

WEEKLY REPORT

Peter Venkman Jan 18, 2015 - Jan 24, 2015



BLOOD GLUCOSE AVERAGE 145 mg/dl	BLOOD GLUCOSE DEVIATION ±63 mg/dl	ACTIVITY 5:30	HYPOS 4	HYPERS 11	CARB UNIT Gram	HYPO 70 mg/dl	⊕ 90 – 160 mg/dl	HYPER 180 mg/dl
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	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SUN 18. BASAL	9.0	2.0	2.5	5.0	5.5	4.45	1.0	1.896	3.0	3.5	4.0	2.82	2.8	4.2	5.472	4.0	2.0	2.0	2.0	1.0	68.138	75%
BOLUS										4.0					16.0				3.0		23.0	25%
BLOOD GLUCOSE		48¹				147³				106⁶		70⁸			120¹⁰				263¹²		Ø126	
CARBS		20 ²				30 ⁴				30 ⁷		10 ⁹			81 ¹¹						171	
ACTIVITY						2:00 ⁵															2:00	

¹Hypo feeling ²Glucose tabs ³Vacation, Sports, Fasting / Extra carbs - sports ⁴Apple and peanut bar ⁵Working out ⁶Chilling, Happy, Snack ⁷Ice cream with sugar & cinnamon ⁸Hypo feeling / Too much exercise? ⁹Glucose tabs ¹⁰Dinner, Vacation ¹¹Spaghetti & fruit ¹²Vacation, Correction, Tired / Estimated carbs wrong?

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
MON 19. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	73%
BOLUS				6.0	6.0	4.0			4.0		5.0				7.0				2.0		28.0	27%
BLOOD GLUCOSE				109⁴	57⁷	133⁵			107⁷		303⁸				167¹⁰				198¹²		Ø153	
CARBS				30 ²	15 ⁴	20 ⁶			20 ⁸						30 ¹¹						115	
ACTIVITY																						

¹Breakfast, Fasting / Headache ²Bread with strawberry jam ³On the way, Hypo feeling ⁴Gummy Bears ⁵Snack, Office work ⁶Cherries and Peach ⁷Lunch ⁸Fried vegetables ⁹Stress, Correction, Excited / Business conference ¹⁰Dinner, Chilling / BBQ ¹¹Steak & baked potatoes ¹²Correction, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
TUE 20. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	1.213	1.987	2.0	1.0	74.7	68%
BOLUS					10.0	6.0			13.0			2.0			4.0						35.0	32%
BLOOD GLUCOSE					112¹	137³			145⁵			202⁷			Ø113⁸		135¹⁰		112¹³		Ø134	
CARBS					51 ²	30 ⁴			61 ⁶						20 ⁹		20 ¹¹				182	
ACTIVITY																	1:00 ¹²				1:00	

¹Breakfast, Tired, Fasting ²Cereal with fruit ³Snack, Office work ⁴Chocolate milk & apple ⁵Happy, Lunch ⁶Cheeseburger & fries ⁷Correction, Tired, Office work ⁸126, 100 / Dinner, On the way, Happy ⁹Salad with Grapes and Corn ¹⁰Happy, Sports ¹¹Granola bars ¹²Running ¹³Chilling, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
WED 21. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	5.6	5.6	5.6	8.4	5.5	4.0	2.0	2.0	2.0	1.0	82.7	75%
BOLUS					11.0	4.0			3.0		3.0				1.0		5.0				27.0	25%
BLOOD GLUCOSE					103¹	167³			234⁵		290⁶		250⁷		170⁹		145⁹				Ø194	
CARBS					55 ²	15 ⁴											20 ¹⁰				90	
ACTIVITY																						

¹Breakfast, Fasting ²Whole grain roll with blueberries, Toast with chocolate spread ³On the way, Snack ⁴Apple ⁵Correction, Sick / Toothache ⁶Correction, Sick / Toothache ⁷Correction, Sick, Excited / Toothache, at the dentist ⁸Correction, Tired, Sick / Toothache ⁹Dinner, Tired, Sick ¹⁰Coconut carrot soup

