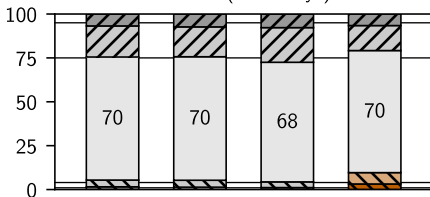
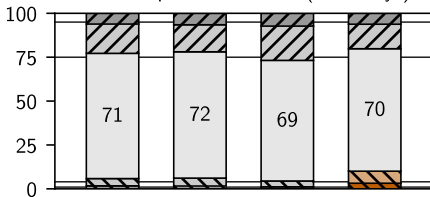


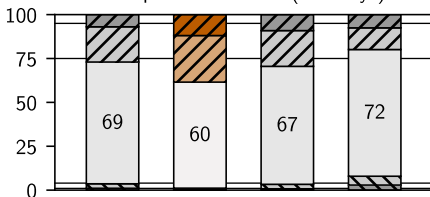
Overall (2115 days)



Non-competitive exercise (1536 days)



Competitive exercise (256 days)



wake

exercise

recovery

sleep



&lt;54



54-70



70-180



&gt;180-250



&gt;250 mg/dL