Example Thu 24 Sep'09	.30g (muffin) ← 20oz Gatorade → • 1/2 Clif Bar (25g) 170 (7:00) · 179 (7:45) · 170 (9:00) · 174 (9:45) · 126 (11:30) · 182 (12:30) ■ 0.5u (1.0u) 7:15 (0.4u) → (0.9u)	Cycling - 4:45 0.4u basal	Morning ride. Very consistent with a small dip.