

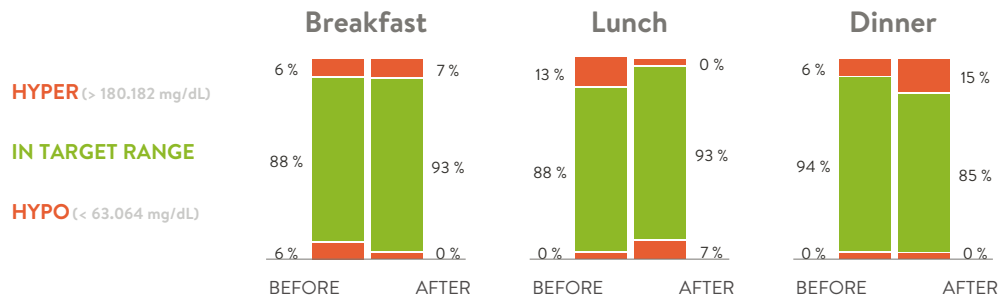


REPORT

FROM: February 18, 2019
 UNTIL: March 3, 2019
 Weeks 8/2019 - 9/2019

ESTIMATED HBA1C 6.1 %	BLOOD GLUCOSE AVERAGE 7.1 mmol/L	BLOOD GLUCOSE DEVIATION ±2.0 mmol/L	ACTIVITY 10:20	HYPOS 2% 2	HYPERS 7% 6
------------------------------------	---	--	--------------------------	-------------------------	--------------------------

BLOOD GLUCOSE VALUES FOR MEALS



NICE recommendation (NICE Guidance for type 1 diabetes in adults, 2016): postprandial glucose levels should lie between 5-9 mmol/litre at least 90 minutes after eating.

NOTE

The statistics displayed in this report (estimated HbA1c, blood glucose averages, blood glucose deviation, hypos, hypers, etc.) do NOT consider data from CGMs (Continuous Glucose Monitors).

SETTINGS

CARB UNIT
Gram

HYPO
3.5
mmol/L

TARGET RANGE
4.5 – 7.5
mmol/L

HYPER
10.0
mmol/L

LEGEND
 — BG Graph
 ~ Temp Basal
 CGM Data

WEEK 8

FROM: Feb 18, 2019
UNTIL: Feb 24, 2019

BASAL	BOLUS	ESTIMATED HBA1C	BLOOD GLUCOSE AVERAGE	BLOOD GLUCOSE DEVIATION	ACTIVITY	HYPOS	HYPERS
42%	58%	5.9%	6.8 mmol/L	±1.9 mmol/L	3:45	5%	2%
19.64 IU/Day	22.87 IU/Day					2	1

MON, 18.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM
BASAL													0%
BOLUS					3.3		7.2 ³	2.0		1.1	9.0	0.3	22.9
BG				5.4 ¹	5.9 ²		6.6 ⁴	x ⁵		9.3 ⁶	8.2 ⁷	6.9 ⁸	Ø7.0
CARBS				35		70	20			90			215
ACT.													

¹Driving, Before the meal, Breakfast ²Office work ³7.0 IU food, 0.2 IU corr. ⁴Lunch, Office work, Tired, Before the meal ⁵Office work, Snack, After the meal, Headache ⁶Driving, Office work, Headache ⁷Tired, Before the meal, Dinner ⁸Headache, Bedtime

TUE, 19.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM												
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.74	0.81	0.91	0.97	0.84	0.69	0.71	0.71	0.67	0.62	19.65
BOLUS					2.2	2.0		6.0					3.0						3.0		9.2	1.3			23.7
BG				Ø4.2 ¹		x ²		6.5 ³					7.9 ⁴	x ⁵					5.1 ⁷	9.8 ⁸				Ø6.3	
CARBS				30		20		60											30		95				235
ACT.																				1:45 ⁶					1:45

¹3.7, 4.8 / Driving, Hypo feeling, Happy, Before the meal, Breakfast ²Office work, Snack, Happy, Before the meal, Carbs guess ³Lunch, Office work, Happy, After the meal ⁴Excited, Snack, Before the meal, Before sports ⁵Sports, Excited ⁶Rugby training (non-contact) ⁷After sports, Tired, Before the meal, Dinner ⁸Tired, Bedtime **BASAL RATE WAS CHANGED**

WED, 20.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM													
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.74	0.81	0.91	0.97	0.95	0.86	0.78	0.66	0.52	0.62	19.8	
BOLUS					2.9 ¹			8.8 ⁴	3.0				10.0							10.0						24.7
BG					7.2 ²		6.5 ³		8.4 ⁵	7.9 ⁶			6.3 ⁷							6.3 ⁷		4.2 ⁸			Ø6.8	
CARBS					25			80	30																235	
ACT.																										

