocket MF.	12:00pm - Lots of food floating around at work today. Had some AuGratin potatoes, some cottage cheese and some chicago mix popcorn.	8:20pm - Feeling kind of low at Dad's when I went to get the kids. Had some vanilla wafers, no bolus. 9:15pm - had two mayo sandwiches on those big whole wheat buns, and two servings of Cool Ranch Doritos (weighed). 3:50am - Frosted Flakes to treat low BG.



# Friday, December 15, 2006

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							169					327													5	
0:15		184																408							Average	269
0:30																					255				Max	408
0:45																									Min	169
																									Range	239
Carbs			100						185						100										Total Carbs	385
Bolus			13.35						24.65						13.35			3.50			1.00				Total Bolus	55.85
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	83.85

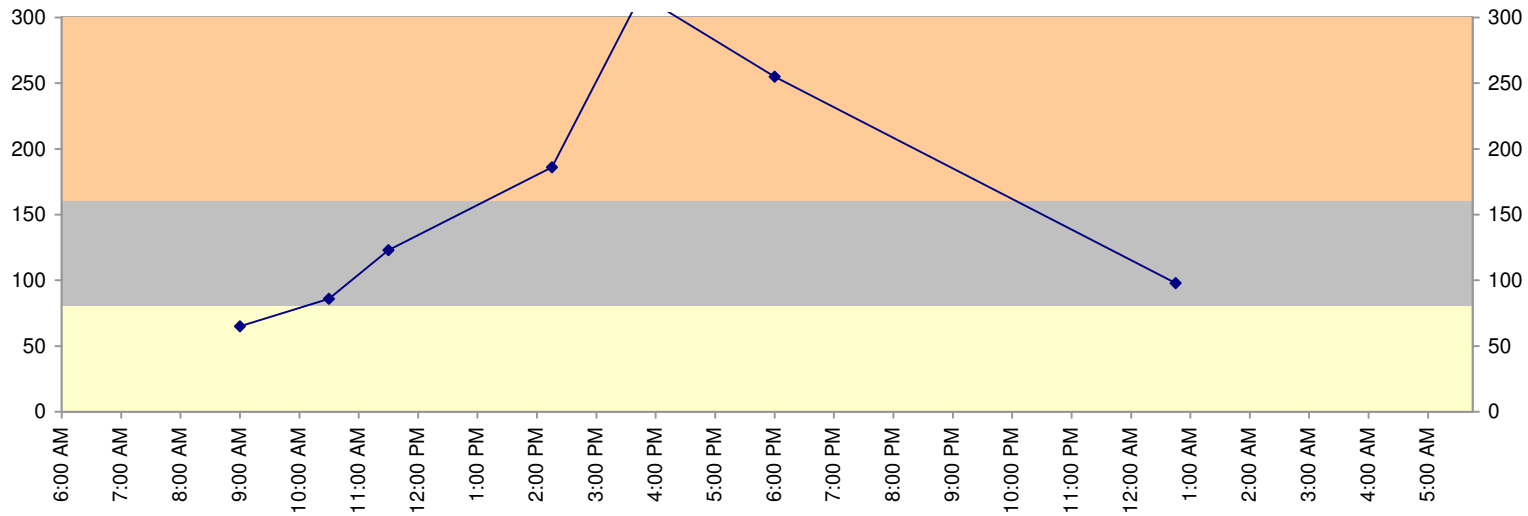
Notes	Morning	Afternoon	Evening
	7:21am - didn't correct for the 184 because I have insulin on board from my last bolus. 8:41am - Burger King breakfast (large hash browns and french toast sticks).	2:00pm - Lunch at Perkins, grilled cheese with fries, 2/3 of a slice of pie (reeses).	8:00pm - At the movies, no test strips with me. Had large nachos, a few pieces of licorice and a handful of skittles. 11:00pm - looks like I drastically underestimated the carbs I ate.



