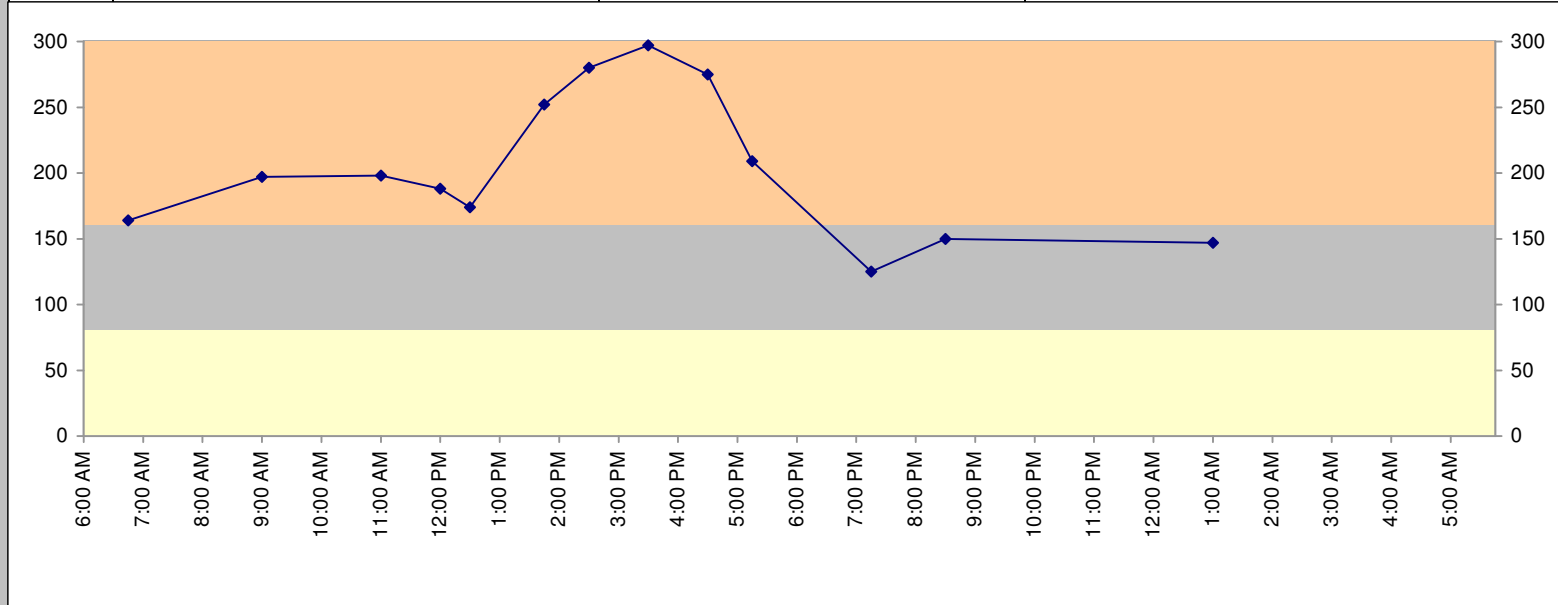


Monday, December 18, 2006

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				197		198	188													147				
0:15												209		125										
0:30							174		280	297	275				150									
0:45	164							252																
Carbs				30			125							110										
Bolus	0.10			6.25			16.10							15.35										
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	13
Average	204
Max	297
Min	125
Range	172
Total Carbs	265
Total Bolus	37.80
Total Basal	28
Total Insulin	65.8

