

Daily

14 days • Tue Feb 10, 2026 - Mon Feb 23, 2026

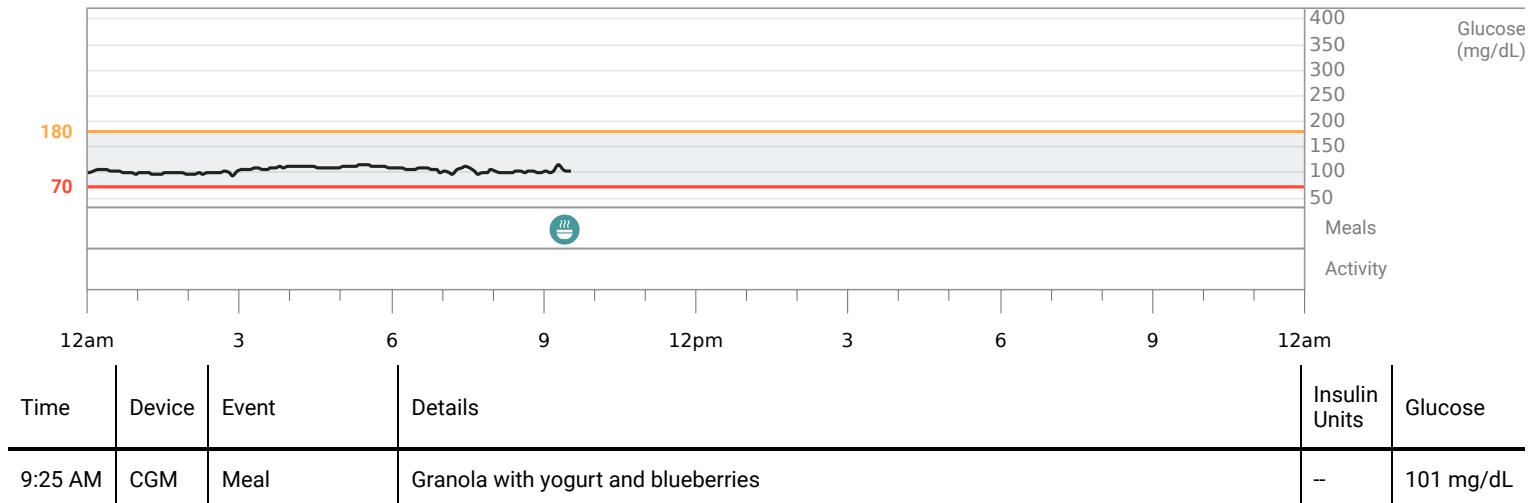
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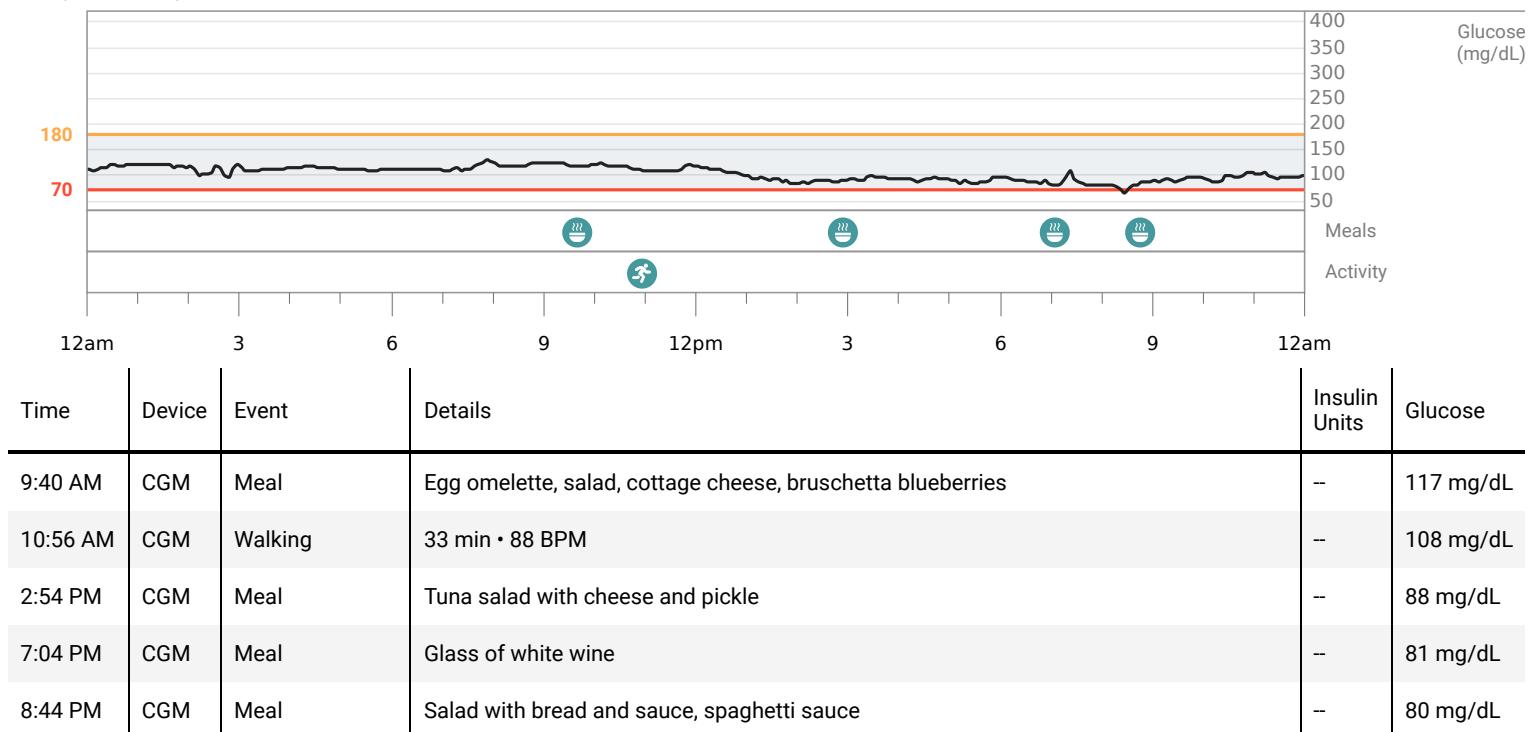
Edward's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Mon, Feb 23, 2026



