Participant 5 - $\mu = 137.5$ $\sigma/\mu = 40\%$ T1D duration:15yr data:94days **TRAINING** COMPETITION 100% Time in glycemic ranges (%) 80% >250 mg/dL 60% >180-250 mg/dL 72 70-180 mg/dL 74 65 71 71 54-<70 mg/dL 40% 69 64 <54 mg/dL 59 20%

wake

exercise

recovery

sleep

0%

wake

exercise

recovery

sleep