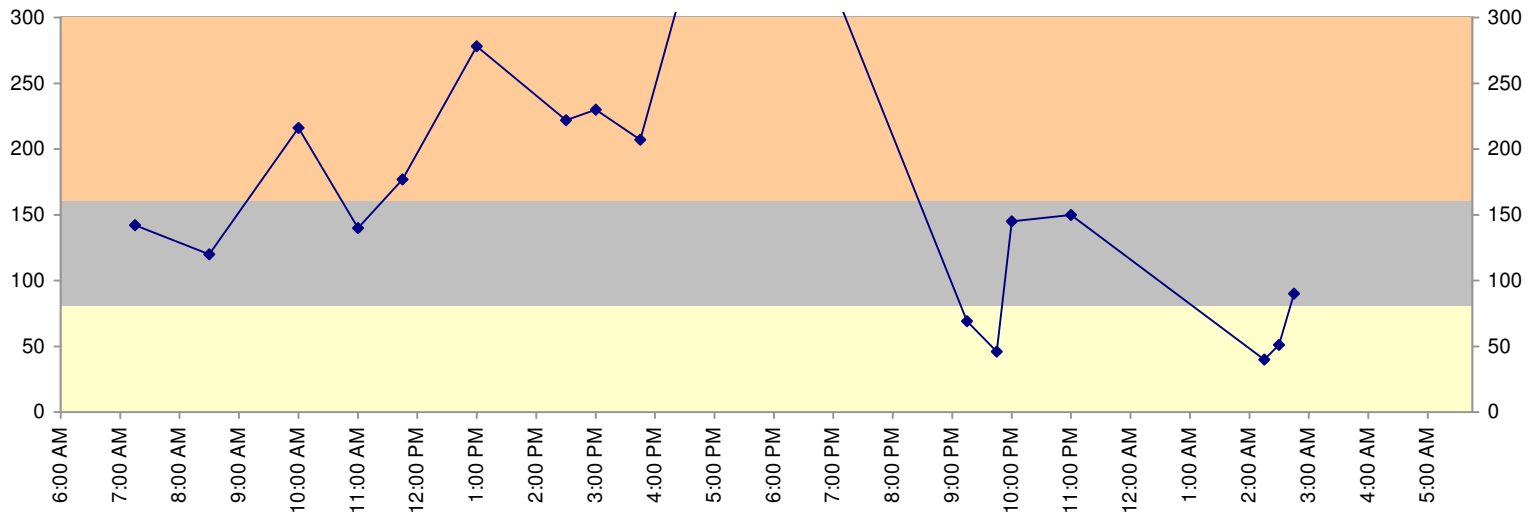
Notes	Morning	Afternoon	Evening
	9:00am - english muffin with butter & peanut butter. 10:30am - I'm fighting a sinus infection or something.	12:15pm - Blimpies, 12" cheese trio with a bag of harvest Sun chips (29g). Tried usign info from Sheiner's book about estimating every one inch has about 8g of carbs for the sandwich. Using that I estimated 96g of carbs for the sandwich. 1:45pm - so sleepy.	7:15pm - A few small squares of the kids pizza, and 4 oz (dry) of pasta noodles with "I can't believe it's not butter", salt and parmesan cheese. 8:00pm - feeling low, didn't test. Had 4 glucose tablets and 2 peppermint candies. 9:00pm - glass of red wine.



Tuesday, December 19, 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					216	140		278		230		400		323			145	150							20		
0:15		142														69					40				Average	189	
0:30			120						222		329	412									51				Max	412	
0:45						177				207						46					90				Min	40	
Carbs			30			45				150															Range	372	
Bolus		1.20	3.65			6.55				20.00						30.00									Total Carbs	225	
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	61.40
Activity																									Total Basal	28	
																									Total Insulin	89.4	

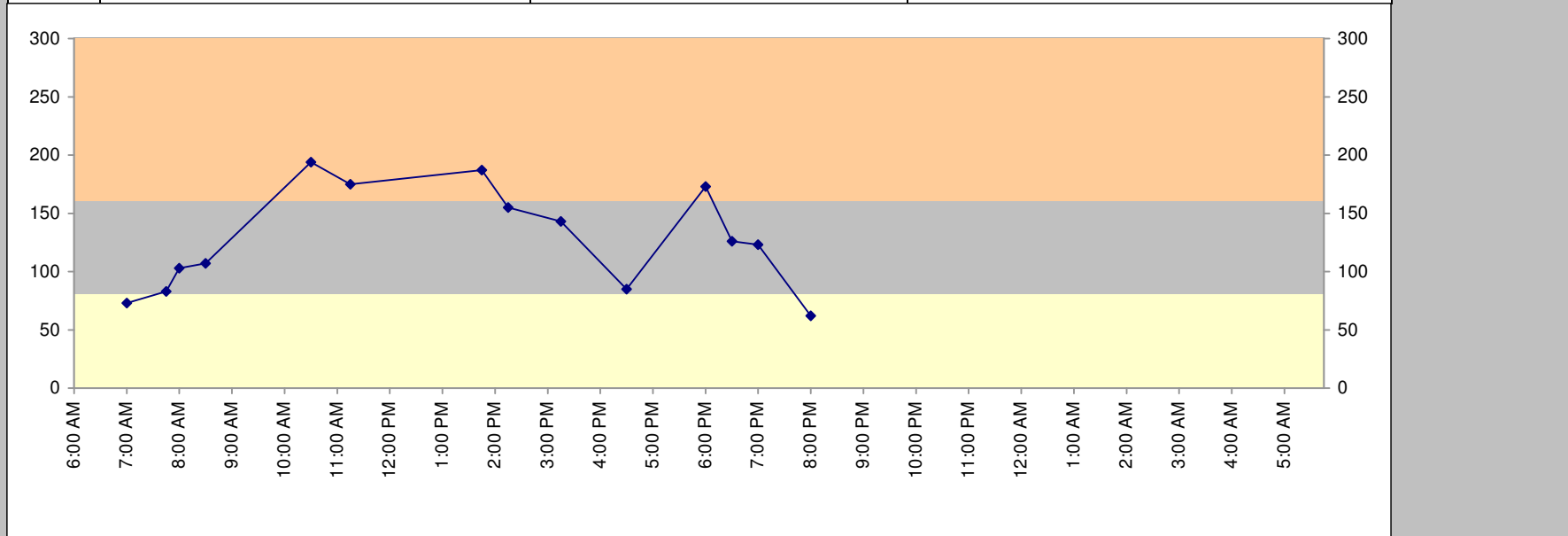
Notes	Morning	Afternoon	Evening
	7:30am - set change, scheduled. 8:45am - english muffin with butter and peanut butter. 11:50am - up to 177 mg/dl, why? I do still feel like I'm fighting something, maybe a sinus infection? Could that be why?	12:00pm - cheese & mayo sandwich from the cafeteria and cottage cheese (I had the cottage cheese from cub last week). 1:00pm - damn, what a jump. Feel weird. 3:45pm - snacking on mix & caramel popcorn. 4:30pm - shit 329 mg/dl.	Went to St. Johns pump group tonight. No dinner, though my BG is through the roof so it doesn't matter. 9:30pm - Got home a bit ago, surprised by low BG of 71 mg/dl, didn't feel any symptoms. Had three of the BD Glucose tabs. 9:45pm - still feeling low, tested at 46 mg/dl, had three more glucose tabs. 10:30pm - had a glass of red wine, probably 6 or 8oz. 11:00pm - I was worried about the sharp rise after the low, but I tested now at 150 mg/dl. I'm going to let it ride. 2:15am - woke up feeling low. Had 30g of glucose tabs.