## Saturday, December 16, 2006

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				65									255												7
0:15									186																Average
0:30					86	123																			Max
0:45										317									98						Min
Carbs				8					70				175	90					125						Range
Bolus						1.00			11.50	2.00			23.35	12.00					16.60						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																									Total Basal
																									Total Insulin

Notes	Morning	Afternoon	Evening
	9:00am - low. Had two glucose tabs. 10:30am - set change, scheduled	2:12pm - Large McDonalds fries. 3:40pm - first meal on new set. Spiked through the roof.	6:00pm - pizza and breadsticks, then cake & ice cream at Grandma Johnson's birthday party. 1:00am - sandwiches before bed.

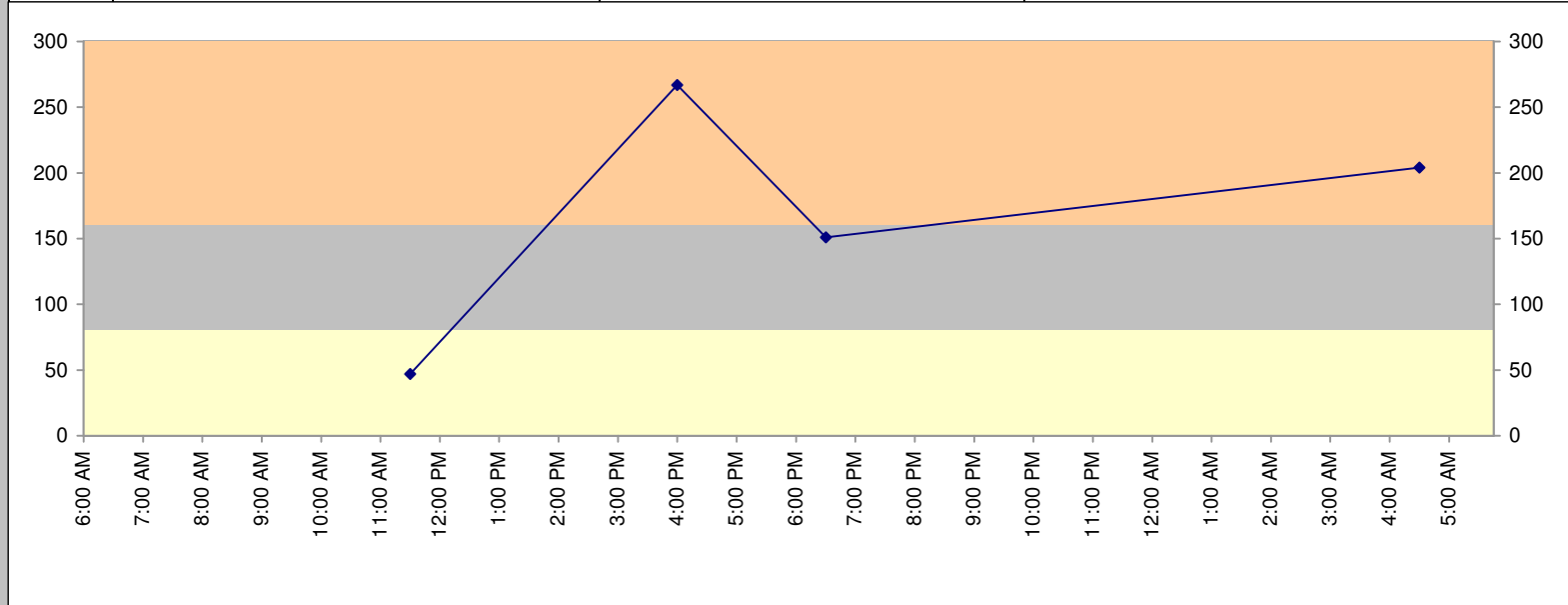


# Sunday, December 17, 2006

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											267													
0:15																								
0:30						47							151										204	
0:45																								
<b>Carbs</b>						125						50	121											
<b>Bolus</b>						15.15					2.25	6.65	12.00										2.95	
<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>																								

