

# WEEKLY REPORT

Peter Venkman Jul 8, 2013 - Jul 14, 2013



BLOOD GLUCOSE AVERAGE <b>146</b> mg/dl	BLOOD GLUCOSE DEVIATION <b>±59</b> mg/dl	ACTIVITY <b>5:30</b>	HYPOS <b>3</b>	HYPERS <b>8</b>	MEAL UNIT <b>Gram</b>	LO <b>70</b> mg/dl	⊕ <b>90 – 160</b> mg/dl	HI <b>180</b> 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	
<b>MON</b> BASAL																						
8. BOLUS				20.0			10.0			16.0		16.0				8.0					70.0	
BLOOD GLUCOSE				140 <sup>1</sup>			128 <sup>3</sup>			161 <sup>5</sup>		89 <sup>7</sup>			57 <sup>9</sup>	306 <sup>11</sup>					Ø147	
MEALS				5 <sup>2</sup>			2.5 <sup>4</sup>			4 <sup>6</sup>		4 <sup>8</sup>			2 <sup>10</sup>						17.5	
ACTIVITY																						

<sup>1</sup>Vacation <sup>2</sup>Fruit salad <sup>3</sup>Vacation, Snack <sup>4</sup>Chocolate bars <sup>5</sup>Vacation, Happy, Lunch <sup>6</sup>Rice with peas and carrots <sup>7</sup>Chilling, Vacation, Snack <sup>8</sup>Biscuit <sup>9</sup>Hypo feeling / Too much insulin? <sup>10</sup>Dextrose <sup>11</sup>Correction, Tired / Counterregulation?

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>TUE</b> BASAL																	22.0				22.0
9. BOLUS				15.0			12.0			8.0											35.0
BLOOD GLUCOSE				109 <sup>1</sup>			128 <sup>3</sup>			182 <sup>5</sup>				132 <sup>7</sup>			108 <sup>9</sup>				Ø132
MEALS				5 <sup>2</sup>			3 <sup>4</sup>			x <sup>6</sup>				2			x <sup>10</sup>				10
ACTIVITY														2:00 <sup>8</sup>							2:00

<sup>1</sup>Breakfast <sup>2</sup>Bread <sup>3</sup>Tired, Snack, Office work <sup>4</sup>Cherries and apricots <sup>5</sup>Angry, Snack, Office work / Trouble with the boss <sup>6</sup>Chocolate <sup>7</sup>Sports / 2 Sport ex. <sup>8</sup>Fitness Training <sup>9</sup>Chilling, Tired, Snack <sup>10</sup>Vegetables

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>WED</b> BASAL																						
10. BOLUS				20.0					15.0			12.0									47.0	
BLOOD GLUCOSE				125 <sup>1</sup>			161 <sup>3</sup>		95 <sup>5</sup>			150 <sup>7</sup>	57 <sup>9</sup>								Ø118	
MEALS				5 <sup>2</sup>					4 <sup>6</sup>			2.5 <sup>8</sup>	2								13.5	
ACTIVITY							1:30 <sup>4</sup>														1:30	

<sup>1</sup>Travelling, Breakfast, Happy <sup>2</sup>Cereals with pear <sup>3</sup>On the way, General <sup>4</sup>Spaziergang <sup>5</sup>Chilling, Lunch <sup>6</sup>Noodle soup <sup>7</sup>Travelling, Snack <sup>8</sup>Cheesecake <sup>9</sup>Happy, Shopping

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>THU</b> BASAL																		22.0			22.0
11. BOLUS							12.0			4.0						16.0					32.0
BLOOD GLUCOSE			147 <sup>1</sup>			117 <sup>2</sup>				123 <sup>4</sup>	132 <sup>6</sup>				145 <sup>8</sup>		89 <sup>11</sup>				Ø126
MEALS						3 <sup>3</sup>				1 <sup>5</sup>	1 <sup>7</sup>				4 <sup>10</sup>		1 <sup>12</sup>				10
ACTIVITY											2:00 <sup>8</sup>										2:00