Wednesday, December 20, 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		73	103										173	123	62										14
0:15						175			155	143															Average
0:30			107		194						85		126												Max
0:45		83						187																	Min
Carbs			30			75					48				108										Range
Bolus			4.00			10.05					5.35				11.20										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

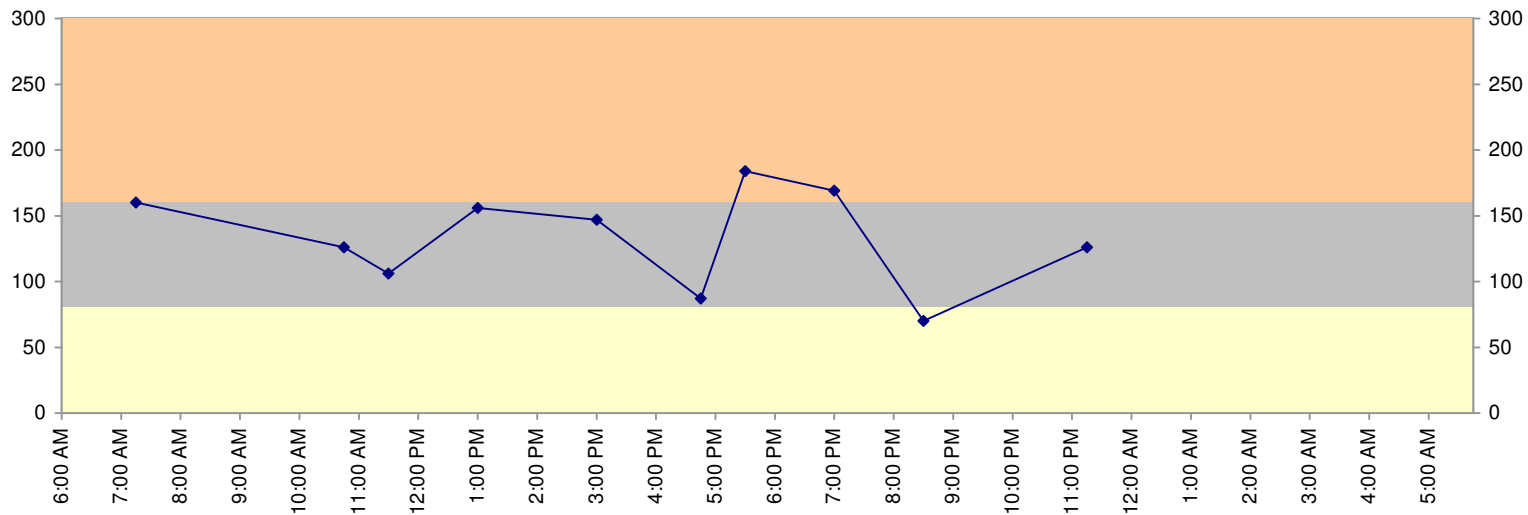
Notes	Morning	Afternoon	Evening
	8:40am - English muffin with butter & peanut butter.	11:20am - cheese & mayo sandwich, cottage cheese and a bag of Ruffles Sour Cream & Cheddar potato chips. I think I over-estimated the carbs. 4:34pm - hungry. Vending bag of pretzels.	8:00pm - Club crackers & hummus, not exactly sure how many club crackers there were (they were in a baggie). I also had a ketchup sandwich and 2 servings of cool ranch doritos. Finished it up with about two servings of dry chocolate lucky charms cereal. 9:15pm - tall glass of red wine.