<b># of Tests</b>	4
<b>Average</b>	167
<b>Max</b>	267
<b>Min</b>	47
<b>Range</b>	220
<b>Total Carbs</b>	296
<b>Total Bolus</b>	39.00
<b>Total Basal</b>	28
<b>Total Insulin</b>	67

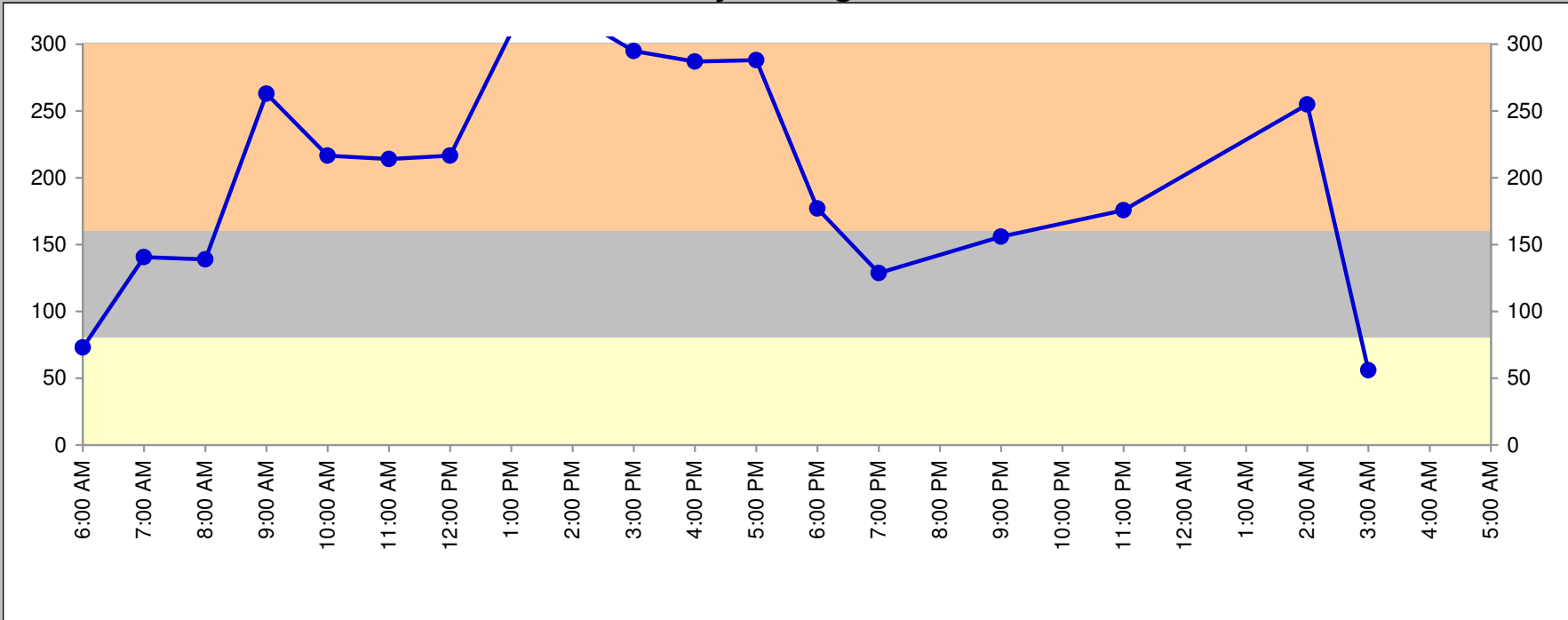
Notes	Morning	Afternoon	Evening
	11:30am - woke up feeling low. Had some cereal, then felt really really wiped out and went back to bed.	5:00pm - had some peppermint candies.	6:30pm - two large fries at McDonalds. 9:00pm - some cool ranch doritos. 10:30pm - glass of red wine.



