

DOB: [REDACTED]

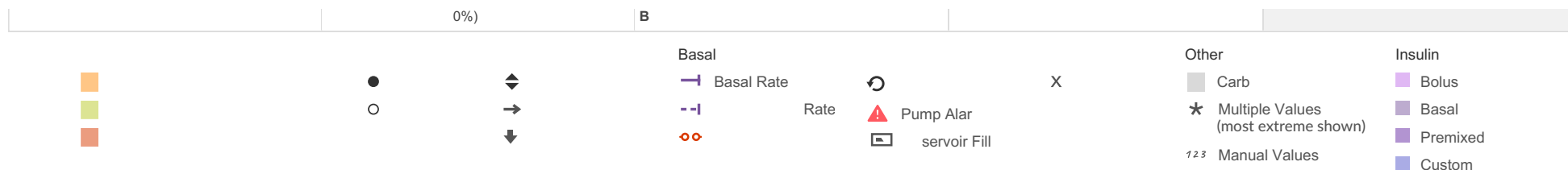
Oct 25, 2021 - Oct 31, 2021 (7 days)

| <div>MORNINGAFTERNOONEVENINGNIGHT</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<br>10/31                            |              |              | 62<br>22                  |   |    |                                       |   | 72<br>22 |                             |    |    |                                       | 84<br>26.0 | 103<br>5.0       |                          | 63<br>13        | 16        |                                | 72<br>5.0 |           | 60<br>22               |                 |                 |                                       |          | BG (7):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: | 74 mg/dL<br>213.0 g<br>36.0 U<br>0.0 U<br>0.0 U |   |   |
|   | SAT<br>10/30 | 102          |                           | 9 |    |                                       |   |          |                             |    |    |                                       | 90<br>26.0 |                  |                          |                 |           | 86                             |           | 85<br>5.0 |                        |                 |                 | 20                                    |          | BG (4):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: | 91 mg/dL<br>86.0 g<br>31.0 U<br>0.0 U<br>0.0 U  |   |   |
|   |              | FRI<br>10/29 |                           |   |    |                                       |   |          |                             |    |    |                                       |            | 81<br>26.0       | 84<br>11                 | 11              |           |                                |           | 80<br>11  |                        |                 | 82<br>4.0       |                                       | 64       | 160   |   | BG (5):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: | 97 mg/dL<br>97.0 g<br>30.0 U<br>0.0 U<br>0.0 U                          |
|   |              |              | THU<br>10/28              |   |    |                                       |   |          |                             |    |    |                                       |            |                  | 92<br>26.0               | 88<br>54<br>4.0 |           |                                | 13        |           | 86<br>57<br>4.0        |                 |                 | 82<br>13                              |          | 59 *<br>24  |   | BG (6):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: | 84 mg/dL<br>177.0 g<br>34.0 U<br>0.0 U<br>0.0 U                         |
| WED<br>10/27                            |              |              |                           |   | 95 | 81<br>20                              |   |          |                             |    | 89 |                                       | 7          | 86               | 93                       |                 | 59<br>4.0 |                                |           |           |                        | 78<br>59<br>4.0 | 73<br>16        |                                       |          |   |   |   | BG (7):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: |
|   | TUE<br>10/26 |              |                           |   |    |                                       |   |          |                             |    | 85 |                                       |            |                  | 100<br>26.0              | 72<br>58<br>4.0 |           |                                | 82        | 7         | 31 *                   |                 | 72              |                                       | 73<br>16 |   | 75<br>13  |   | BG (9):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: |
|   |              | MON<br>10/25 |                           |   |    | 20                                    |   |          |                             |    |    |                                       |            | 83<br>14<br>26.0 | 46<br>15                 | 56<br>2.5       |           |                                | 51<br>17  | 101       | 6                      |                 | 71<br>60<br>3.0 |                                       |          | 74  | 141<br>12                                       |   | BG (7):<br>Carbs:<br>Insulin - Other:<br>Bolus - Pump:<br>Basal - Pump: |
|   |              |              | AVG. MORNING (8AM - 12PM) |   |    |                                       |   |          | AVG. AFTERNOON (12PM - 6PM) |    |    |                                       |            |                  | AVG. EVENING (6PM - 9PM) |                 |           |                                |           |           | AVG. NIGHT (9PM - 8AM) |                 |                 |                                       |          |   | 7 DAY AVERAGE (OCT 25 - 31)                     |   |   |
| BG (10): 88 mg/dL Carbs: 12 g           |              |              |                           |   |    | BG (14): 77 mg/dL Carbs: 76 g         |   |          |                             |    |    | BG (8): 76 mg/dL Carbs: 54 g          |            |                  |                          |                 |           | BG (13): 90 mg/dL Carbs: 36 g  |           |           |                        |                 |                 | BG (45): 83 mg/dL Carbs: 147 g        |          |   |   |   |   |
| Insulin - Other: 25.7 U SD: 6           |              |              |                           |   |    | Insulin - Other: 4.9 U SD: 24         |   |          |                             |    |    | Insulin - Other: 4 U SD: 9            |            |                  |                          |                 |           | Insulin - Other: 0 U SD: 30    |           |           |                        |                 |                 | Insulin - Other: 32.1 U SD: 22        |          |   |   |   |   |
| 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: 25.7 U                             |              |              |                           |   |    | TDD: 3.5 U                            |   |          |                             |    |    | TDD: 2.9 U                            |            |                  |                          |                 |           | TDD: 0.0 U                     |           |           |                        |                 |                 | TDD: 32.1 U                           |          |   |   |   |   |