Thursday, December 21, 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								156		147				169											10
0:15		160																126							Average
0:30						106						184			70										Max
0:45					126						87														Min
Carbs			100	30		100			50	60		40				100	30								Range
Bolus		1.47	13.35	4.00		13.35			6.65	3.05		5.35				13.35	0.00								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																									Total Basal
																									Total Insulin

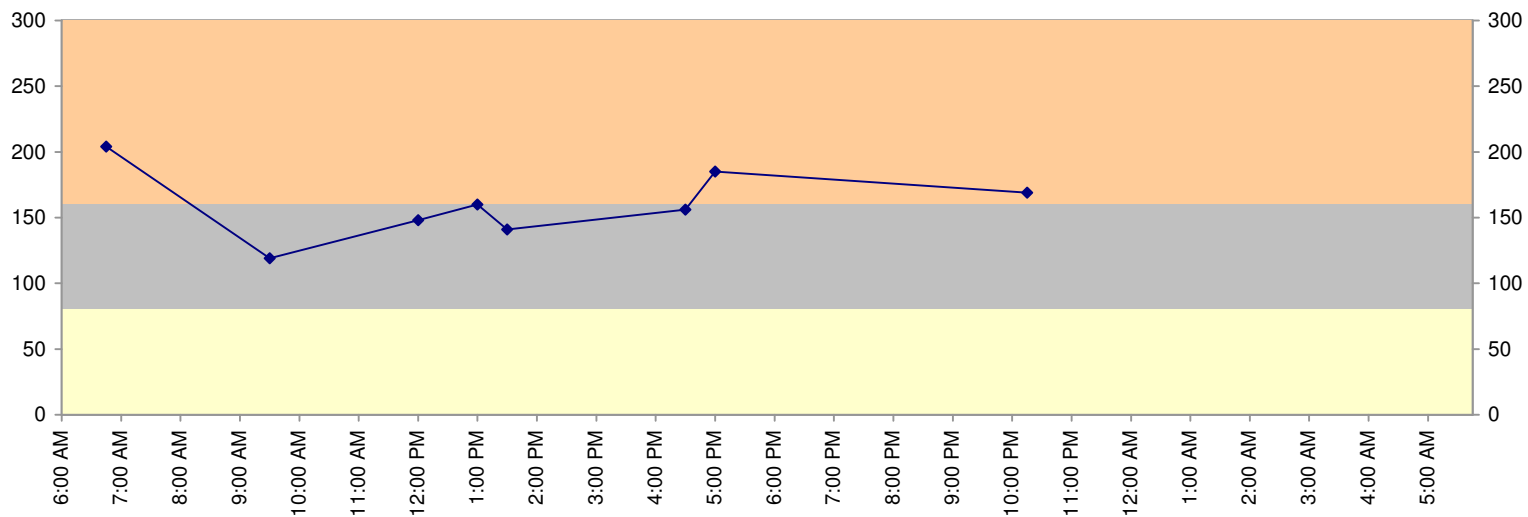
Notes	Morning	Afternoon	Evening
	8:30am - Burger king breakfast. Large hash browns and an order of french toast sticks, bolused for 100g. 9:30am - chocolates at work (carbohydrate info included (4 pieces = 26 grams, I had a bite more than 3, but bolused for 30g).	11:50am - Lunch was brought in to work. I had two naked slices of deep dish pizza, one small M&M cookie, and a really rich chocolate iced brownie. 4:50pm - Been snacking all afternoon. But now I'm feeling low. Tested at 87, but on the way down. Had a small bowl of caramel corn. Guestimated 60g.	6:30pm - handful of M&M's, mixture of peanut M&M's and regular. 8:30pm - at Perkins, feeling low. Food should be here soon. Bolused for the meal AFTER I ate. 11:15pm - Feeling funny, worried about being low before bed, 126 mg/dl with lots of IOB, had 30g of glucose tablets.