**Weekday Average Bloodsugar: 206**

12/11/06 - 12/15/06

**Hourly Average**

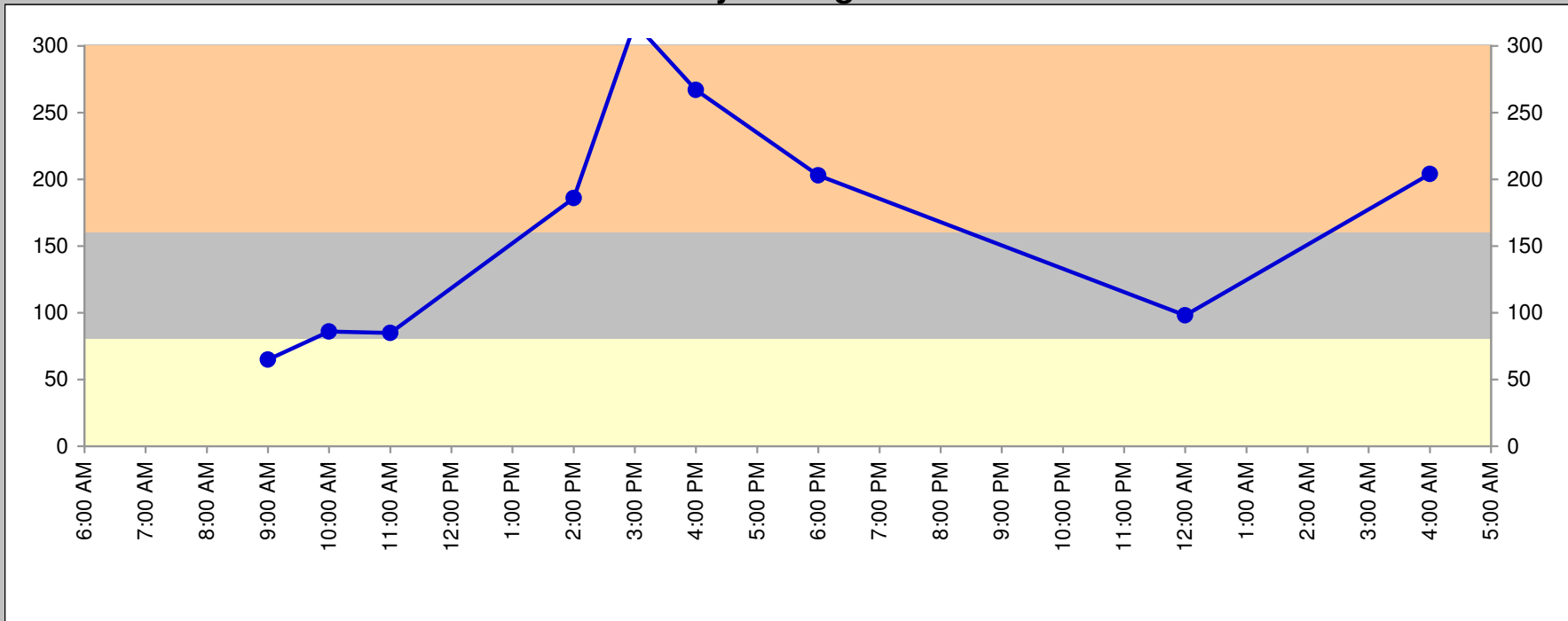


	<b>Average</b>	<b>Max</b>	<b>Min</b>	<b>Range</b>
<b>Monday</b>	185	239	130	109
<b>Tuesday</b>	167	203	132	71
<b>Wednesday</b>	208	351	56	295
<b>Thursday</b>	185	323	56	267
<b>Friday</b>	269	408	169	239