<sup>1</sup>Travelling, Excited / Flying to London <sup>2</sup>Breakfast, Happy <sup>3</sup>Sandwich <sup>4</sup>Travelling, Snack, General <sup>5</sup>Sausage with bread <sup>6</sup>On the way, Excited, Snack <sup>7</sup>Strawberries <sup>8</sup>Site Seeing Tour <sup>9</sup>Dinner, Alcohol, Tired <sup>10</sup>Baguette and beer <sup>11</sup>Hypo feeling, Tired / Ex. for the night <sup>12</sup>Granola bars

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>FRI</b> BASAL																		22.0			22.0
12. BOLUS				20.0																	20.0
BLOOD GLUCOSE				134 <sup>1</sup>														62 <sup>3</sup>			Ø98
MEALS				5 <sup>2</sup>														2 <sup>4</sup>			7
ACTIVITY																					

<sup>1</sup>Breakfast, Happy <sup>2</sup>Bread with avocado <sup>3</sup>Chilling, Hypo feeling <sup>4</sup>Dextrose

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>SAT</b> BASAL																		22.0			22.0
13. BOLUS				4.0		8.0									6.0						18.0
BLOOD GLUCOSE				226 <sup>1</sup>		261 <sup>2</sup>									183 <sup>3</sup>		145 <sup>5</sup>				Ø204
MEALS															1 <sup>4</sup>						1
ACTIVITY																					

<sup>1</sup>Sick / Flu <sup>2</sup>Tired, Sick / Flu <sup>3</sup>Sad, Sick / Flu <sup>4</sup>Salad <sup>5</sup>Sick / Flu

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>SUN</b> BASAL																		22.0			22.0
14. BOLUS				4.0		5.0			16.0	16.0		10.0				24.0			10.0		85.0
BLOOD GLUCOSE				200 <sup>1</sup>		111 <sup>2</sup>			170 <sup>4</sup>	189 <sup>6</sup>		110 <sup>8</sup>			139 <sup>10</sup>			309 <sup>12</sup>			Ø175
MEALS						1.5 <sup>3</sup>			4 <sup>5</sup>	2 <sup>7</sup>		2.5 <sup>9</sup>			6 <sup>11</sup>						16
ACTIVITY																					

<sup>1</sup>Fasting / Headache <sup>2</sup>Angry, Snack, Office work <sup>3</sup>Apple <sup>4</sup>On the way, Lunch <sup>5</sup>Rice with fish <sup>6</sup>Sick / Double correction <sup>7</sup>Chicken soup <sup>8</sup>Snack, Office work <sup>9</sup>Muffin <sup>10</sup>Dinner, Happy <sup>11</sup>Potatoes <sup>12</sup>Tired / Forgot bolus

# WEEKLY REPORT

Peter Venkman Jul 15, 2013 - Jul 21, 2013



BLOOD GLUCOSE AVERAGE <b>135</b> mg/dl	BLOOD GLUCOSE DEVIATION <b>±51</b> mg/dl	ACTIVITY <b>6:00</b>	HYPOS <b>3</b>	HYPERS <b>5</b>	MEAL UNIT <b>Gram</b>	LO <b>70</b> mg/dl	⊕ <b>90 – 160</b> mg/dl	HI <b>180</b> 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
<b>MON</b> BASAL																					22.0
15. BOLUS					10.0			1.0		8.0		1.0			24.0						44.0
BLOOD GLUCOSE					<b>118<sup>1</sup></b>			<b>156<sup>3</sup></b>		<b>135<sup>4</sup></b>		<b>168<sup>6</sup></b>			<b>105<sup>7</sup></b>				<b>126<sup>9</sup></b>		<b>Ø135</b>
MEALS					5 <sup>2</sup>					4 <sup>5</sup>					6 <sup>8</sup>						15
ACTIVITY					0:30																0:30

<sup>1</sup>Tired, Lunch <sup>2</sup>Cereals with fruit <sup>3</sup>Correction, Office work <sup>4</sup>Lunch <sup>5</sup>Potatoes and asparagus <sup>6</sup>Correction, Tired, Office work <sup>7</sup>Dinner, Happy <sup>8</sup>Noodles <sup>9</sup>Chilling, Tired

