

Sunday, 2.January 11

mg/dl			07:00	08:15	09:30	10:30	12:20			18:10	19:10	22:05		
250														
200														
130										148				
100														
70			82											
						-						49-		
Event			T1	T2		-					T6	-		
BE				6		1,5	7				6	2,5		
Bolus				12			10			1	9			
Basal					9							12		
Bpress.														
Exercise														
Injection area				Upper arm left								Upper arm right		
Pain diary				7								4		

18:10: 120 min. Mountainbike (Intensity: +)

Monday, 3.January 11

mg/dl			07:05	08:20	10:20	12:20			16:15		20:00		23:20	
250														
200														
130			187						137				140	
100														
70														
					57-									
Event			T1		-	T4			T5		T6		T8	
BE				6	1	7					6			
Bolus			3	12		10			1		9			
Basal					9								12	
Bpress.					131/73/60									
Exercise														
Injection area				Thigh left									Thigh right	
Pain diary				6									4	

16:15: 90 min. Mountainbike (Intensity: o)

Tuesday, 4.January 11

mg/dl			06:50	07:40	09:15		12:30	13:50		18:35	20:20		22:55	22:55
250														
200														
130													155	
100							125			112				
70								85						
			66											
Event			T1				T4	T5					T6	T8
BE				6			7			2			5	
Bolus				12			1+10			1			7	
Basal					9								12	
Bpress.														
Exercise														
Injection area				Stomach left									Stomach right	
Pain diary				5									6	

Remark: tired 20:20: 60 min. Tennistraining (Intensity: +)

Wednesday, 5.January 11

mg/dl					09:15	10:40	13:40	15:15		19:05			23:55
250													
200													
130								176		166			170
100													
70					70								
							42-						
Event					T1		-	T5		T6			T8
BE					6		2+2			7			
Bolus					12		3	1		2+10			1
Basal						9							12
Bpress.							131/73/60						
Exercise													
Injection area					Stomach left								Stomach right
Pain diary					5								5

10:40: 120 min. Walking with the kids (Intensity: -)

Thursday, 6. January 11

mg/dl					09:15	10:30	13:00	15:00		18:30		21:20	22:25
250													
200													
130													
100					100								
70													
										60-		62-	
Event					T1					-		-	
BE					6	2	2	3		2+6		2+3	
Bolus					10					9		3	
Basal					9								12
Bpress.													
Exercise													
Injection area					Upper arm left								Upper arm right
Pain diary					4								3

10:30: 210 min. Tennis (Intensity: +)

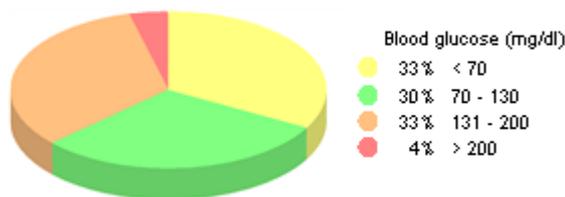
Friday, 7. January 11

mg/dl			06:40	08:05	09:25	11:00	11:40	12:15		18:00	19:55	20:30	21:40
250													
200										233			
130							153						
100													
70			72										79
						--					46--		
Event			T1	T2		T3		T4		T5	T6		T7
BE				6		2		7			2+3	3	
Bolus				10				2+10		5	5		
Basal					9								12
Bpress.							125/72/62						
Exercise													
Injection area				Thigh left									Thigh right
Pain diary				5									3

Remark: Morning: forgotten basal. Lunch: Pizza at 'LaPerla' .|. 18:00: 120 min. Mountainbike (Intensity: o)

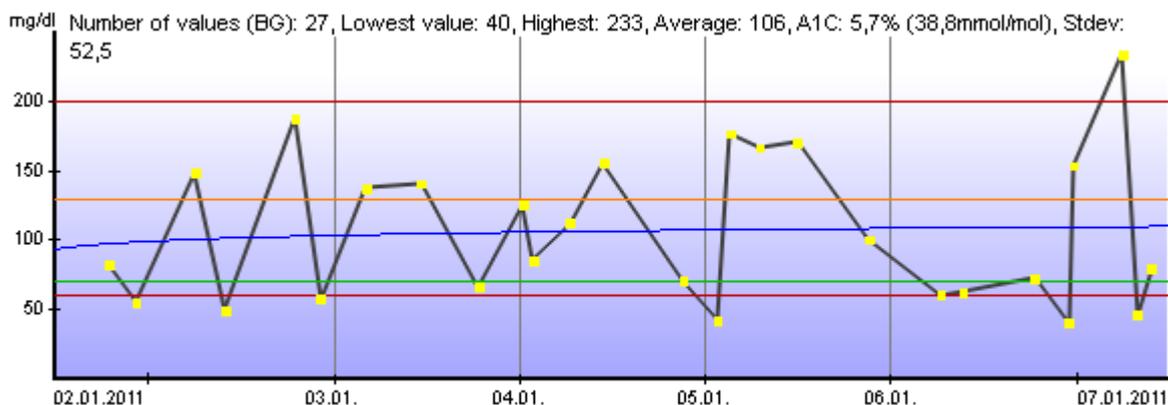
All values

Number of values (BG): 27, Lowest value: 40, Highest: 233, Average: 106, A1C: 5,7% (38,8mmol/mol), Stdev: 52,5