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## Diabetes: Type 1

Oct 25, 2021 - Oct 31, 2021 (7 days)



DOB: [REDACTED]

Diabetes: Type 1

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## Sun 10/31

2:15 AM  
Note - No symptoms

2:21 AM  
Food - 22.0 g carbs

7:07 AM  
Food - 22.0 g carbs

11:36 AM  
Insulin - Lantus®, 26.0 units

12:32 PM  
Insulin - Humalog®, 5.0 units

12:38 PM  
Food - 58.0 g carbs

2:27 PM  
Food - 13.0 g carbs

2:27 PM  
Note - Bicycle ride for 3.43 mi for 36 minutes, and 6 seconds with 98bpm average; feeling sore so exercising lightly. Exercised light.

3:26 PM  
Food - 16.0 g carbs

5:57 PM  
Insulin - Humalog®, 5.0 units

5:57 PM  
Food - 60.0 g carbs

5:57 PM  
Note - Eating at restaurant without carbs listed. Making best approximation.

7:31 PM  
Food - 22.0 g carbs

## Sat 10/30

2:07 AM  
Food - 9.0 g carbs

11:43 AM  
Insulin - Lantus®, 26.0 units

6:51 PM  
Insulin - Humalog®, 5.0 units

6:51 PM  
Food - 57.0 g carbs

10:52 PM  
Food - 20.0 g carbs

## Fri 10/29

11:16 AM  
Insulin - Lantus®, 26.0 units

11:24 AM  
Food - 11.0 g carbs

1:35 PM  
Food - 11.0 g carbs

1:35 PM  
Note - Forgot Humalog insulin at work

5:09 PM  
Note - Bicycle ride of 3.62mi for 30 minutes, and 27 seconds, with 137bpm average. Exercised medium.

5:12 PM  
Food - 11.0 g carbs

8:57 PM  
Insulin - Humalog®, 4.0 units

9:03 PM  
Food - 64.0 g carbs

9:03 PM  
Note - Eating out without carbs listed. Making an educated guess on carb amount.

## Thu 10/28

11:11 AM  
Insulin - Lantus®, 26.0 units

11:42 AM  
Food - 16.0 g carbs

12:31 PM  
Note - Bicycle ride for 4.52mi for 34 minutes, 38 seconds, with 104bpm average. Exercised medium.

12:43 PM  
Insulin - Humalog®, 4.0 units

12:43 PM  
Food - 54.0 g carbs

4:58 PM  
Food - 13.0 g carbs

4:58 PM  
Note - Felt hungry

6:48 PM  
Insulin - Humalog®, 4.0 units

6:48 PM  
Food - 57.0 g carbs

9:50 PM  
Food - 13.0 g carbs

11:34 PM  
Food - 24.0 g carbs

11:57 PM  
Note - Walked 4.36mi in 1 hour, 35 minutes, and 02 seconds. Unknown average heart rate. Exercised light.

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## Wed 10/27

2:25 AM  
Food - 20.0 g carbs8:33 AM  
Insulin - Lantus®, 24.0 units9:07 AM  
Food - 7.0 g carbs12:08 PM  
Food - 6.0 g carbs12:54 PM  
Insulin - Humalog®, 4.0 units12:54 PM  
Food - 53.0 g carbs6:32 PM  
Insulin - Humalog®, 4.0 units6:32 PM  
Food - 59.0 g carbs7:11 PM  
Food - 16.0 g carbs7:43 PM  
Note - Bicycle ride, 4.03mi in 22 minutes, 47 seconds with 115bpm average Exercised medium.

## Tue 10/26

11:18 AM  
Insulin - Lantus®, 26.0 units12:29 PM  
Insulin - Humalog®, 4.0 units12:37 PM  
Food - 58.0 g carbs4:51 PM  
Food - 6.8 g carbs5:24 PM  
Note - Inaccurate test result9:17 PM  
Food - 16.0 g carbs11:50 PM  
Food - 13.0 g carbs

## Mon 10/25

2:19 AM  
Note - Modest hand tremor. Unable to be perceived until holding glass of water.2:38 AM  
Food - 20.0 g carbs10:15 AM  
Insulin - Lantus®, 26.0 units10:28 AM  
Food - 14.0 g carbs12:40 PM  
Note - No symptoms12:43 PM  
Food - 15.0 g carbs1:03 PM  
Insulin - Humalog®, 2.5 units1:03 PM  
Food - 56.0 g carbs3:13 PM  
Note - No symptoms3:23 PM  
Food - 17.0 g carbs5:40 PM  
Food - 6.0 g carbs5:40 PM  
Note - Headache7:24 PM  
Insulin - Humalog®, 3.0 units7:24 PM  
Food - 60.0 g carbs11:51 PM  
Food - 12.0 g carbs11:51 PM  
Note - PCP visit tomorrow requiring fasting in the morning so eating more to ensure no breakfast needed