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
THU 22. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	65%
BOLUS				10.0				4.0			8.0		9.0			4.0		4.0		1.0	40.0	35%
BLOOD GLUCOSE				102¹				133³			126⁵		155⁷			89⁹		123¹¹		189¹³	Ø131	
CARBS				50 ²				20 ⁴			40 ⁶		40 ⁸			20 ¹⁰		20 ¹²			190	
ACTIVITY																						

¹Breakfast, Fasting ²Oats with grapes & blueberries, Blood orange ³On the way, Snack ⁴Chocolate Bar ⁵Lunch ⁶Asian pasta & shrimp ⁷Happy, Alcohol, Snack ⁸2 cupcakes, Champagne ⁹Dinner, Chilling ¹⁰Tomato soup & wheat bread ¹¹Chilling, Snack ¹²Lemon waffles ¹³Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
FRI 23. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	78%
BOLUS							10.0				6.0					5.0					21.0	22%
BLOOD GLUCOSE				180¹			340³		210⁴		110⁵					162⁷		138⁸		52¹²	Ø170	
CARBS				60 ²							30 ⁶					20 ⁸		0 ¹⁰		30 ¹³	140	
ACTIVITY																		0:30 ¹¹			0:30	

¹Breakfast, Tired ²Croissant, Mixed Fruit ³Headache, Correction, Angry / Forgotten bolus ⁴Headache, Angry / Ketones ⁵Tired, Snack ⁶Cherry cake ⁷Dinner, Chilling, Happy ⁸Coconut cauliflower curry ⁹Happy, Alcohol, Party ¹⁰Red wine ¹¹Dancing ¹²Hypo feeling ¹³Cookies

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SAT 24. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	2.8	4.2	3.85	4.0	2.0	2.0	2.0	0.7	70.55	73%
BOLUS						7.0		8.0		11.0											26.0	27%
BLOOD GLUCOSE						114¹		87³		155⁵			88⁷	106⁸				133¹¹		71¹²	Ø108	
CARBS						35 ²		40 ⁴		50 ⁶				30 ⁹						10 ¹³	165	
ACTIVITY													2:00 ¹⁰								2:00	

¹Breakfast, Fasting ²Oats with berries & yogurt ³Vacation, Shopping, Snack ⁴Chocolate, Pretzel ⁵Vacation, Lunch ⁶Hamburger & fries ⁷Before sports ⁸Happy, Sports / Extra carbs - sports ⁹Sandwich ¹⁰Working out ¹¹Chilling, Happy ¹²Tired ¹³Chocolate

WEEKLY REPORT

Peter Venkman Jan 25, 2015 - Jan 31, 2015



BLOOD GLUCOSE AVERAGE	BLOOD GLUCOSE DEVIATION	ACTIVITY	HYPOS	HYPERS	CARB UNIT	HYPO	⊕	HYPER
135 mg/dl	±57 mg/dl	7:30	6	8	Gram	70 mg/dl	90 – 160 mg/dl	180 mg/dl

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SUN 25. BASAL	6.3	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	72.8	62%
BOLUS				7.0		6.0			13.0		7.0					10.0				1.0	44.0	38%
BLOOD GLUCOSE				112 ¹		100 ⁴			166 ⁶		107 ⁸			65 ¹⁰		192 ¹²				149 ¹⁴	Ø127	
CARBS				35 ²		30 ⁵			60 ⁷		35 ⁹			20 ¹¹		40 ¹³					220	
ACTIVITY				1:00 ³																	1:00	

¹Breakfast, Happy ²Berries & yogurt ³Taking a walk ⁴Snack, Office work ⁵Bagel ⁶Lunch ⁷Gnocchi with sugar peas, Ice cream cone ⁸Headache, Stress, Office work / Headache pill ⁹Mixed fruit
¹⁰On the way, Hypo feeling ¹¹Big Cookie ¹²Dinner, Tired ¹³Springrolls, Salad with grapes, corn, soybeans ¹⁴Chilling, Correction

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
MON 26. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	72%
BOLUS						8.0			8.0				5.0		8.0						29.0	28%
BLOOD GLUCOSE						115 ¹			132 ³				88 ⁵		118 ⁷					148 ⁹	50 ¹¹	Ø109
CARBS						40 ²			40 ⁴				25 ⁶		40 ⁸					0 ¹⁰	20 ¹²	165
ACTIVITY																						

