Oct 11, 2021 - Oct 17, 2021 (7 days)

1)()K:	
DOD.	

Diabetes: Type 1

SAT 10/16	No	12A 1 2 3 4									→ MOF	RNING-			AFTI	AFTERNOON-					- EVEI	NING-		NIGH	IT		-	
SAT 10/16	Carbs: Carbs: Custom: Custom							5	6A	7	8	9 1	10	11 1	2P	1	2	3 4		5 6	SP '	7	8	9 1	0	11	DAILY TO	TALS
10/17	AT	SHIN									77					88		75			118		72				BG (5):	86 n
SAT 101	AT 101	10/17														62			6	18	59		27				Carbs:	17
Carbs: Custom: Custo	And the second of the second o										28.0					5.0					5.0						Custom:	
Carbs: Custom: Custo	A	SAT				101							82		80			74			88			133			BG (6):	93
FRI 10/15	FRI 20	10/16											4		64		12	27			62						Carbs:	1
THU	18												28.0		5.0						5.0						Custom:	
10/15	MI	FRI					74				84				72				66		59		78				BG (6):	72
THU 10/14	HU //14	10/15					20								58				18		61			15		18	Carbs:	1
10/14 16	1/14										28.0				5.0						5.0						Custom:	
10/14	16	THU									72				77		102					101				67	BG (5):	84
WED	FED	10/14									16				16	6	59					8	58			16	Carbs:	1
16	16										28.0						5.0						6.0				Custom:	
TUE 87 100 100 99 82 72 87 86 (7): 90 100 1	16	WED				108				81					72					64			74		67		BG (7):	77
TUE 10/12 87 18 28.0 85 132 86 5.0 85 18 20 87 18 20 88 132 86 55 97 89 89 97 89 89 97 89 89 97 89 89 97 89 89 97 89 89 89 97 89 89 89 97 89 89 89 89 89 89 89 89 89 89 89 89 89	No		1.	20																			11			25	Carbs:	2
10/12	18									28.0					5.0						5.0							
MON 85 132 86 55 97 89 97 86 85 17 14 Carbs:	Solution	TUE												100			99									87		90
MON 20	Solution	10/12																	6					20				1
18	18									28.0																		
28.0	Solution	MON											132							97			89					91
AVG. MORNING (8AM - 12PM) AVG. AFTERNOON (12PM - 6PM) BG (16): 81 mg/dL Carbs: 92 g Custom: 5.7 U 20.0 U Custom: 5.7 U Custom: 5.8 U Custom: 28 U Custom: 38.1 U Custom: 38.1 U Custom: 38.1 U Custom: 5.7 U Custom: 5.8 U Custom: 38.1 U Custom: 5.8 U Custom: 38.1 U Custom: 5.8 U Custom: 5.8 U Custom: 5.8 U Custom: 38.1 U Custom: 5.8 U Custom: 5.8 U Custom: 38.1 U Custom: 5.7 U Custom: 38.1 U Custom: 5.7 U Custom: 5.7 U Custom: 5.8 U Custom: 5.7 U Custom: 5.8 U Custom: 5.8 U Custom: 5.7 U Custom: 5.7 U Custom: 5.8 U Custom: 5.7 U Custom: 5.8 U Custom: 5.7 U Custom: 5.7 U Custom: 5.7 U Custom: 5.8 U Custom: 5.8 U Custom: 5.7 U Custom: 5.7 U Custom: 5.8 U Custom: 5.7 U Custom: 5.8 U Custom: 5.7 U Custom: 5	G. MORNING (8AM - 12PM) mg/dL Carbs: 14 g 28 U Custom: 5.7 U TDD: 5.7 U Glucose Gustom: 28 U Gustom: 28 U Gustom: 28 U Gustom: 38.1 U TDD: 38.0 U TDD: 38.1 U TD	10/11			20											7	31								17	14		2
BG (16): 81 mg/dL Carbs: 92 g Custom: 5.7 U TDD: 5.7 U Glucose Other Glucose Other Sefore Meal Carb Sefore Meal Multiple Values (most outroms shour)	mg/dL Carbs: 14 g BG (16): 81 mg/dL Carbs: 92 g BG (8): 85 mg/dL Carbs: 67 g BG (13): 87 mg/dL Carbs: 41 g BG (44): 85 mg/dL Carbs: 187 g 28 U Custom: 5.7 U Custom: 5.2 U Custom: 28 U Custom: 38.1 U 20.0 U TDD: 5.7 U TDD: 4.4 U TDD: 8.0 U TDD: 38.1 U Glucose Other Insulin Solution: 28 U Solution: 38.1 U Bolus Bolus Bolus Basal Insulin Premixed										28.0				5.0						5.0						Custom:	
Custom: 5.7 U TDD: 5.7 U TDD: 4.4 U Custom: 28 U TDD: 8.0 U Custom: 38.1 U TDD: 38.1 U Custom: 38.1 U TDD: 38.1 U Custom: 5.2 U TDD: 8.0 U Custom: 38.1 U TDD: 38.1 U Custom: 4.4 U TDD: 8.0 U TDD: 38.1 U Custom: 4.4 U TDD: 4.4 U TDD: 8.0 U TDD: 38.1 U Custom: 4.4 U TDD: 4.4 U	28 U 20.0 U Custom: 5.7 U TDD: 5.7 U Custom: 5.2 U TDD: 4.4 U Custom: 28 U TDD: 8.0 U TDD: 38.1 U	AVG. MORI	NING	(8AN	1 - 12PI	M)		AVG.	AFTE	ERNOON	(12PM -	6PM)		A'	VG. EVI	ENING	(6PM -	9PM)			AVG.	NIGHT	(9PM -	(MA8			7 DAY AVERAGE	(OCT 11 - 17)
20.0 U TDD: 5.7 U TDD: 4.4 U TDD: 8.0 U TDD: 38.1 U Glucose Other Insulin > 240	20.0 U TDD: 5.7 U TDD: 4.4 U TDD: 8.0 U TDD: 38.1 U Glucose Other Insulin > 240	90 mg/dL Ca	arbs:	14 g			BG	(16): 81	mg/dl	L Carbs:	92 g		В	3 (8): 85	mg/dL (Carbs:	67 g			BG (13)	: 87 mg/d	dL Carb	s: 41	g		BG (4	14): 85 mg/dL Carbs:	187 g
Glucose Other Insulin > 240 ● Before Meal	Glucose Other Insulin > 240	n: 28 U					Cus	stom:	5.7 L	U			Cı	ıstom:	5.2 U					Custom	: 28	U				Custo	om: 38.1 U	
> 240 ● Before Meal Carb Bolus < 70	> 240 ● Before Meal	20.0 U					TDI	D:	5.7 L	J			TE	TDD: 4.4 U							8.0	U		TDD:	38.1 U			
< 70 O After Meal Multiple Values Basal (most systems shows)	< 70 O After Meal Multiple Values (most extreme shown) Basal Premixed										Gluco	se			Other													
(most systems shown)	(most extreme shown) Premixed										>	240	 Be 	efore Me	eal	Carb				Bolus								
(most systems shown)	(most extreme shown) Premixed										<	70	O Aff	ter Mea						Basal								
■ Premixed															(most extreme shown)													