¹2.5 IU food, 0.4 IU corr. ²Driving, Chilling, Before the meal, Breakfast, Site change ³Office work, Headache ⁴8.0 IU food, 0.8 IU corr. ⁵Lunch, Office work, Tired, After the meal, Headache ⁶Office work, Snack, Headache ⁷Tired, Before the meal, Dinner ⁸Bedtime

THU, 21.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM													
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.74	0.81	0.91	0.97	0.95	0.86	0.78	0.57	0.55	0.62	19.74	
BOLUS					5.2 ¹			6.4 ⁴					2.5							2.5		8.5				22.6
BG					12.7 ²		9.6 ³		7.1 ⁵				5.8 ⁶									4.6 ⁸	6.8 ⁹			Ø7.8
CARBS					30			60					25									85				200
ACT.																						2:00 ⁷				2:00

¹3.0 IU food, 2.2 IU corr. ²Hyper feeling, Driving, After the meal, Breakfast, Correction ³Office work ⁴6.0 IU food, 0.4 IU corr. ⁵Stress, Lunch, Office work, Before the meal ⁶Sports, Snack, Before sports ⁷Rugby training ⁸After sports, Tired, Before the meal, Dinner ⁹Tired, Bedtime

FRI, 22.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM													
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.74	0.81	0.91	0.97	0.95	0.86	0.78	0.71	0.67	0.62	20.0	
BOLUS					4.7 ¹			6.5					1.2							9.2 ⁶		0.8				24.4
BG					8.1 ²		7.0 ³		5.3 ⁴				Ø3.8 ⁵									9.6 ⁷		8.5 ⁸		Ø6.6
CARBS					40		20		65				20									80				225
ACT.																										

¹4.0 IU food, 0.7 IU corr. ²Driving, Before the meal, Breakfast ³Office work, Snack ⁴Lunch, Office work, After the meal ⁵3.4, 4.1 / Hypo feeling, Office work, Snack ⁶8.0 IU food, 1.2 IU corr. ⁷Before the meal, Dinner ⁸Tired, Bedtime

SAT, 23.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM													
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.65	0.65	0.73	0.78	0.76	0.69	0.62	0.57	0.62	0.62	18.66	
BOLUS					4.7			1.0		9.0												5.8 ⁵				20.5
BG					5.1 ¹			7.2 ²		6.9 ³													7.1 ⁴		8.3 ⁶	Ø6.9
CARBS					50			20		90														50		210
ACT.																										

¹Before the meal, Breakfast, Site change ²Alcohol ³Lunch, Alcohol, Excited, Happy, Before the meal, Party ⁴Alcohol, Excited, Happy, Party ⁵5.0 IU food, 0.8 IU corr. ⁶Alcohol, Excited, After the meal, Dinner, Party

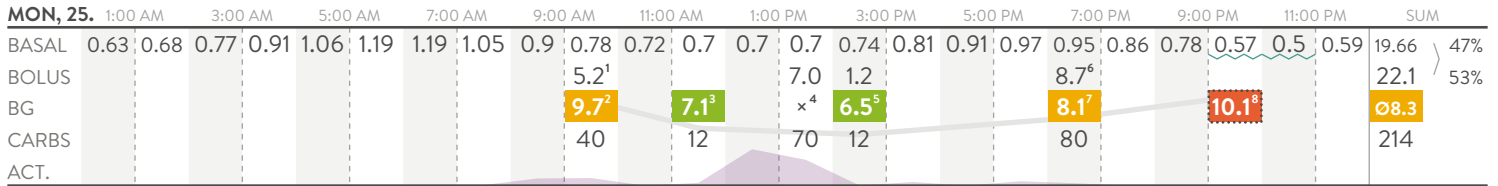
SUN, 24.	1:00 AM	3:00 AM	5:00 AM	7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:00 PM	7:00 PM	9:00 PM	11:00 PM	SUM													
BASAL	0.63	0.68	0.77	0.91	1.06	1.19	1.19	1.05	0.9	0.78	0.72	0.7	0.7	0.7	0.74	0.81	0.91	0.97	0.95	0.86	0.78	0.71	0.67	0.62	20.0	
BOLUS								5.0		1.0			5.0									9.8 ⁶				21.3
BG				7.1 ¹				Ø3.8 ²		5.3 ³	6.7 ⁴											7.6 ⁵		8.3 ⁷	Ø6.2	
CARBS								60		20	50												90			220
ACT.																										

