

<p><u>Example</u></p> <p>Thu 24 Sep '09</p>	<p>.30g (metformin) ← 20oz Gatorade → . 1/2 Clif Bar (25g)</p> <p>170 x 7:00 179 x 7:45 170 x 9:00 174 x 9:45 126 x 11:30 182 x 12:30</p> <p>(1.0u) 7:15 (0.4u) → (0.9u)</p>	<p>Cycling - 4:45</p> <p>0.4u basal</p>	<p>Morning ride. Very consistent with a small dip.</p>
<p>PM</p> <p>Tue 29 Sep '09</p>	<p>40g } 40g (0.1) } 3 tabs (12g) 200 x 7:00 } 121 x 7:45 } 149 x 8:16 } .1 tab (4g) 4.0u } 111 x 8:37 } 80 x 9:00</p> <p>(0.9u) 7:52 (0.4u) → (1.0u)</p>	<p>Swim - 0:35</p> <p>0.0 basal</p>	<p>Swim starting outside target range. Consistent drop throughout. Full bolus of 4.0u @ 3hrs prior. (Want this to be more consistent)</p>
<p>AM</p> <p>Fri 2 Oct '09</p>	<p>x 16g (tabs) 104 x 7:12 128 x 7:42</p> <p>(1.0u) 6:55A (0.4) → 7:45A (1.0u)</p>	<p>Run - 0:30 (3 miles)</p> <p>0.4 basal</p>	<p>Easy run, very good readings. 😊</p>
<p>PM</p> <p>Mon 5 Oct '09</p>	<p>.65g .30g } 292 x 3:53 } 242 x 4:50 } 3 tabs (12g) x196 } .5.0u } 48 x 5:35 } .5 tabs (20g) 12:00 1:00 } 156 x 6:30</p> <p>(0.9u) 4:50 (0.4u) → 5:00 (0.9u)</p>	<p>Run - 0:30 (4 miles)</p> <p>0.4u basal</p>	<p>Easyish run. Started high due to insufficient lunch bolus. Dropped ~200mg/dL during exercise. (Tx: Lower basal)</p>
<p>PM</p> <p>Tue 6 Oct '09</p>	<p>.70g 131 x 6:30 224 x 7:55 192 x 8:45 No Ketones 9:15</p> <p>(0.8u) 8:10 (0.0) → 8:45 (1.0u)</p>	<p>Swim - 0:25</p> <p>0.0 basal</p>	<p>Very consistent, medium-intensity swim. 😊 0.0u active insulin (No afternoon snack; last bolus @ 1:50P). Want to bring down starting reading.</p>
<p>AM</p> <p>Fri 9 Oct '09</p>	<p>230 x 4:50 235 x 8:17 131 x 8:56 160 x 10:12</p> <p>(1.0u) 8:07 (0.4u) → 9:00 (0.9u)</p>	<p>Run - 0:40 (4 miles)</p> <p>0.4 basal</p>	<p>Relaxed run. 100mg/dL drop. No food or bolus before. Tx: Start temp basal 10-20min earlier. Small snack before run.</p>
<p>AM</p> <p>Sat 10 Oct '09</p>	<p>216 x 5:43 184 x 8:15 154 x 8:41</p> <p>0.9u 8:00 (0.3u) → 8:50 (0.7u)</p>	<p>Run - 25min (2.75 miles)</p> <p>8g carbs 0.3u basal</p>	<p>Easy run. Good basal for the run. Next time: Try 12g before run.</p>
<p>PM</p> <p>Mon 12 Oct '09</p>	<p>303 x 3:51 244 x 5:27 110 x 6:07</p> <p>(0.8u) 5:09 (0.3u) → 6:32 (0.8u)</p>	<p>Run - 0:36 (4.0 miles)</p> <p>15g carbs 0.3u basal</p>	<p>Easy run, though fastish somehow. Did not drop as much as last time I ran in PM. Tx: Lower basal next time earlier.</p>