Sun, Feb 22, 2026



Daily

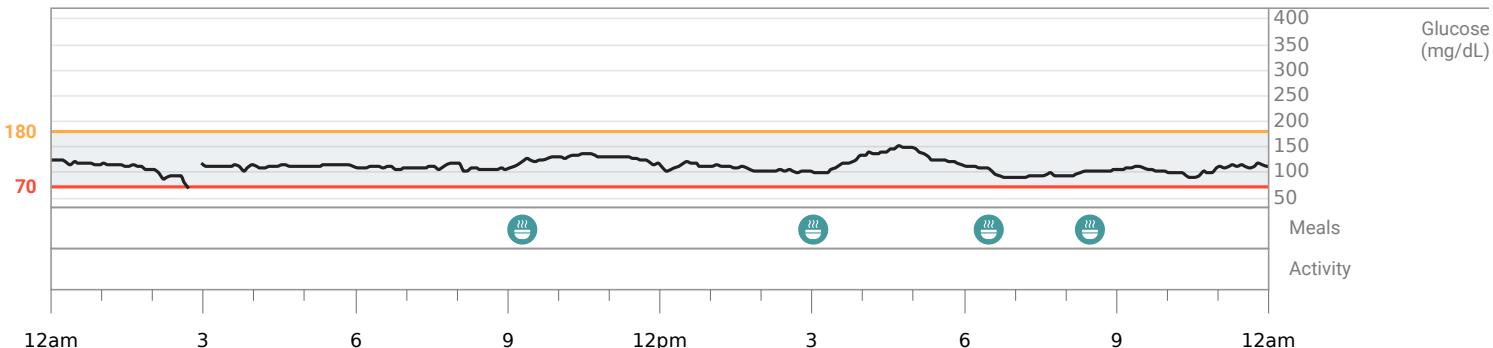
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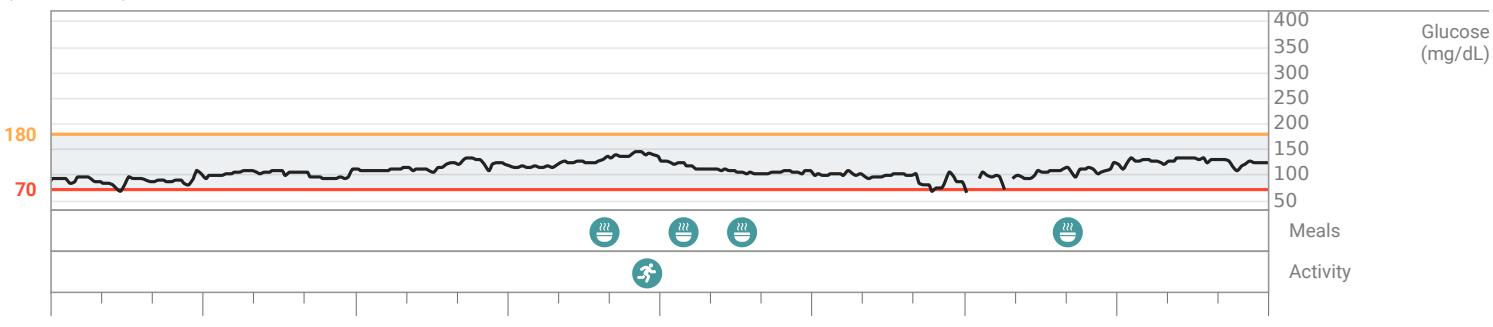
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Sat, Feb 21, 2026