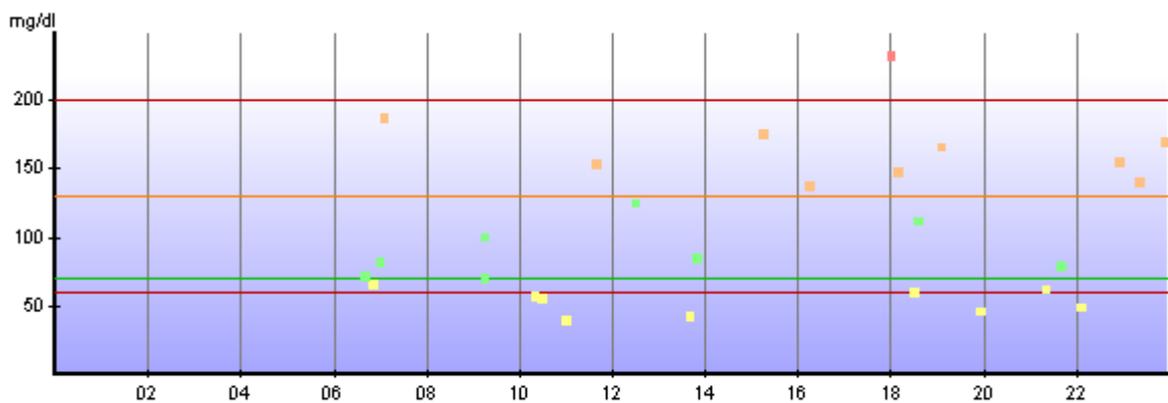
The A1c is just an approx. value!

Line graph



The A1c is just an approx. value!

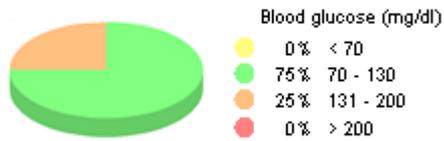
Dot graph



The A1c is just an approx. value!

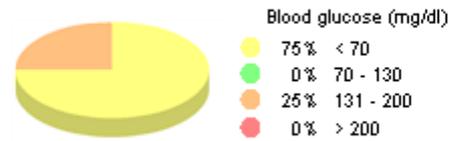
Before Breakfast (07:00-09:59)

Number of values (BG): 4, Lowest value: 70, Highest: 187, Average: 110, Stdev: 45,9



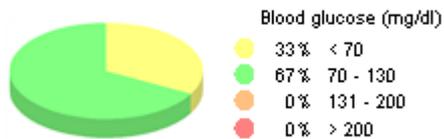
After Breakfast (10:00-11:59)

Number of values (BG): 4, Lowest value: 40, Highest: 153, Average: 76, Stdev: 44,8



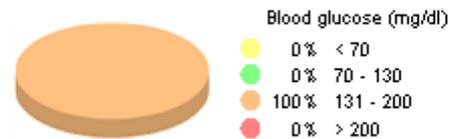
Before lunch (12:00-14:59)

Number of values (BG): 3, Lowest value: 42, Highest: 125, Average: 84, Stdev: 33,9



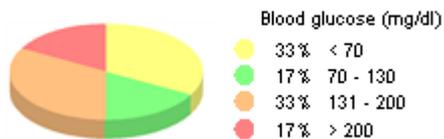
After lunch (15:00-16:59)

Number of values (BG): 2, Lowest value: 137, Highest: 176, Average: 157, Stdev: 19,5



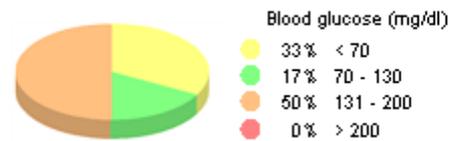
Before dinner (17:00-19:59)

Number of values (BG): 6, Lowest value: 46, Highest: 233, Average: 128, Stdev: 63,9



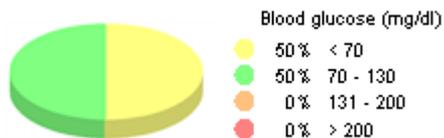
After dinner (20:00-03:59)

Number of values (BG): 6, Lowest value: 49, Highest: 170, Average: 109, Stdev: 47,4



Night only (04:00-06:59)

Number of values (BG): 2, Lowest value: 66, Highest: 72, Average: 69, Stdev: 3



Insulin/Pills

