

DOB: Diabetes: Type 1

Nov 1, 2021 - Nov 7, 2021 (7 days)

<div><div></div><div>MORNING</div><div>AFTERNOON</div><div>EVENING</div><div>NIGHT</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 11/7				83										83						86 *							BG (4):	81 mg/dL																	
				17										56	7	13				17	60					Carbs:	170.0 g																		
														24.0*							4.0					Insulin - Other:	28.0 U																		
																										Bolus - Pump:	0.0 U																		
																										Basal - Pump:	0.0 U																		
SAT 11/6		79											81	21 *						157						BG (6):	92 mg/dL																		
		24											29	71			8	17	16	59		139			Carbs:	224.0 g																			
													20.0							5.0					Insulin - Other:	25.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
FRI 11/5		12				73								106				64	86							BG (4):	82 mg/dL																		
														38			17	17		64					Carbs:	148.0 g																			
														23.0*						4.0					Insulin - Other:	27.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
THU 11/4													76	94			86	80								BG (6):	79 mg/dL																		
													12	56	8		4	4		62					Carbs:	186.0 g																			
													23.0	4.0					4.0						Insulin - Other:	31.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
WED 11/3		24		89									73	79			73			72						BG (7):	77 mg/dL																		
			12										12	49			8			52		79		75	Carbs:	214.0 g																			
													26.0	4.0					4.0						Insulin - Other:	34.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
TUE 11/2											135	65		62			69		92		51		73	100		BG (7):	84 mg/dL																		
									16							12				62	22				Carbs:	207.0 g																			
												26.0	5.0						5.0						Insulin - Other:	36.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
MON 11/1										76			105				47	88	54 *		89	145				BG (8):	89 mg/dL																		
										22			53				22	13		9	67				Carbs:	186.0 g																			
													32.0*								6.0				Insulin - Other:	38.0 U																			
																									Bolus - Pump:	0.0 U																			
																									Basal - Pump:	0.0 U																			
AVG. MORNING (8AM - 12PM)											AVG. AFTERNOON (12PM - 6PM)											AVG. EVENING (6PM - 9PM)											AVG. NIGHT (9PM - 8AM)											7 DAY AVERAGE (NOV 1 - 7)	
BG (6):		84 mg/dL		Carbs:		18 g		BG (18):		78 mg/dL		Carbs:		79 g		BG (8):		101 mg/dL		Carbs:		68 g		BG (10):		79 mg/dL		Carbs:		37 g		BG (42):		84 mg/dL		Carbs:		191 g							
Insulin - Other:		23.8 U		SD:		25		Insulin - Other:		16 U		SD:		22		Insulin - Other:		4.7 U		SD:		40		Insulin - Other:		0 U		SD:		10		Insulin - Other:		31.3 U		SD:		25							
Bolus - Pump:		0 U (0%)		Overrides:		0 %		Bolus - Pump:		0 U (0%)		Overrides:		0 %		Bolus - Pump:		0 U (0%)		Overrides:		0 %		Bolus:		0 U (0%)		Overrides:		0 %		Bolus - Pump:		0 U (0%)		Overrides:		0 %							
TDD:		13.6 U						TDD:		13.7 U						TDD:		4.0 U						TDD:		0.0 U						TDD:		31.3 U											

DOB: [redacted]

Diabetes: Type 1

Nov 1, 2021 - Nov 7, 2021 (7 days)

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Basal

Basal Rate

Rate

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Pump Alar

servoir Fill

X

Other

Carb

Multiple Values
(most extreme shown)

Manual Values

Insulin

Bolus

Basal

Premixed

Custom

DOB: [REDACTED] Diabetes: Type 1

Nov 1, 2021 - Nov 7, 2021 (7 days)

Sun 11/7

3:09 AM
Note - Meter is inaccurate time; day light savings meaning this is 2AM (per alarm)

3:13 AM
Food - 17.0 g carbs

1:23 PM
Insulin - Lantus®, 20.0 units

1:29 PM
Insulin - Humalog®, 4.0 units

1:58 PM
Food - 56.0 g carbs

2:48 PM
Food - 7.2 g carbs

3:28 PM
Food - 13.0 g carbs

6:07 PM
Note - Pre-exercise reading

6:13 PM
Food - 17.0 g carbs

6:44 PM
Note - Bicycle ride for 3.34mi in 18 minutes, and 49 seconds with 147bpm average. Exercised medium.

7:09 PM
Insulin - Humalog®, 4.0 units

7:13 PM
Food - 60.0 g carbs

9:03 PM
Note - Walked 1.27mi in 26 minutes, and 21 seconds with 107bpm average. Exercised light.

Sat 11/6

1:20 AM
Food - 24.0 g carbs

11:25 AM
Food - 17.0 g carbs

11:30 AM
Insulin - Lantus®, 20.0 units

11:54 AM
Food - 12.0 g carbs

11:54 AM
Note - Vision started flickering while exercising

12:04 PM
Note - Terrified about why my BG dropped so much. Bicycle ride 3.4 miles, 21 minutes, and 45 seconds, with 151bpm average. Exercised medium.