Time	Device	Event	Details	Insulin Units	Glucose
9:16 AM	CGM	Meal	Granola, yogurt, blueberries, banana and coffee.	--	119 mg/dL
3:00 PM	CGM	Meal	Burger with a side salad	--	99 mg/dL
6:29 PM	CGM	Meal	Crackers with cheese	--	106 mg/dL
8:27 PM	CGM	Meal	Soup with avocado, tomato, sour cream, and bread and two steak cubes	--	101 mg/dL

Fri, Feb 20, 2026



Time	Device	Event	Details	Insulin Units	Glucose
10:54 AM	CGM	Meal	Scrambled eggs, cottage cheese, and blueberries, Coffee	--	128 mg/dL
11:44 AM	CGM	Walking	15 min • 99 BPM	--	139 mg/dL
12:27 PM	CGM	Meal	Nuts	--	123 mg/dL
1:37 PM	CGM	Meal	Crackers with cheese, pickles, celery with peanut butter, and a round cheese	--	103 mg/dL
8:03 PM	CGM	Meal	Chicken and vegetable plate with salad	--	113 mg/dL

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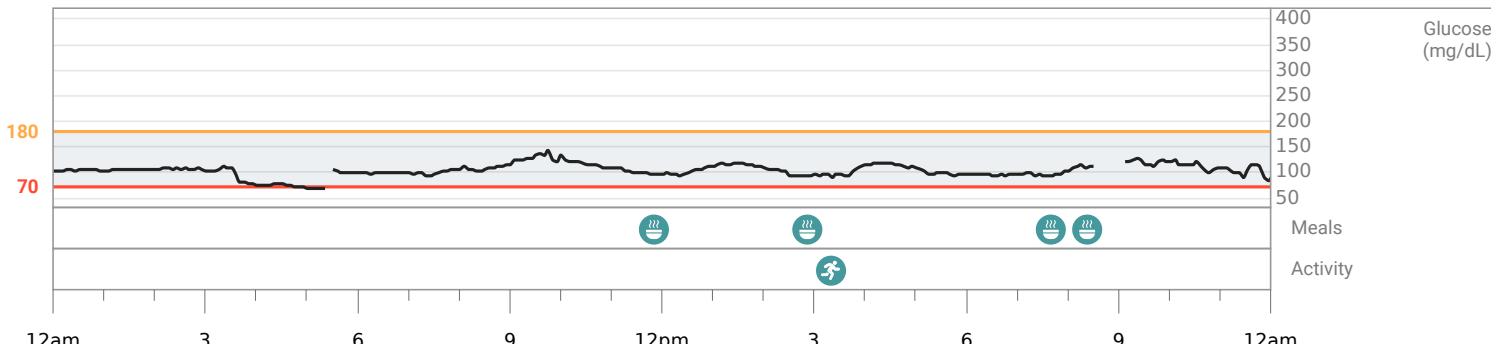
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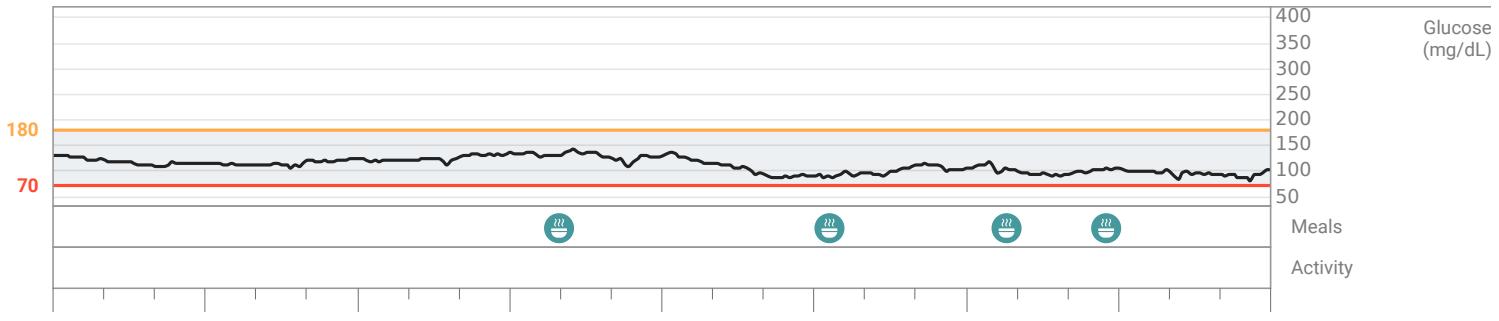
CGM: Bell Alert Run Activity/Exercise Food Meal/Carbs Fasting Glucose Medication