Friday, December 22, 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							148	160				185													8		
0:15																	169								Average	160	
0:30				119				141			156														Max	204	
0:45	204																								Min	119	
Carbs			100	60			30	190						200												Range	85
Bolus	2.95		13.35	8.00			4.00	25.35				4.00		26.65												Total Carbs	580
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	84.30
Activity																										Total Basal	28
																										Total Insulin	112.3

Notes	Morning	Afternoon	Evening
	<p>8:15am - McDonalds breakfast. One Cinnamon roll, three hashbrowns, ketchup and Diet Coke (bolused for 100g). 8:55am - At Rainbow waiting for Tab's bank to open. Had a bottle of Chocolate milk (64g, bolused for 60g). 9:30am - worried about the 119 mg/dl level with so much IOB, had some kind of lemon pastry thing, no bolus.</p>	<p>12:10pm - had a handful of M&M's. Mix of peanut and regular. 1:45pm - Lunch at Perkins with Dave. Grilled cheese on sourdough, fries, hashbrowns (bolused for 190g). 3:46pm - really dragging ass at work. Tired, bored, ready to get out of here for long holiday weekend. Had 5 small Mr. Goodbar hershey things.</p>	<p>6:00pm - Set change, scheduled.</p>

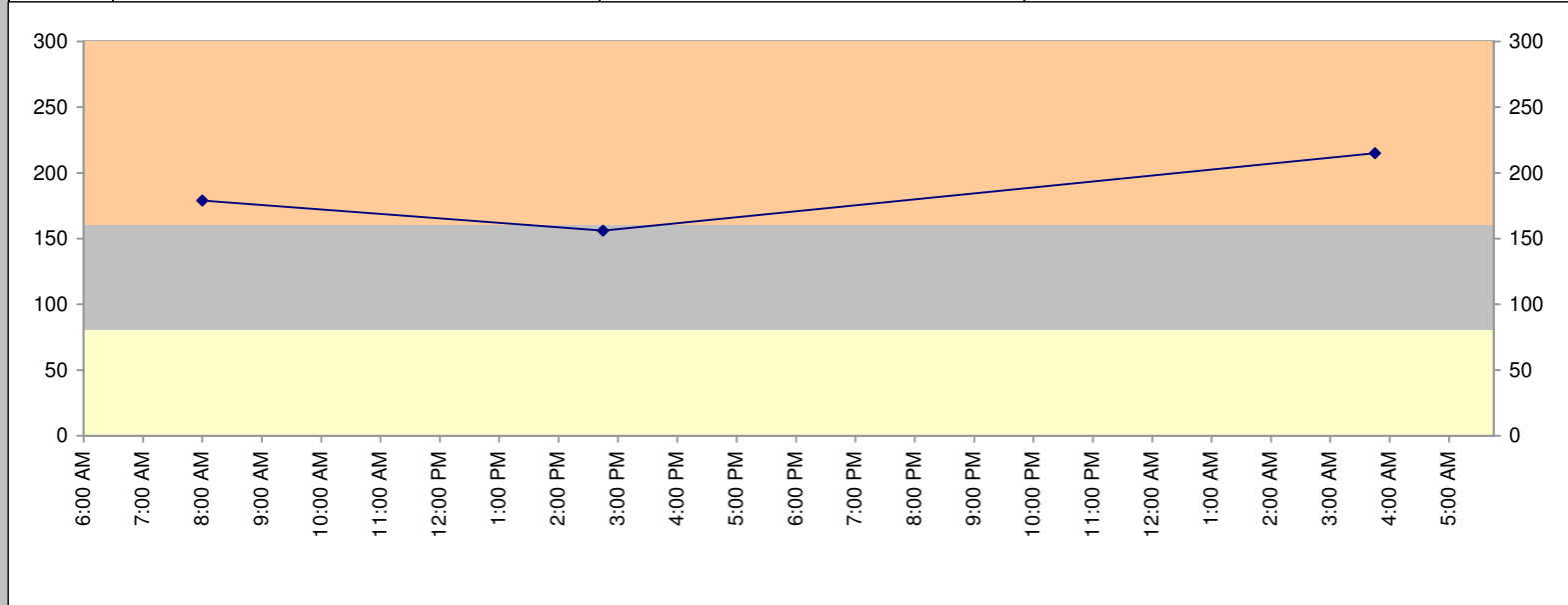


Saturday, December 23, 2006

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			179																					
0:15																								
0:30																								
0:45									156													215		
Carbs									60	50					120									
Bolus			2.25						18.00	6.65		6.00			16.00							3.30		
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	3
Average	183
Max	215
Min	156
Range	59
Total Carbs	230
Total Bolus	52.20
Total Basal	28
Total Insulin	80.2

