











DOB: [REDACTED]

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

| <div><div></div><div>MORNING</div><div></div><div>AFTERNOON</div><div></div><div>EVENING</div><div></div><div>NIGHT</div><div></div></div> | | | | | | | | | | | | | | | | | | | | | | | | | DAILY TOTALS | | |
|--|---|----|----|-----|-------------------------------|----|---|------|------|------------------------------|-----|-----|----|-----|-------------------------------|----|----|----|-----|--------------------------------|-----|-----|-----|----|--------------|----------|----------|
| 12A | 1 | 2 | 3 | 4 | 5 | 6A | 7 | 8 | 9 | 10 | 11 | 12P | 1 | 2 | 3 | 4 | 5 | 6P | 7 | 8 | 9 | 10 | 11 | | | | |
| SUN 10/17 | | | | | | | | 77 | | | | | | 88 | | 75 | | | | 118 | | 72 | | | | BG (5): | 86 mg/dL |
| | | | | | | | | 28.0 | | | | | | 62 | | | | 6 | 18 | 59 | | 27 | | | | Carbs: | 172.0 g |
| | | | | | | | | | | | | | | 5.0 | | | | | | 5.0 | | | | | | Custom: | 38 U |
| SAT 10/16 | | | | 101 | | | | | | | 82 | | 80 | | | 74 | | | | 88 | | | 133 | | | BG (6): | 93 mg/dL |
| | | | | | | | | | | 4 | | 64 | | | 12 | 27 | | | | 62 | | | | | | Carbs: | 169.0 g |
| | | | | | | | | | 28.0 | | | 5.0 | | | | | | | | 5.0 | | | | | | Custom: | 38 U |
| FRI 10/15 | | | | | 74 | | | 84 | | | | 72 | | | | | 66 | | 59 | | 78 | | | | BG (6): | 72 mg/dL | |
| | | | | | 20 | | | | | | | 58 | | | | | 18 | | 61 | | | 15 | | 18 | Carbs: | 190.0 g | |
| | | | | | | | | 28.0 | | | | 5.0 | | | | | | | 5.0 | | | | | | Custom: | 38 U | |
| THU 10/14 | | | | | | | | 72 | | | | 77 | | 102 | | | | | | | 101 | | | | 67 | BG (5): | 84 mg/dL |
| | | | | | | | | 16 | | | | 16 | 6 | 59 | | | | | | | 8 | 58 | | 16 | Carbs: | 179.0 g | |
| | | | | | | | | 28.0 | | | | | | 5.0 | | | | | | | | 6.0 | | | Custom: | 39 U | |
| WED 10/13 | | 73 | | 108 | | | | 81 | | | | 72 | | | | | | 64 | | | 74 | | 67 | | BG (7): | 77 mg/dL | |
| | 4 | 20 | | | | | | | 16 | | | 64 | | | | | | | 62 | | 11 | | | 25 | Carbs: | 202.0 g | |
| | | | | | | | | 28.0 | | | | 5.0 | | | | | | | 5.0 | | | | | | Custom: | 38 U | |
| TUE 10/12 | | | | | | | | 87 | | | 100 | 100 | | 99 | | | | 82 | | | | 72 | | 87 | BG (7): | 90 mg/dL | |
| | | | | | | | | 18 | | | | 68 | | | | | 6 | 63 | | | | 20 | | | Carbs: | 175.0 g | |
| | | | | | | | | 28.0 | | | | 5.0 | | | | | | | 5.0 | | | | | | Custom: | 38 U | |
| MON 10/11 | | | 85 | | | | | 85 | | 132 | | 86 | | 55 | | | | 97 | | | 89 | | 97 | | BG (8): | 91 mg/dL | |
| | | | 20 | | | | | | 18 | | | 60 | 7 | 31 | | | | | 56 | | | | 17 | 14 | Carbs: | 223.0 g | |
| | | | | | | | | 28.0 | | | | 5.0 | | | | | | | 5.0 | | | | | | Custom: | 38 U | |
| AVG. MORNING (8AM - 12PM) | | | | | AVG. AFTERNOON (12PM - 6PM) | | | | | AVG. EVENING (6PM - 9PM) | | | | | AVG. NIGHT (9PM - 8AM) | | | | | 7 DAY AVERAGE (OCT 11 - 17) | | | | | | | |
| BG (7): 90 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 | | | | | | | |
| Custom: 28 U | | | | | Custom: 5.7 U | | | | | Custom: 5.2 U | | | | | Custom: 28 U | | | | | Custom: 38.1 U | | | | | | | |
| TDD: 20.0 U | | | | | TDD: 5.7 U | | | | | TDD: 4.4 U | | | | | TDD: 8.0 U | | | | | TDD: 38.1 U | | | | | | | |

| Glucose | | Other | | Insulin | |
|---|---|---|--|--|--|
|  > 240 |  Before Meal |  Carb | |  Bolus | |
|  < 70 |  After Meal |  Multiple Values (most extreme shown) | |  Basal | |
| | | | |  Premixed | |
| | | | |  Custom | |

DOB: [REDACTED] Diabetes: Type 1

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

Sun 10/17

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. Miscalculated carbs in banana as 15 rather than 27 - should still be within acceptable range at ~155 mg/dL. Miscalculated 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

DOB: [REDACTED] Diabetes: Type 1

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

Wed 10/13

12:04 AM
Food - 4.0 g carbs1:38 AM
Food - 20.0 g carbs7:55 AM
Insulin - Lantus®, 28.0 units8:09 AM
Food - 16.0 g carbs12:43 PM
Insulin - Humalog®, 5.0 units12:43 PM
Food - 64.0 g carbs5:54 PM
Note - No symptoms6:12 PM
Insulin - Humalog®, 5.0 units6:12 PM
Food - 62.0 g carbs8:23 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 carbs11:22 PM
Food - 25.0 g carbs

Tue 10/12

7:48 AM
Food - 18.0 g carbs7:57 AM
Insulin - Lantus®, 28.0 units12:15 PM
Note - Suspicious of results as completed 2.8mi bicycle ride with 151bpm average. Exercised hard.12:42 PM
Insulin - Humalog®, 5.0 units12:42 PM
Food - 68.0 g carbs4:02 PM
Food - smarties, 6.0 g carbs4:02 PM
Note - Feet feel numb5:56 PM
Insulin - Humalog®, 5.0 units5:56 PM
Food - 63.0 g carbs9:16 PM
Food - 20.0 g carbs

Mon 10/11

2:57 AM
Food - 20.0 g carbs8:12 AM
Insulin - Lantus®, 28.0 units8:20 AM
Food - 18.0 g carbs8:20 AM
Note - No Humalog insulin because feet are numb and $85 + (18 \times 3) = 139$, but I tend to be a little less than that amount. Additionally, felt very hungry.12:37 PM
Insulin - Humalog®, 5.0 units12:37 PM
Food - 60.0 g carbs1:11 PM
Food - 6.7 g carbs2:43 PM
Food - 31.2 g carbs6:25 PM
Insulin - Humalog®, 5.0 units6:25 PM
Food - 56.0 g carbs10:31 PM
Food - 17.0 g carbs11:11 PM
Food - 14.0 g carbs