

Extra information for the period 2016-03-28 to 2016-04-24.

Runkeeper

Regular runs, often at lunchtime Tue/Thu and on the weekends.

Date	Day	Time	Distance (km)	Duration	Pace (mm:ss/km)
2016-03-29	Tue	13:34	6.0	38:18	6:25
2016-03-31	Thu	13:41	5.9	35:44	6:03
2016-04-05	Tue	14:02	5.5	40:51	7:26
2016-04-09	Sat	12:07	10.2	66:57	6:32
2016-04-14	Thu	13:31	10.2	65:24	6:23
2016-04-17	Sun	17:07	10.7	68:49	6:26
2016-04-19	Tue	13:38	10.0	57:53	5:47

Notes

Some notes that I take from time to time.

Date	Day	Time	Text
2016-03-28	Mon	22:46	Cannula site had a large leak when changing.
2016-04-01	Fri	07:40	A small pizza for dinner - was that the cause of the weird glucose readings? I was semi-expecting to go low given yesterday's running.
2016-04-02	Sat	11:16	This morning's low, and yesterday's, were surprising. Properly measured carbs, recently known-good ratios.
2016-04-03	Sun	16:04	I slept - thence the rise ...
2016-04-09	Sat	17:14	Broken cannula!
2016-04-13	Wed	07:24	That 80% wasn't enough :-(
2016-04-16	Sat	10:23	The steady rise from 8am shows what a late lie-in goes. I need much more insulin while I'm asleep.
2016-04-16	Sat	23:28	WTF?
2016-04-18	Mon	10:41	Bad news about Kai: his surgery is major and he'll be in for 5 days. Not the overnight that we'd expected.
2016-04-22	Fri	07:45	Not enough sleep. Too much work. Stress building.
2016-04-23	Sat	16:50	Slight carb underestimate - but not 19!

BasalRates

The per-hour basal rates for my normal profile.

Hour Rate (IU/hr)

00	1.00
01	1.10
02	1.15
03	1.20
04	1.15
05	1.05
06	1.05
07	1.05
08	1.00
09	0.95
10	0.95
11	0.80
12	0.75
13	0.65
14	0.65
15	0.60
16	0.60
17	0.60
18	0.60
19	0.60
20	0.70
21	0.70
22	0.80
23	0.90