Notes	Morning	Afternoon	Evening

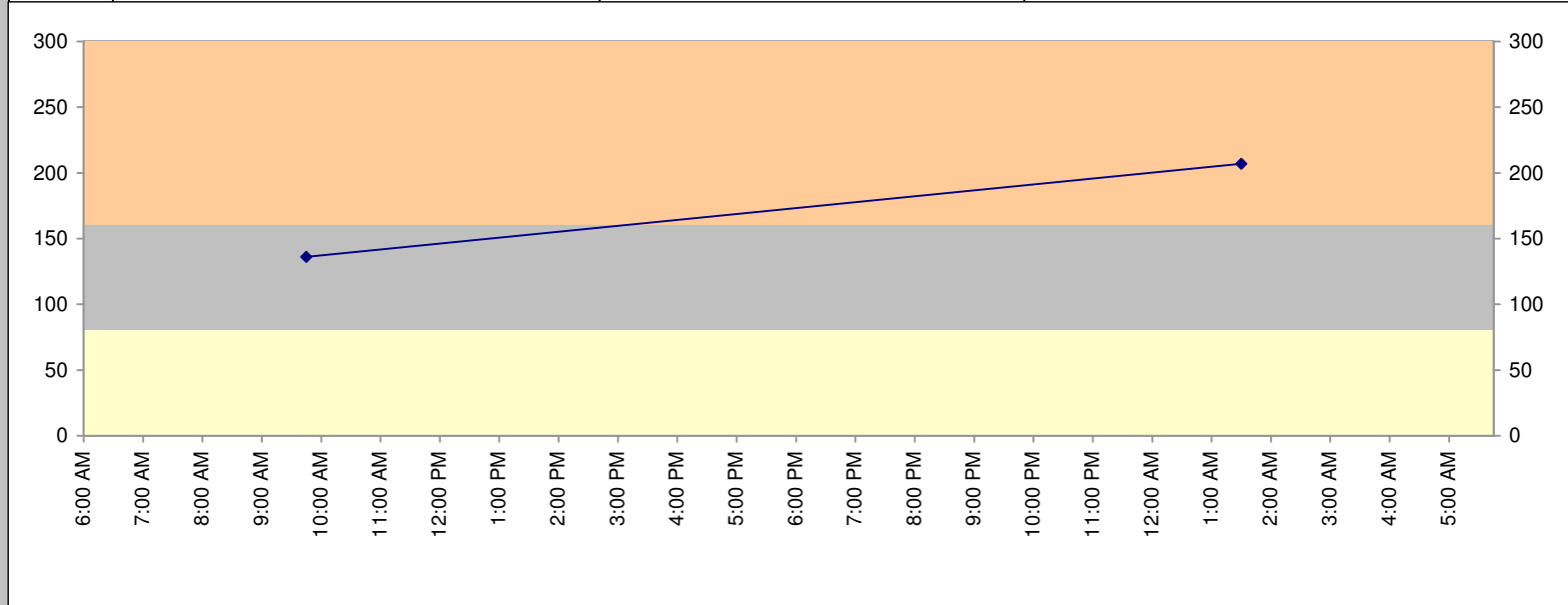


Sunday, December 24, 2006

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																								
0:15																								
0:30																				207				
0:45				136																				
Carbs							80				60		140		80		80							
Bolus				1.00			10.65				8.00		18.65		10.65		10.65							
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	2
Average	172
Max	207
Min	136
Range	71
Total Carbs	440
Total Bolus	59.60
Total Basal	28
Total Insulin	87.6

