Participant 1 - $\mu = 128.5$ $\sigma/\mu = 24\%$ T1D duration:1yr data:277days **TRAINING** COMPETITION 100% Time in glycemic ranges (%) 80% >250 mg/dL 60% >180-250 mg/dL 98 70-180 mg/dL 95 95 94 92 85 84 <70-54 mg/dL 40% 78 <54 mg/dL 20% 0%

wake

exercise

recovery

sleep

wake

exercise

recovery

sleep