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>TUE</b> BASAL																					70.0
16. BOLUS					20.0			10.0		16.0		16.0			8.0						70.0
BLOOD GLUCOSE					<b>135<sup>5</sup></b>			<b>122<sup>3</sup></b>		<b>155<sup>5</sup></b>		<b>88<sup>7</sup></b>		<b>50<sup>9</sup></b>	<b>304<sup>11</sup></b>						<b>Ø142</b>
MEALS					5 <sup>2</sup>			2.5 <sup>4</sup>		4 <sup>6</sup>		4 <sup>8</sup>		2 <sup>10</sup>							17.5
ACTIVITY																					

<sup>1</sup>Vacation <sup>2</sup>Fruit salad <sup>3</sup>Vacation, Snack <sup>4</sup>Chocolate bars <sup>5</sup>Vacation, Happy, Lunch <sup>6</sup>Rice with peas and carrots <sup>7</sup>Chilling, Vacation, Snack <sup>8</sup>Biscuit <sup>9</sup>Hypo feeling / Too much insulin? <sup>10</sup>Dextrose <sup>11</sup>Correction, Tired / Counterregulation?

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>WED</b> BASAL																					22.0
17. BOLUS					15.0			12.0		8.0											35.0
BLOOD GLUCOSE					<b>108<sup>2</sup></b>			<b>125<sup>3</sup></b>		<b>180<sup>5</sup></b>				<b>130<sup>7</sup></b>			<b>105<sup>9</sup></b>				<b>Ø130</b>
MEALS					5 <sup>2</sup>			3 <sup>4</sup>		x <sup>6</sup>				2			x <sup>10</sup>				10
ACTIVITY														2:00 <sup>8</sup>							2:00

<sup>1</sup>Breakfast <sup>2</sup>Bread <sup>3</sup>Tired, Snack, Office work <sup>4</sup>Cherries and apricots <sup>5</sup>Angry, Snack, Office work / Trouble with the boss <sup>6</sup>Chocolate <sup>7</sup>Sports / 2 Sport ex. <sup>8</sup>Fitness Training <sup>9</sup>Chilling, Tired, Snack <sup>10</sup>Vegetables

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>THU</b> BASAL																					47.0
18. BOLUS					20.0			15.0													47.0
BLOOD GLUCOSE					<b>120<sup>1</sup></b>			<b>154<sup>3</sup></b>		<b>89<sup>5</sup></b>				<b>149<sup>7</sup></b>	<b>55<sup>9</sup></b>						<b>Ø113</b>
MEALS					5 <sup>2</sup>			4 <sup>6</sup>						2.5 <sup>8</sup>	2						13.5
ACTIVITY								1:30 <sup>4</sup>													1:30

<sup>1</sup>Travelling, Breakfast, Happy <sup>2</sup>Cereals with pear <sup>3</sup>On the way, General <sup>4</sup>Spaziergang <sup>5</sup>Chilling, Lunch <sup>6</sup>Noodle soup <sup>7</sup>Travelling, Snack <sup>8</sup>Cheesecake <sup>9</sup>Happy, Shopping

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>FRI</b> BASAL																					22.0
19. BOLUS								12.0		4.0						16.0					32.0
BLOOD GLUCOSE					<b>139<sup>1</sup></b>			<b>109<sup>2</sup></b>		<b>117<sup>4</sup></b>	<b>128<sup>6</sup></b>				<b>141<sup>3</sup></b>			<b>79<sup>11</sup></b>			<b>Ø119</b>
MEALS								3 <sup>3</sup>		1 <sup>5</sup>	1 <sup>7</sup>				4 <sup>10</sup>			1 <sup>12</sup>			10
ACTIVITY											2:00 <sup>8</sup>										2:00

<sup>1</sup>Travelling, Excited / Flying to London <sup>2</sup>Breakfast, Happy <sup>3</sup>Sandwich <sup>4</sup>Travelling, Snack, General <sup>5</sup>Sausage with bread <sup>6</sup>On the way, Excited, Snack <sup>7</sup>Strawberries <sup>8</sup>Site Seeing Tour <sup>9</sup>Dinner, Alcohol, Tired <sup>10</sup>Baguette and beer <sup>11</sup>Hypo feeling, Tired / Ex. for the night <sup>12</sup>Granola bars