Thu, Feb 19, 2026



Time	Device	Event	Details	Insulin Units	Glucose
11:50 AM	CGM	Meal	Granola with 1/2 a banana, blueberries and yogurt.	--	95 mg/dL
2:52 PM	CGM	Meal	Ham, egg, cottage cheese, salad with mayonnaise	--	92 mg/dL
3:19 PM	CGM	Walking	13 min • 95 BPM	--	90 mg/dL
7:39 PM	CGM	Meal	Grilled zucchini with a side salad and Chicken.	--	92 mg/dL
8:23 PM	CGM	Meal	Carmel Chocolate Square	--	108 mg/dL

Wed, Feb 18, 2026



Time	Device	Event	Details	Insulin Units	Glucose
9:58 AM	CGM	Meal	Hard-boiled egg and ham slice	--	129 mg/dL
3:18 PM	CGM	Meal	Ham Sandwich tomato, lettuce with cheese and pickle	--	88 mg/dL
6:47 PM	CGM	Meal	Stolis martini	--	104 mg/dL
8:45 PM	CGM	Meal	Salad with roasted potatoes and Chicken	--	104 mg/dL

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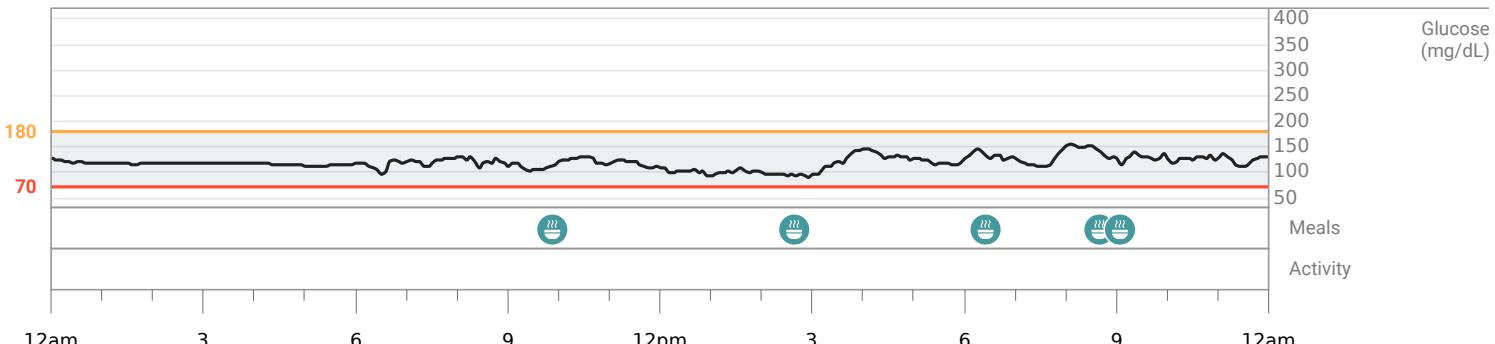
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CGM:  Alert  Activity/Exercise  Meal/Carbs  Fasting Glucose  Medication