**Weekend Average Bloodsugar: 164**

12/16/06 - 12/17/06

### Hourly Average

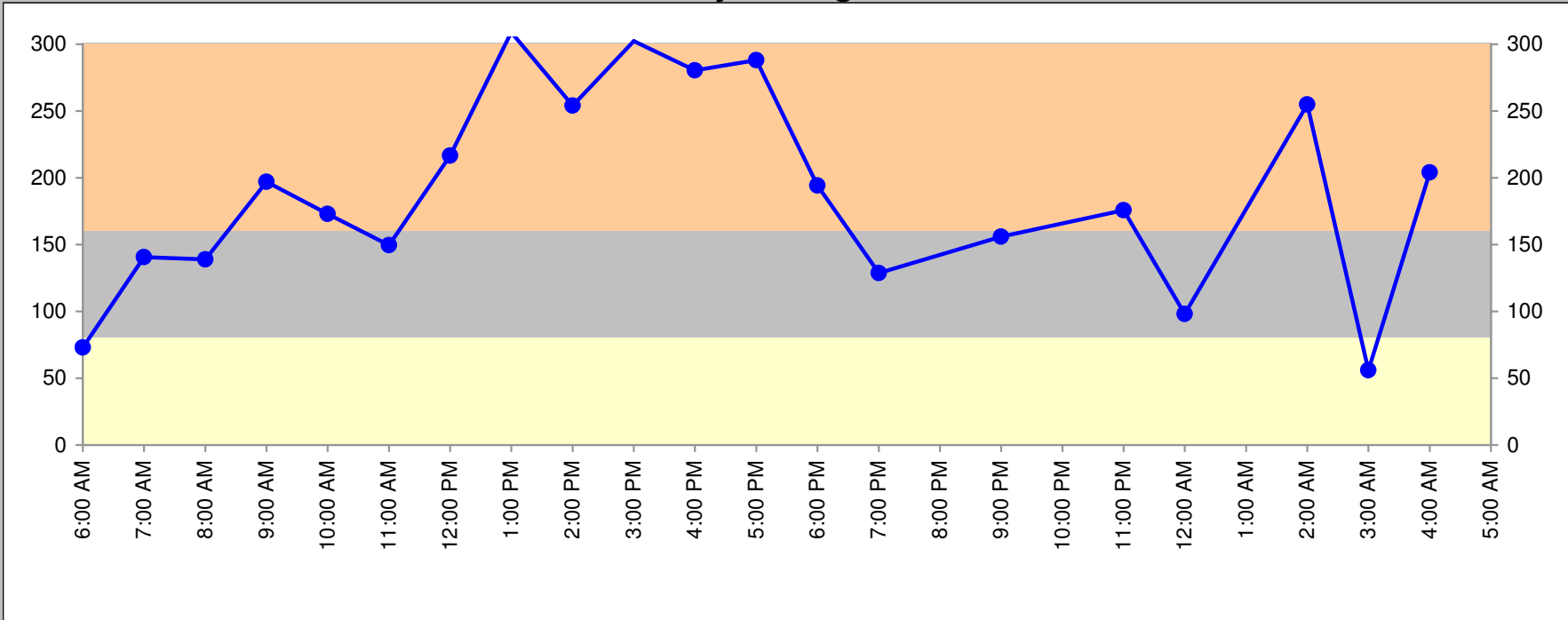


	Average	Max	Min	Range
Saturday	161	317	65	252
Sunday	167	267	47	220

**Average Bloodsugar All Week: 195**

12/11/06 - 12/17/06

**Hourly Average**



	Average	Max	Min	Range
<b>Monday</b>	185	239	130	109
<b>Tuesday</b>	167	203	132	71
<b>Wednesday</b>	208	351	56	295
<b>Thursday</b>	185	323	56	267
<b>Friday</b>	269	408	169	239
<b>Saturday</b>	0	0	0	0
<b>Sunday</b>	0	0	0	0

# Weekday Average Bloodsugar: 206

12/11/06 - 12/15/06

