Participant 6 - $\mu = 149.0$ $\sigma/\mu = 40\%$ T1D duration:7yr data:144days **TRAINING** COMPETITION 100% Time in glycemic ranges (%) 80% >250 mg/dL 60% >180-250 mg/dL 74 70-180 mg/dL 67 54-<70 mg/dL 40% 68 68 <54 mg/dL 61 58 51 20% 38 0%

wake

exercise

recovery

sleep

wake

exercise

recovery

sleep