Tue, Feb 17, 2026



Time	Device	Event	Details	Insulin Units	Glucose
9:52 AM	CGM	Meal	Omelet with a side salad	--	111 mg/dL
2:39 PM	CGM	Meal	Burger	--	93 mg/dL
6:25 PM	CGM	Meal	Buttered toast	--	133 mg/dL
8:40 PM	CGM	Meal	Chicken taco	--	139 mg/dL
9:03 PM	CGM	Meal	70% coca	--	127 mg/dL

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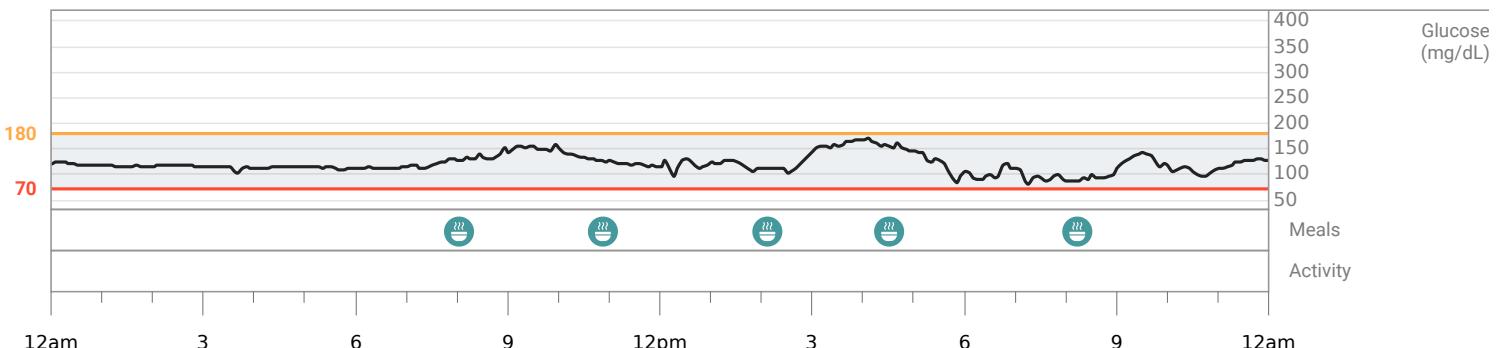
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Mon, Feb 16, 2026



Time	Device	Event	Details	Insulin Units	Glucose
8:02 AM	CGM	Meal	Yogurt with fruits and granola, plus Coffee	--	126 mg/dL
10:52 AM	CGM	Meal	Mixed nuts	--	126 mg/dL
2:06 PM	CGM	Meal	Pita sandwich with white sauce and tomatoes	--	111 mg/dL
4:30 PM	CGM	Meal	Handful of nuts	--	155 mg/dL
8:14 PM	CGM	Meal	Chicken and vegetable taco with refried beans	--	87 mg/dL

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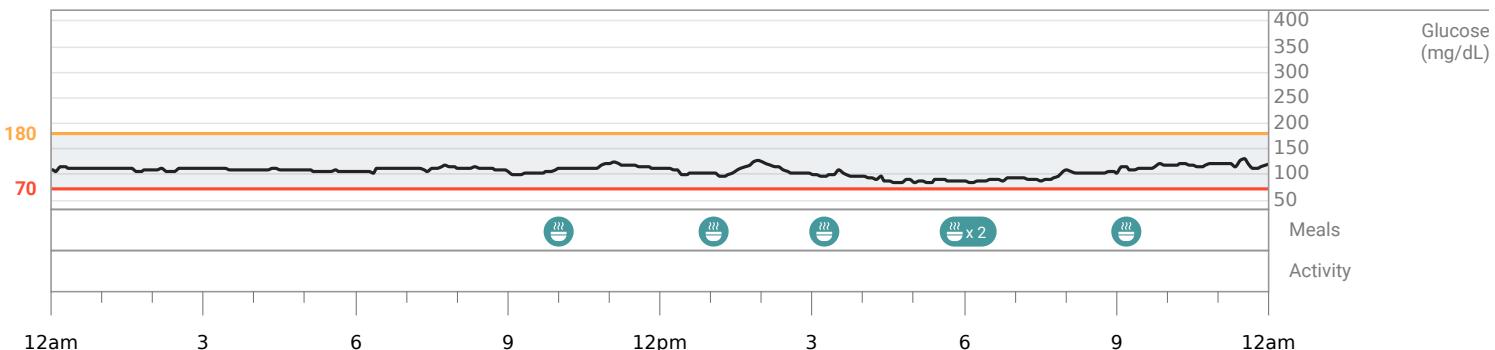
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CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Sun, Feb 15, 2026



