Participant 7 - $\mu = 140.8 \ \sigma/\mu = 50\% \ T1D duration:14yr data:178days$ **TRAINING COMPETITION** >250 mg/dL >180-250 mg/dL 63 67 70-180 mg/dL 76 69 54-<70 mg/dL 63 68 <54 mg/dL 59 55

wake

exercise

recovery

sleep

100%

80%

60%

40%

20%

0%

wake

exercise

recovery

sleep

Time in glycemic ranges (%)