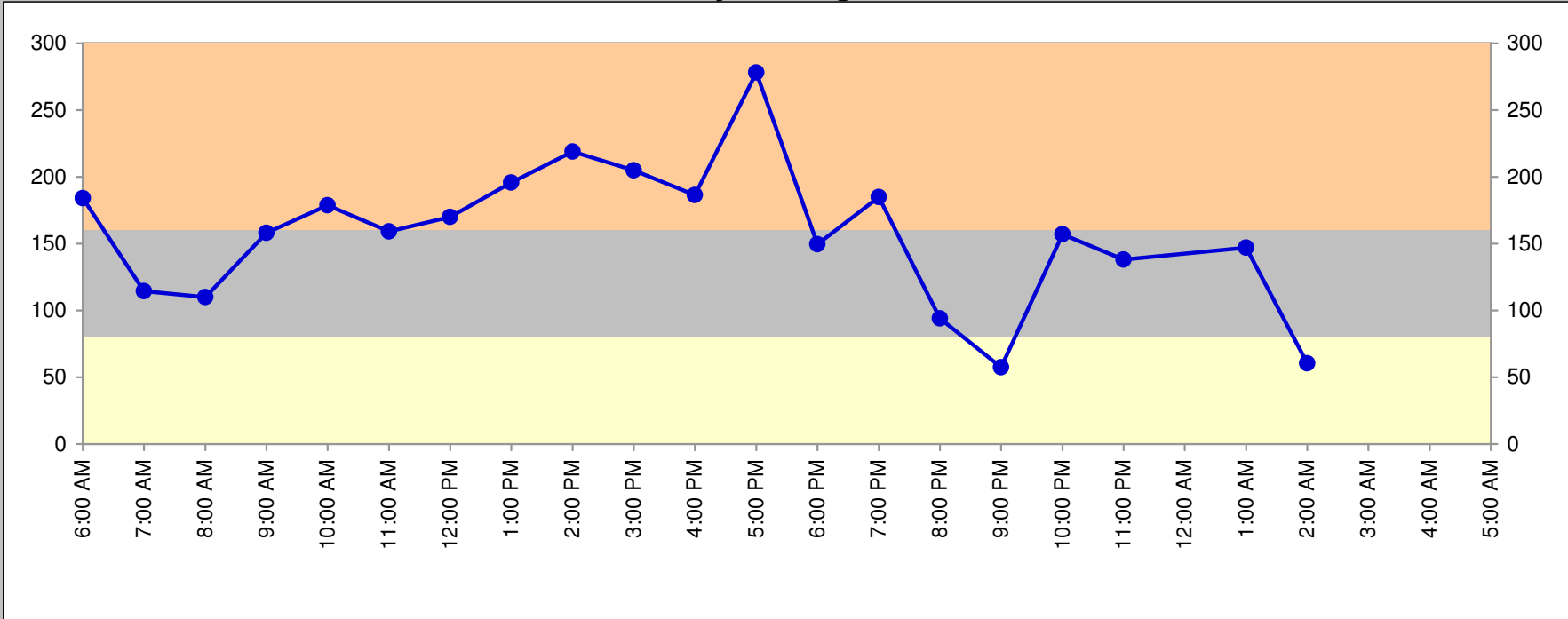
Notes	Morning	Afternoon	Evening



Weekday Average Bloodsugar: 167

12/18/06 - 12/22/06

Hourly Average

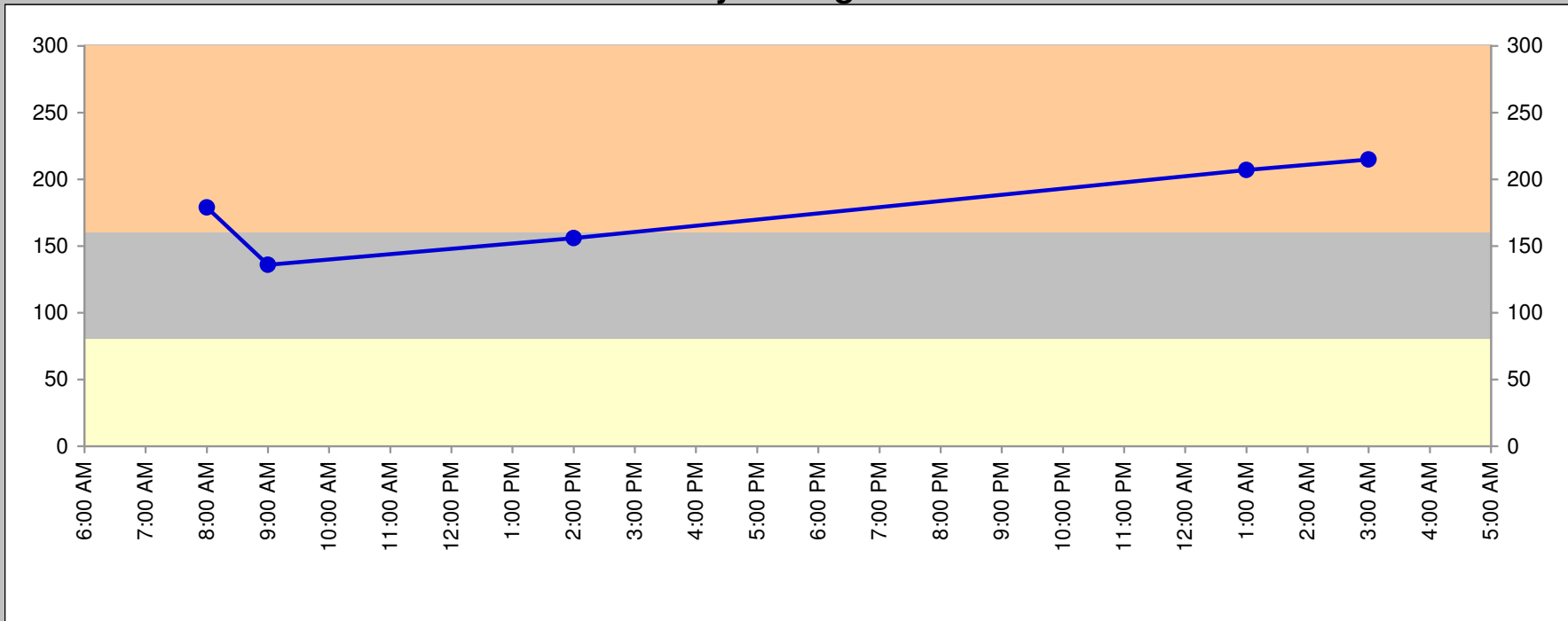


	Average	Max	Min	Range
Monday	204	297	125	172
Tuesday	189	412	40	372
Wednesday	128	194	62	132
Thursday	133	184	70	114
Friday	160	204	119	85

Weekend Average Bloodsugar: 179

12/23/06 - 12/24/06

Hourly Average