Time	Device	Event	Details	Insulin Units	Glucose
10:00 AM	CGM	Meal	Omelette, salad, burrata cheese and tomatoes.	--	109 mg/dL
1:03 PM	CGM	Meal	Banana	--	102 mg/dL
3:14 PM	CGM	Meal	Meal with salad, egg salad, bread, cheese, and red pepper	--	94 mg/dL
6:00 PM	CGM	Meal	Handful of nuts	--	86 mg/dL
6:07 PM	CGM	Meal	Cheese and crackers	--	83 mg/dL
9:12 PM	CGM	Meal	Meal with eggs, potatoes, ham, cheese, pickles, bread, spinach, and bell pepper	--	114 mg/dL

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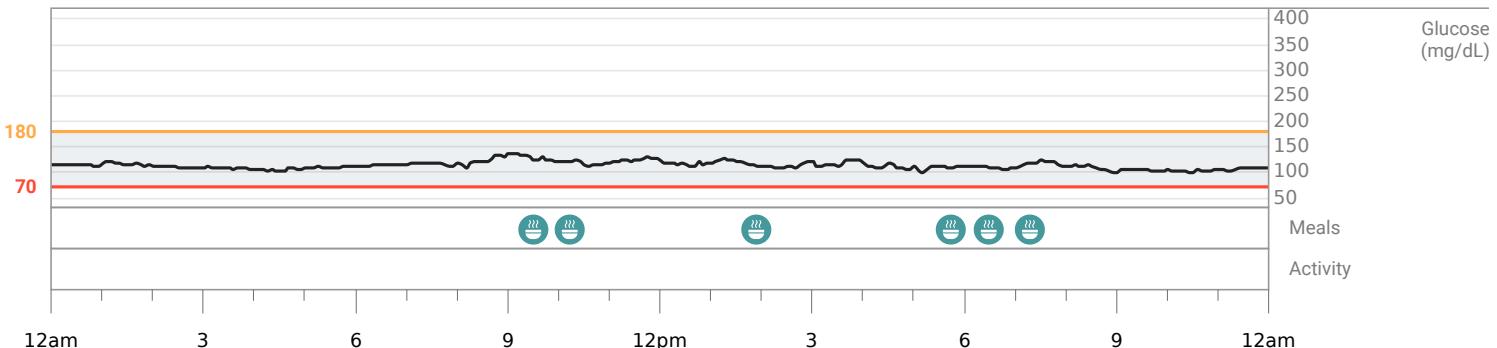
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CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Sat, Feb 14, 2026



Time	Device	Event	Details	Insulin Units	Glucose
9:30 AM	CGM	Meal	2 cups of coffee	--	124 mg/dL
10:13 AM	CGM	Meal	Granola with blueberries	--	119 mg/dL
1:54 PM	CGM	Meal	Pizza slice with cheese	--	110 mg/dL
5:44 PM	CGM	Meal	Appetizer platter with cheese, bread, olives, vegetables, and dip	--	107 mg/dL
6:28 PM	CGM	Meal	Steak with roasted potatoes and a side salad, glass of wine.	--	109 mg/dL
7:18 PM	CGM	Meal	Class of wine.	--	118 mg/dL

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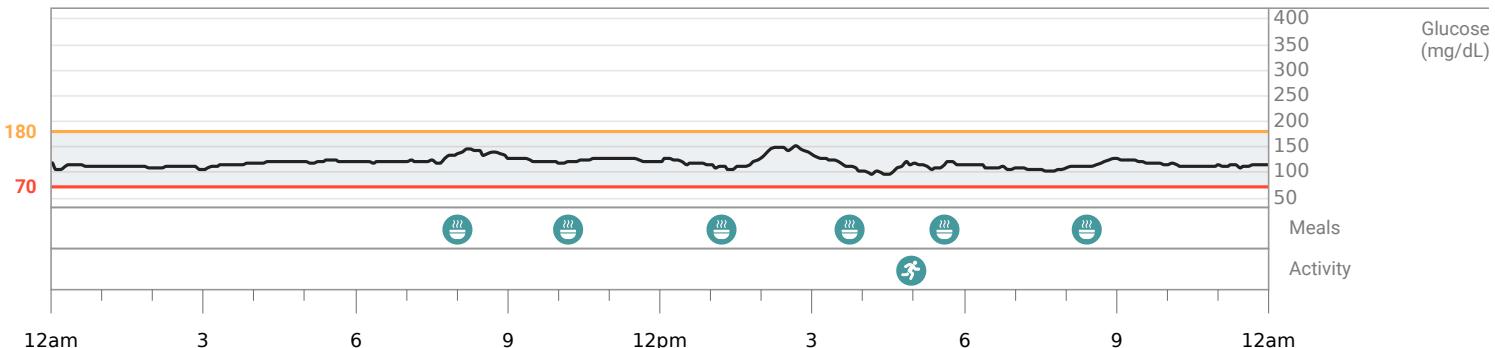
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Fri, Feb 13, 2026