Oct 11, 2021 - Oct 17, 2021 (7 days) Diabetes: Type 1

Sun 10/17

DOB:

8:43 AM

Insulin - Lantus®, 28.0 units

1:21 PM

Insulin - Humalog®, 5.0 units

1:21 PM

Food - 62.0 g carbs

1:21 PM

Note - Eating at restaurant without carbs listed,

making educated guess on carbs

4:01 PM

Food - 6.0 g carbs

5:19 PM

Food - 18.0 g carbs

6:19 PM

Insulin - Humalog®, 5.0 units

6:19 PM

Food - 59.0 g carbs

8:34 PM

Food - 19.0 g carbs

8:43 PM

Food - 8.0 g carbs

Sat 10/16

10:49 AM

Insulin - Lantus®, 28.0 units

10:49 AM

Note - Alarm didn't wake me up

10:55 AM

Food - 4.0 g carbs

12:32 PM

Insulin - Humalog®, 5.0 units

12:32 PM

Food - 64.0 g carbs

2:42 PM

Food - 12.0 g carbs

3:52 PM

Food - 27.0 g carbs

3:52 PM

Note - Bicycle ride for 56 minutes, 7.84mi, 151bpm average. Miscounted carbs in banana as 15 rather

than 27 - should still be within acceptable range at ~155 mg/dL. Miscounted carbs. Exercised hard.