¹Breakfast, Happy, Tired ²Raspberries and peach ³Vacation, Happy, Lunch ⁴Rice with peas and carrots ⁵Chilling, Vacation, Snack ⁶Pastry ⁷Dinner, Vacation, Happy / Cooking with friends
⁸Turkish food ⁹Vacation, Alcohol ¹⁰Red wine ¹¹Hypo feeling, Tired / Too much insulin? ¹²Glucose tabs

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
TUE 27. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	3.85	3.4	2.0	2.0	2.0	1.0	73.25	68%
BOLUS				6.0		7.0			4.0		2.0						16.0				35.0	32%
BLOOD GLUCOSE				129 ¹		184 ³			89 ⁵		180 ⁷			103 ⁹		126 ¹¹				157 ¹³	Ø138	
CARBS				30 ²		25 ⁴			20 ⁶					30 ⁸		80 ¹⁰					185	
ACTIVITY														1:30 ¹⁰							1:30	

¹Breakfast, Fasting ²Whole grain roll & chocolate milk ³Snack, Office work ⁴Muffin ⁵Happy, Lunch ⁶Chicken Soup ⁷Stress, Correction, Office work / Trouble with the boss ⁸Happy, Sports, Snack
⁹Extra carbs - sports ¹⁰Granola bars ¹¹Basketball ¹²Dinner / Dual wave bolus ¹³Pizza ¹⁴Chilling, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
WED 28. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	74%
BOLUS				14.0					5.0				1.0		4.0					3.0	27.0	26%
BLOOD GLUCOSE				112 ¹					126 ³				141 ⁵		117 ⁷					99 ⁹	131 ¹⁰	Ø123
CARBS				70 ²					25 ⁴						20 ⁶					15		130
ACTIVITY																						

¹Breakfast, Fasting / Dual wave bolus ²Whole grain roll & chocolate milk ³Office work ⁴Snack ⁵Cheesecake ⁶Correction, Excited / HbA1c ⁷On the way, Shopping, Snack ⁸Donut ⁹Chilling, Snack
¹⁰Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
THU 29. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	78%
BOLUS						15.0								5.0		1.0					21.0	22%
BLOOD GLUCOSE		50 ¹				144 ³			129 ⁵	167 ⁶				360 ⁸	260 ⁹	200 ¹⁰				156 ¹²	70 ¹³	Ø171
CARBS		20 ²				70 ⁴			40 ⁷						0 ¹¹					15 ¹⁴		145
ACTIVITY																						

¹Hypo feeling, At night / Because of alcohol? ²Apple juice ³Vacation, Breakfast, Happy ⁴Granola with Raspberries & chocolate milk ⁵On the way, Stress / Heading to airport ⁶Travelling, Lunch / Flying to San Diego ⁷Soup with pasta ⁸Headache, Correction, Angry / Forgotten bolus ⁹Headache, Tired / Ketones ¹⁰Correction, Tired ¹¹Carrots & cauliflower ¹²Tired ¹³Hypo feeling, Tired / Extra carbs - worried about lows overnight ¹⁴Gummy Bears

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ		
FRI 30. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	2.8	2.8	4.2	5.5	4.0	2.0	2.0	2.0	1.0	71.3	74%	
BOLUS						8.0			10.0				5.0			2.0					25.0	26%	
BLOOD GLUCOSE				100 ¹					178 ²				122 ⁴		156 ⁶					203 ⁸	109 ¹⁰	75 ¹²	Ø135
CARBS						30 ³			50 ⁵				20 ⁷							0 ¹¹	25		125
ACTIVITY												3:00 ⁸										3:00	

¹Vacation, Fasting, Excited ²Vacation, Travelling, Breakfast / Travel to San Francisco ³Sandwich with avocado ⁴Travelling, Happy, Lunch ⁵Tortellini & spinach ⁶On the way, Shopping, Snack
⁷Tartlet with blueberries ⁸Sightseeing Tour ⁹Chilling, Alcohol, Correction / No insulin for beer ¹⁰Chilling, Alcohol, Tired / No insulin for wine ¹¹Red wine ¹²Vacation, Tired / Extra carbs - worried about lows overnight