¹Alcohol, Bedtime ²3.0, 4.6 / Hypo feeling, After the meal, Hung over, Breakfast ³Driving, Snack ⁴Driving, Lunch, After the meal ⁵Driving ⁶9.0 IU food, 0.8 IU corr. ⁷Tired, Before the meal, Dinner ⁸Bedtime

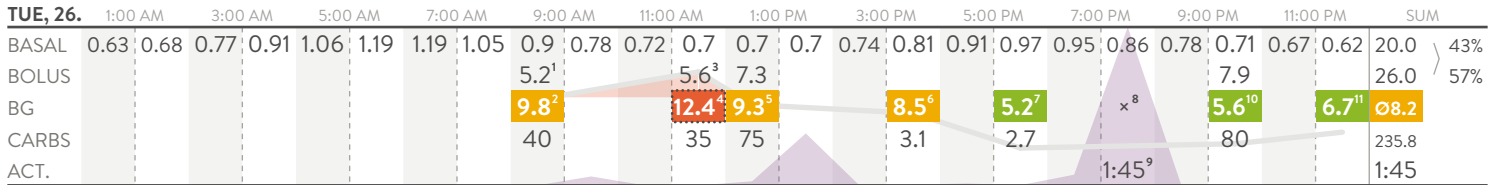
WEEK 9

FROM: Feb 25, 2019
UNTIL: Mar 3, 2019

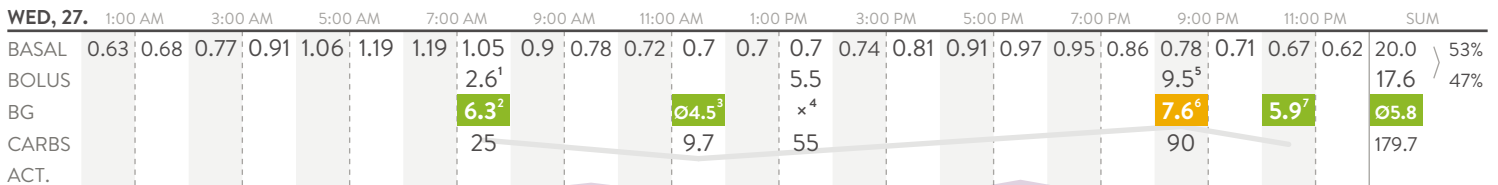
BASAL	BOLUS	ESTIMATED HBA1C	BLOOD GLUCOSE AVERAGE	BLOOD GLUCOSE DEVIATION	ACTIVITY	HYPOS	HYPERS
49%	51%	6.3%	7.5 mmol/L	±2.1 mmol/L	6:35	0%	13%
19.95 IU/Day	21.05 IU/Day					0	5



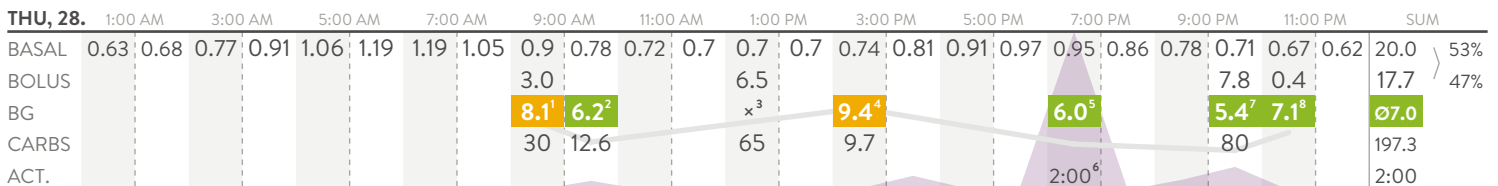
¹4.0 IU food, 1.2 IU corr. ²Tired, Headache, Breakfast, Correction ³Stress, Office work, Menstruation ⁴Lunch, After the meal ⁵Office work, Snack
⁶8.0 IU food, 0.7 IU corr. ⁷Before the meal, Dinner ⁸Bedtime