6:21 PM

Insulin - Humalog®, 5.0 units

6:21 PM

Food - 62.0 g carbs

Fri 10/15

4:09 AM

Food - 20.0 g carbs

4:09 AM

Note - Woke up from hunger and major headache. Lancet didn't hurt so fingers numb too. I ordered some Solution 1 to verify the meter's accuracy.

Overall distrusting of results. Feel hypo.

8:45 AM

Insulin - Lantus®, 28.0 units

12:57 PM

Insulin - Humalog®, 5.0 units

12:57 PM

Food - 58.0 g carbs

4:10 PM

Food - 18.0 g carbs

6:16 PM

Insulin - Humalog®, 5.0 units

6:16 PM

Food - 61.0 g carbs

9:01 PM

Food - 15.0 g carbs

11:29 PM

Food - 18.0 g carbs

11:29 PM

Note - Feet feel numb, trying to conserve test strips

so just eating food.

Thu 10/14

8:11 AM

Food - 16.0 g carbs

8:20 AM

Insulin - Lantus®, 28.0 units

12:20 PM Food - 16.0 g carbs 1:21 PM

Food - 6.0 g carbs

2:58 PM

Insulin - Humalog®, 5.0 units

2:58 PM Food - 59.0 g carbs 7:22 PM

Food - 8.0 g carbs

8:59 PM

Insulin - Humalog®, 6.0 units

8:59 PM

Food - 58.0 g carbs

11:11 PM

Food - 16.0 g carbs



Diabetes: Type 1

Oct 11, 2021 - Oct 17, 2021 (7 days)

Wed 10/13

12:04 AM

Food - 4.0 g carbs

1:38 AM

Food - 20.0 g carbs

7:55 AM

Insulin - Lantus®, 28.0 units

8:09 AM

Food - 16.0 g carbs

12:43 PM

Insulin - Humalog®, 5.0 units

12:43 PM

Food - 64.0 g carbs

5:54 PM

Note - No symptoms

6:12 PM

Insulin - Humalog®, 5.0 units

6:12 PM

Food - 62.0 g carbs

8:23 PM

Note - Bicycle ride for 3.37 mi, 20 minutes, and 143bpm average; immediately before went on a 10

minute brisk walk for 0.5 mi with 128 bpm. Exercised hard.

8:47 PM

Food - 11.0 g carbs

11:22 PM

Food - 25.0 g carbs

Tue 10/12

7:48 AM

Food - 18.0 g carbs

7:57 AM

Insulin - Lantus®, 28.0 units

12:15 PM

Note - Suspicious of results as completed 2.8mi bicycle ride with 151bpm average. Exercised hard.

12:42 PM

Insulin - Humalog®, 5.0 units

12:42 PM

Food - 68.0 g carbs

4:02 PM

Food - smarties, 6.0 g carbs

4:02 PM

Note - Feet feel numb

5:56 PM

Insulin - Humalog®, 5.0 units

5:56 PM

Food - 63.0 g carbs

9:16 PM

Food - 20.0 g carbs

Mon 10/11

2:57 AM

Food - 20.0 g carbs

8:12 AM

Insulin - Lantus®, 28.0 units

8:20 AM

Food - 18.0 g carbs

8:20 AM

Note - No Humalog insulin because feet are numb and 85+(18*3)=139, but I tend to be a little less than that amount. Additionally, felt very hungry.

12:37 PN

Insulin - Humalog®, 5.0 units

12:37 PM Food - 60.0 g carbs

1:11 PM

Food - 6.7 g carbs

2:43 PM

Food - 31.2 g carbs

6:25 PM

Insulin - Humalog®, 5.0 units

6:25 PM

Food - 56.0 g carbs

10:31 PM

Food - 17.0 g carbs

11:11 PM

Food - 14.0 g carbs