Time	Device	Event	Details	Insulin Units	Glucose
8:00 AM	CGM	Meal	2 cups of coffee	--	134 mg/dL
10:12 AM	CGM	Meal	Omelet with bruschetta and lettuce salad with a blackberry	--	120 mg/dL
1:12 PM	CGM	Meal	Pizza slice, a few walnuts	--	109 mg/dL
3:44 PM	CGM	Meal	Roast beef sandwich on sesame seed bun	--	110 mg/dL
4:56 PM	CGM	Walking	30 min • 99 BPM	--	115 mg/dL
5:36 PM	CGM	Meal	Crackers with cheese and a Vodka martini with ice and two olives.	--	114 mg/dL
8:24 PM	CGM	Meal	Pork with apples and vegetable plate with potatoes, asparagus, lettuce, and mozzarella	--	109 mg/dL

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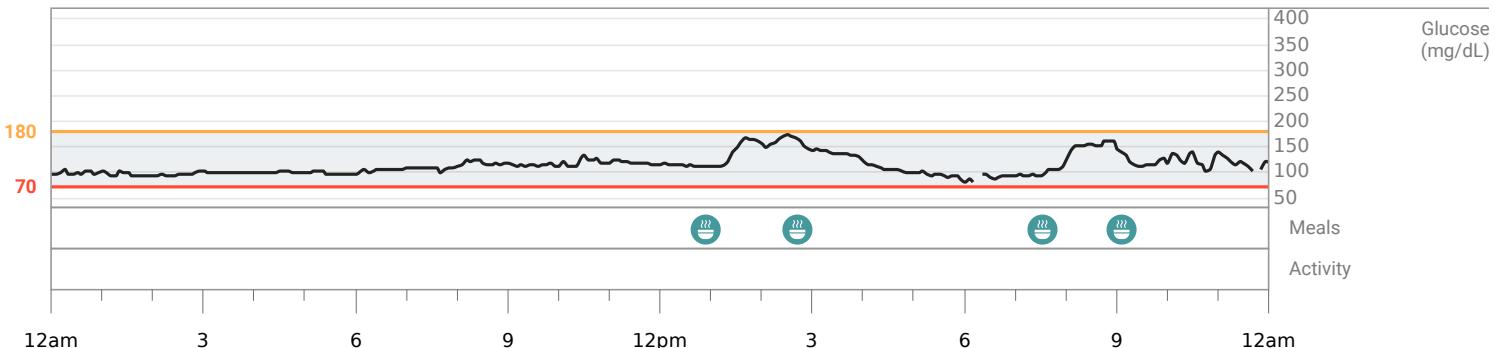
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Thu, Feb 12, 2026



Time	Device	Event	Details	Insulin Units	Glucose
12:54 PM	CGM	Meal	Omelet, potatoes, bacon, avocado, and English muffin with jam	--	110 mg/dL
2:43 PM	CGM	Meal	Nuts mix	--	159 mg/dL
7:32 PM	CGM	Meal	1 slice Pizza, salad, 1/4 Limone brownie.	--	91 mg/dL
9:07 PM	CGM	Meal	Handful of nuts.	--	139 mg/dL

