Participant 6 - $\mu = 149.0$ $\sigma/\mu = 40\%$ T1D duration:7yr data:144days

TRAINING — COMPETITION

Time in glycemic ranges (%)

Legend:
- >250 mg/dL
- >180-250 mg/dL
- 70-180 mg/dL
- <70-54 mg/dL
- <54 mg/dL

TRAINING values: wake 68, exercise 61, recovery 68, sleep 67

COMPETITION values: wake 58, exercise 38, recovery 51, sleep 74