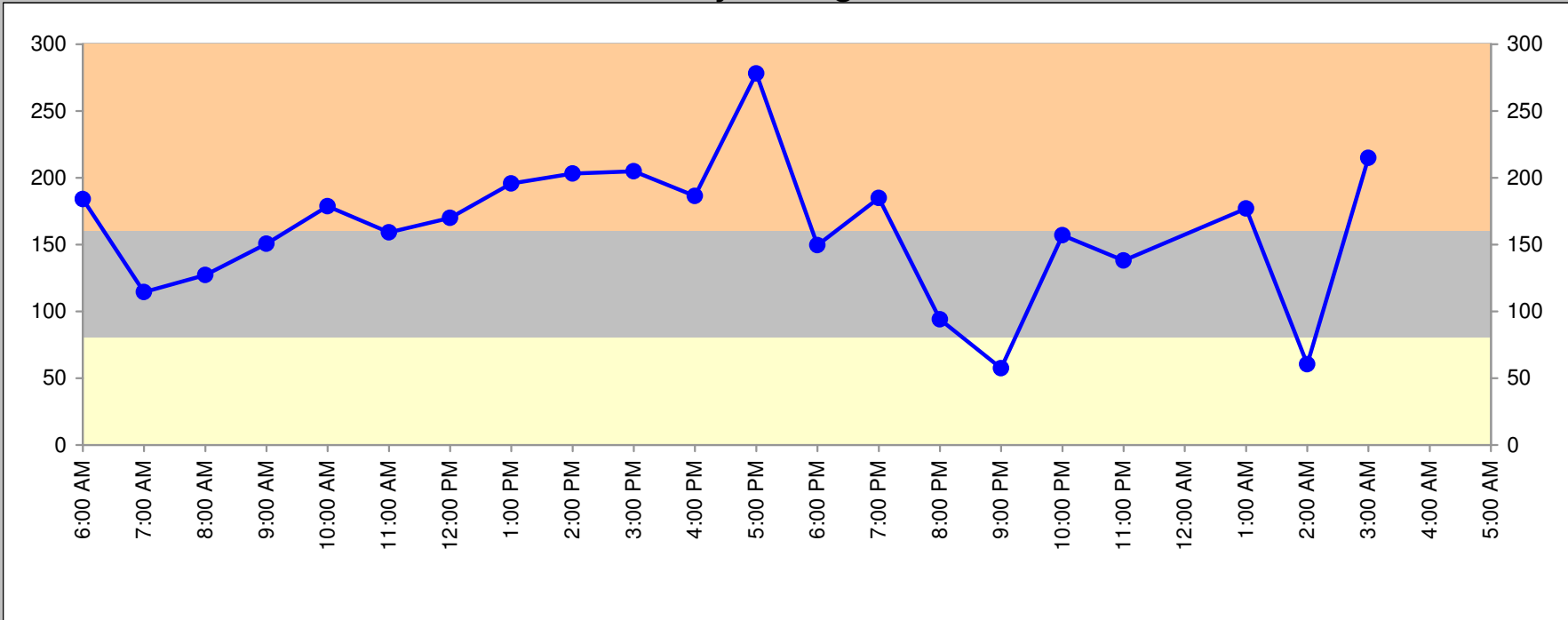


	Average	Max	Min	Range
Saturday	183	215	156	59
Sunday	172	207	136	71

Average Bloodsugar All Week: 168

12/18/06 - 12/24/06

Hourly Average



	Average	Max	Min	Range
Monday	204	297	125	172
Tuesday	189	412	40	372
Wednesday	128	194	62	132
Thursday	133	184	70	114
Friday	160	204	119	85
Saturday	0	0	0	0
Sunday	0	0	0	0

Weekday Average Bloodsugar: 167

12/18/06 - 12/22/06

