Participant 3 - $\mu = 141.9 \ \sigma/\mu = 29\% \ T1D$ duration:6yr data:302days **TRAINING** COMPETITION 100% Time in glycemic ranges (%) 80% >250 mg/dL 60% >180-250 mg/dL 91 70-180 mg/dL 90 89 83 <70-54 mg/dL 80 40% 77 70 69 <54 mg/dL 20% 0%

wake

exercise

recovery

sleep

wake

exercise

recovery

sleep