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>SAT</b> BASAL																					22.0
20. BOLUS					20.0																20.0
BLOOD GLUCOSE					<b>132<sup>1</sup></b>													<b>60<sup>3</sup></b>			<b>Ø96</b>
MEALS					5 <sup>2</sup>													2 <sup>4</sup>			7
ACTIVITY																					

<sup>1</sup>Breakfast, Happy <sup>2</sup>Bread with avocado <sup>3</sup>Chilling, Hypo feeling <sup>4</sup>Dextrose

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ
<b>SUN</b> BASAL																					22.0
21. BOLUS					4.0			8.0							6.0						18.0
BLOOD GLUCOSE					<b>220<sup>1</sup></b>			<b>260<sup>2</sup></b>						<b>182<sup>3</sup></b>		<b>143<sup>5</sup></b>					<b>Ø201</b>
MEALS													1 <sup>4</sup>								1
ACTIVITY																					

<sup>1</sup>Sick / Flu <sup>2</sup>Tired, Sick / Flu <sup>3</sup>Sad, Sick / Flu <sup>4</sup>Salad <sup>5</sup>Sick / Flu

# WEEKLY REPORT

Peter Venkman Jul 22, 2013 - Jul 28, 2013



BLOOD GLUCOSE AVERAGE <b>159</b> mg/dl	BLOOD GLUCOSE DEVIATION <b>±56</b> mg/dl	ACTIVITY <b>0:30</b>	HYPOS <b>0</b>	HYPERS <b>3</b>	MEAL UNIT <b>Gram</b>	LO <b>70</b> mg/dl	⊕ <b>90 – 160</b> mg/dl	HI <b>180</b> 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	
<b>MON</b> 22. BASAL																					22.0	
BOLUS			4.0		5.0				16.0	16.0		10.0				24.0			10.0		85.0	
BLOOD GLUCOSE			<b>198<sup>1</sup></b>		<b>109<sup>2</sup></b>				<b>161<sup>4</sup></b>	<b>180<sup>6</sup></b>		<b>106<sup>8</sup></b>				<b>135<sup>10</sup></b>			<b>302<sup>12</sup></b>		<b>Ø170</b>	
MEALS					1.5 <sup>3</sup>				4 <sup>5</sup>	2 <sup>7</sup>		2.5 <sup>9</sup>			6 <sup>11</sup>						16	
ACTIVITY																						
<sup>1</sup> Fasting / Headache <sup>2</sup> Angry, Snack, Office work <sup>3</sup> Apple <sup>4</sup> On the way, Lunch <sup>5</sup> Rice with fish <sup>6</sup> Sick / Double correction <sup>7</sup> Chicken soup <sup>8</sup> Snack, Office work <sup>9</sup> Muffin <sup>10</sup> Dinner, Happy <sup>11</sup> Potatoes <sup>12</sup> Tired / Forgot bolus																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>TUE</b> 23. BASAL																						
BOLUS					10.0				1.0	8.0												19.0
BLOOD GLUCOSE					<b>112<sup>1</sup></b>				<b>156<sup>3</sup></b>	<b>128<sup>4</sup></b>											<b>Ø132</b>	
MEALS					5 <sup>2</sup>				4 <sup>5</sup>													9
ACTIVITY					0:30																	0:30
<sup>1</sup> Tired, Lunch <sup>2</sup> Cereals with fruit <sup>3</sup> Correction, Office work <sup>4</sup> Lunch <sup>5</sup> Potatoes and asparagus																						

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

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>THU</b> 25. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
MEALS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>FRI</b> 26. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
MEALS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>SAT</b> 27. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
MEALS																						
ACTIVITY																						

	1-5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	Σ	
<b>SUN</b> 28. BASAL																						
BOLUS																						
BLOOD GLUCOSE																						
MEALS																						
ACTIVITY																						