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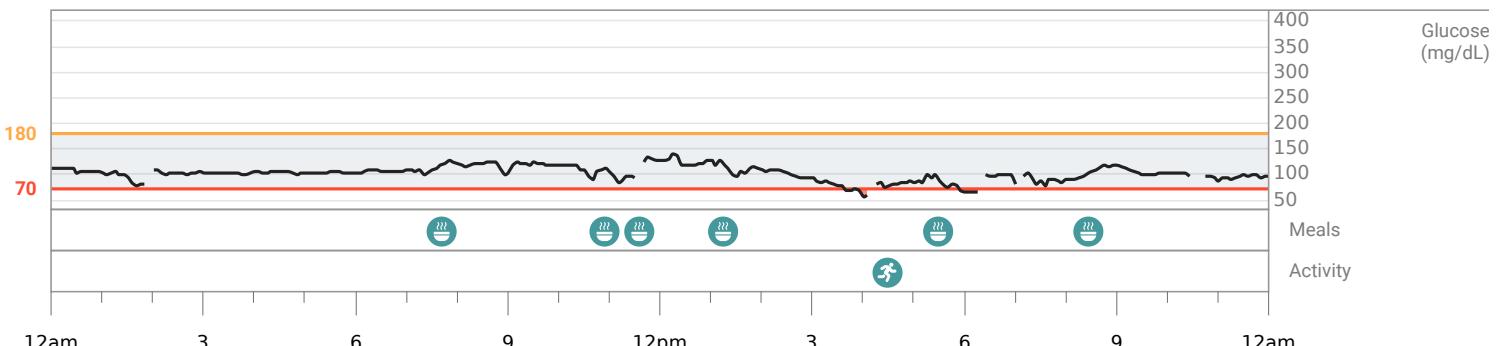
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CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Wed, Feb 11, 2026



Time	Device	Event	Details	Insulin Units	Glucose
7:41 AM	CGM	Meal	2 cups of coffee	--	116 mg/dL
10:53 AM	CGM	Meal	Granola with yogurt and blueberries	--	112 mg/dL
11:35 AM	CGM	Meal	Handful of nuts	--	91 mg/dL
1:14 PM	CGM	Meal	A plate of ham, mozzarella, and tomatoes with olive oil	--	117 mg/dL
4:29 PM	CGM	Walking	34 min • 92 BPM	--	77 mg/dL
5:30 PM	CGM	Meal	1 Piece of toast with laughing cow cheese.	--	86 mg/dL
8:26 PM	CGM	Meal	Omelet with a side salad	--	101 mg/dL

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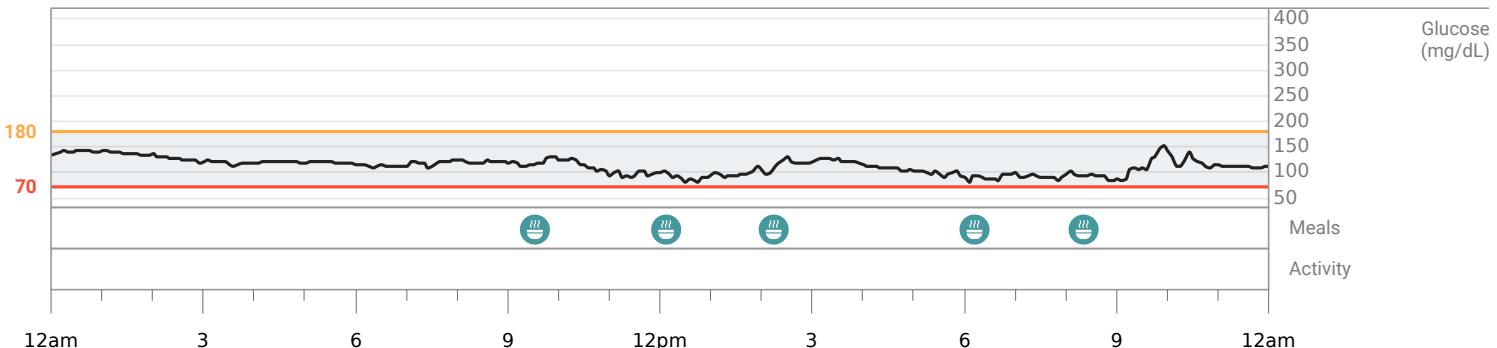
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CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

Tue, Feb 10, 2026



Time	Device	Event	Details	Insulin Units	Glucose
9:32 AM	CGM	Meal	Boiled eggs, ham, blueberries, and arugula	--	115 mg/dL
12:08 PM	CGM	Meal	1/4 cup nuts	--	100 mg/dL
2:15 PM	CGM	Meal	Ham with Cottage cheese, blueberries, and celery	--	110 mg/dL
6:13 PM	CGM	Meal	Glass of wine, 6 crackers, 1 cheddar cheese	--	91 mg/dL
8:21 PM	CGM	Meal	Pork with roasted potatoes, broccoli, and brownie	--	92 mg/dL