12:27 PM
Food - 71.0 g carbs

3:04 PM
Food - 8.2 g carbs

4:22 PM
Food - 17.0 g carbs

5:42 PM
Food - 16.0 g carbs

5:42 PM
Note - Snack attack :(

6:16 PM
Insulin - Humalog®, 5.0 units

6:37 PM
Food - 59.0 g carbs

Fri 11/5

1:45 AM
Food - 12.0 g carbs

5:55 AM
Note - Woke up from dreaming about food.

12:36 PM
Insulin - Lantus®, 20.0 units

12:44 PM
Insulin - Humalog®, 3.0 units

12:48 PM
Food - 38.0 g carbs

3:37 PM
Food - 17.0 g carbs

3:37 PM
Note - Felt hungry

4:32 PM
Food - 17.0 g carbs

4:34 PM
Note - Bicycle ride for 4.04mi in 25 minutes, and 15 seconds with 128bpm average. Exercised medium.

6:00 PM
Insulin - Humalog®, 4.0 units

6:09 PM
Food - 59.0 g carbs

6:38 PM
Food - 5.0 g carbs

Thu 11/4

11:09 AM
Insulin - Lantus®, 23.0 units

11:11 AM
Food - 12.0 g carbs

12:14 PM
Note - Bicycle ride for approximately 3.1 mi in 17 minutes, and 11 seconds with 139bpm average. Exercised medium.

12:26 PM
Insulin - Humalog®, 4.0 units

12:37 PM
Food - 56.0 g carbs

1:00 PM
Food - 4.2 g carbs

1:35 PM
Food - 4.2 g carbs

3:28 PM
Food - 4.2 g carbs

4:09 PM
Food - 4.2 g carbs

5:46 PM
Insulin - Humalog®, 4.0 units

6:01 PM
Food - 62.0 g carbs

9:37 PM
Food - 4.2 g carbs

9:39 PM
Food - 4.2 g carbs

11:42 PM
Food - 32.0 g carbs

DOB: [REDACTED]

Diabetes: Type 1

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Wed 11/3

12:27 AM
Food - 24.0 g carbs

2:20 AM
Food - 12.0 g carbs

11:21 AM
Insulin - Lantus®, 26.0 units

11:24 AM
Food - 12.0 g carbs

12:33 PM
Note - Bicycle ride for 3.4mi in 21 minutes, 45 seconds with 151bpm average. Exercised medium.

12:45 PM
Insulin - Humalog®, 4.0 units

12:49 PM
Food - 49.0 g carbs

3:02 PM
Food - 8.4 g carbs

6:09 PM
Insulin - Humalog®, 4.0 units

6:12 PM
Food - 47.0 g carbs

6:34 PM
Food - 5.0 g carbs

9:11 PM
Food - 27.0 g carbs

11:03 PM
Note - Confused why BG dropped so much. Felt hungry.

11:11 PM
Food - 30.0 g carbs

Tue 11/2

9:58 AM
Food - 16.0 g carbs

11:04 AM
Insulin - Lantus®, 26.0 units

12:31 PM
Insulin - Humalog®, 5.0 units

12:33 PM
Food - 62.0 g carbs

2:57 PM
Food - 12.0 g carbs

6:04 PM
Insulin - Humalog®, 5.0 units

6:22 PM
Food - 62.0 g carbs

6:22 PM
Note - I forgot I pre-bolused and now I'm trembling. I don't know why my phone's timer did not go off.

7:35 PM
Food - 22.0 g carbs

7:35 PM
Note - Trembling from low BG

9:17 PM
Food - 11.0 g carbs

9:55 PM
Food - 22.0 g carbs

Mon 11/1

9:09 AM
Food - 22.0 g carbs

12:28 PM
Insulin - Lantus®, 26.0 units

12:39 PM
Insulin - Humalog®, 6.0 units

12:47 PM
Food - 53.0 g carbs

3:37 PM
Note - Was informed that I was being mean by family member. No symptoms perceived from myself. As an aside, gave +1 unit Humalog for meal earlier because extremely stressed for school exam and stress tends to increase my BG.

3:40 PM
Food - 22.0 g carbs

4:10 PM
Food - 13.0 g carbs

5:01 PM
Note - Pre-bicycle ride

5:30 PM
Note - Bicycle ride for 3.27mi for 20 minutes, and 23 seconds with misreported 86bpm average (smartwatch loose), probably 120-130bpm average. It was enough to drop my BG by 50 mg/dL. Exercised medium.

6:35 PM
Food - 3.0 g carbs

6:45 PM
Food - 6.0 g carbs

7:40 PM
Insulin - Humalog®, 6.0 units

7:40 PM
Food - 67.0 g carbs

7:40 PM
Note - Eating out so uncertain of carb amounts, making best estimation.