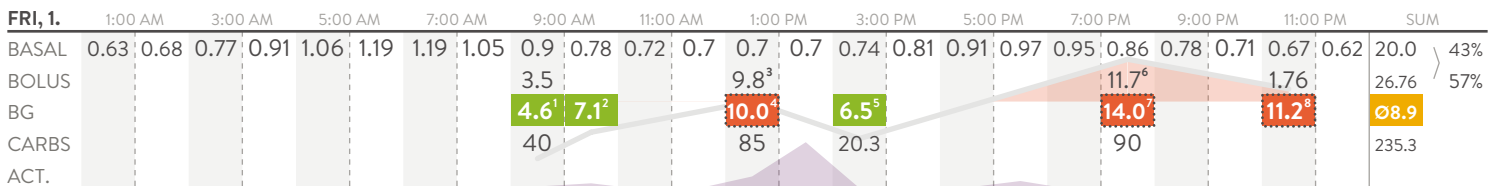
¹4.0 IU food, 1.2 IU corr. ²Driving, Before the meal, Breakfast, Site change ³3.5 IU food, 2.1 IU corr. ⁴Snack ⁵Lunch, Office work, Before the meal
⁶Office work ⁷Office work, Tired, Headache, Before sports ⁸Sports ⁹Rugby training ¹⁰After sports, Before the meal, Dinner ¹¹Bedtime



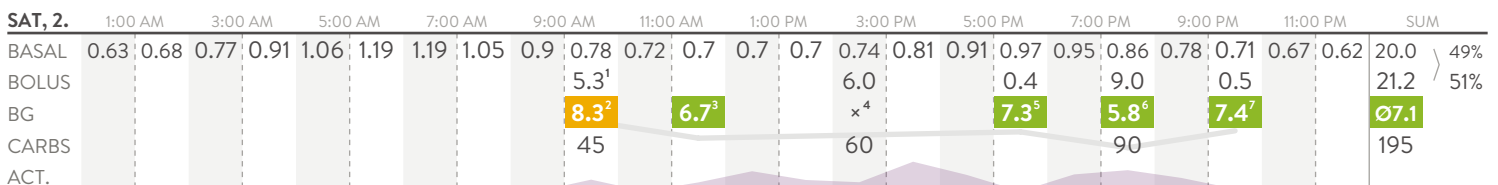
¹2.5 IU food, 0.1 IU corr. ²Driving, Before the meal, Breakfast ³3.9, 5.2 / Office work, Hung over ⁴Lunch, After the meal ⁵9.0 IU food, 0.5 IU corr.
⁶Chilling, After the meal, Dinner ⁷Bedtime



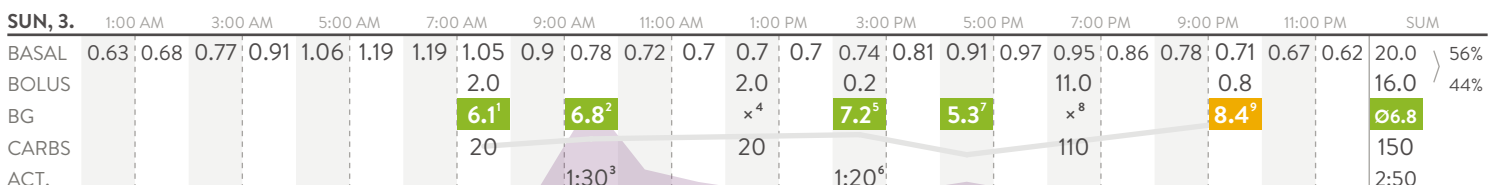
¹Tired, After the meal, Breakfast ²Office work, Snack, Tired ³Lunch, Office work, Before the meal ⁴Office work, Tired ⁵Sports, Before sports
⁶Rugby training ⁷After sports, Before the meal, Dinner ⁸Bedtime



¹After the meal, Headache, Breakfast, Site change ²Office work, Headache ³8.5 IU food, 1.3 IU corr. ⁴Lunch, Before the meal, Headache ⁵Office work, Snack, Headache ⁶9.0 IU food, 2.7 IU corr. ⁷Tired, Before the meal, Dinner ⁸Bedtime



¹4.5 IU food, 0.8 IU corr. ²Before the meal, Breakfast ³Driving ⁴Lunch, Excited, Before the meal ⁵Driving ⁶Tired, Before the meal, Dinner
⁷Bedtime



¹Before the meal, Breakfast, Before sports ²Sports ³Rugby Coaching ⁴After sports, Before sports ⁵Sports ⁶Rugby match ⁷After sports ⁸Tired, After the meal, Dinner ⁹Bedtime