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SAT 31. BASAL	9.0	2.0	2.5	5.0	5.5	4.5	1.0	1.875	3.0	3.5	4.0	2.8	2.8	4.2	5.5	4.0	2.0	2.0	2.0	1.0	68.175	75%
BOLUS										4.0						16.0				3.0	23.0	25%
BLOOD GLUCOSE		48 ¹				146 ³			105 ⁵		69 ⁷				119 ⁹					260 ¹²	Ø125	
CARBS		20 ²				30 ⁴			30 ⁷		10 ⁹				80 ¹¹							170
ACTIVITY						2:00 ⁵																2:00

¹Hypo feeling ²Glucose tabs ³Vacation, Sports, Fasting / Extra carbs - sports ⁴Apple and peanut bar ⁵Working out ⁶Chilling, Happy, Snack ⁷Ice cream with sugar & cinnamon ⁸Hypo feeling / Too much exercise? ⁹Glucose tabs ¹⁰Dinner, Vacation ¹¹Spaghetti & fruit ¹²Vacation, Correction, Tired / Estimated carbs wrong?

WEEKLY REPORT

Peter Venkman Feb 1, 2015 - Feb 7, 2015

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BLOOD GLUCOSE AVERAGE	BLOOD GLUCOSE DEVIATION	ACTIVITY	HYPOS	HYPERS	CARB UNIT	HYPO	⊕	HYPER
140 mg/dl	±57 mg/dl	3:10	1	4	Gram	70 mg/dl	90 – 160 mg/dl	180 mg/dl

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SUN 1. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	2.0	2.0	2.0	1.0	75.5	73%
BOLUS				6.0		4.0			4.0			5.0				7.0			2.0		28.0	27%
BLOOD GLUCOSE				109 ¹	56 ³	132 ⁵			106 ⁷			300 ⁹				165 ¹⁰			198 ¹²		Ø152	
CARBS				30 ²	15 ⁴	20 ⁶			20 ⁸							30 ¹¹					115	
ACTIVITY									2:00												2:00	

¹Breakfast, Fasting / Headache ²Bread with strawberry jam ³On the way, Hypo feeling ⁴Gummy Bears ⁵Snack, Office work ⁶Cherries and Peach ⁷Lunch ⁸Fried vegetables ⁹Stress, Correction, Excited / Business conference ¹⁰Dinner, Chilling / BBQ ¹¹Steak & baked potatoes ¹²Correction, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
MON 2. BASAL	9.0	2.0	2.5	5.0	5.5	6.0	2.0	2.5	3.0	3.5	4.0	4.0	4.0	6.0	5.5	4.0	1.2	2.0	2.0	1.0	74.7	65%
BOLUS		4.0		2.0	10.0		6.0			13.0		2.0				4.0					41.0	35%
BLOOD GLUCOSE		250		Ø93 ¹	112 ²		137 ⁴			Ø123 ⁶	125 ⁸	202 ⁹				126 ¹⁰	99 ¹¹	134 ¹³		111 ¹⁶	Ø133	
CARBS		55		5	50 ³		30 ⁵			60 ⁷						20 ¹²	20 ¹⁴				240	
ACTIVITY		0:10																1:00 ¹⁵			1:10	

⁸85, 100 ⁹Breakfast, Tired, Fasting ¹⁰Cereal with fruit ¹¹Snack, Office work ¹²Chocolate milk & apple ¹³145, 100 / Happy, Lunch, Snack, Office work ¹⁴Cheeseburger & fries ¹⁵Manual work, Tired, Stress, Snack ¹⁶Correction, Tired, Office work ¹⁷On the way ¹⁸Dinner, Happy ¹⁹Salad with Grapes and Corn ²⁰Happy, Sports ²¹Granola bars ²²Running ²³Chilling, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
TUE 3. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
CARBS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
WED 4. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
CARBS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
THU 5. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
CARBS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
FRI 6. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
CARBS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
SAT 7. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
CARBS																						
ACTIVITY																						