Enhanced Logbook

Enhanced Logbook		Breakfast Before	Breakfast After	Lunch Before	Lunch After	Dinner Before	Dinner After	Night Bedtime	Night 2 a.m.
Sunday 5/18/03 (walk)/run/bike at 7 am/(pm)	BG	△167				△181		93	
	Time	9:30				7:00		10:30	
	Carbs	88				66			
	Insulin	8+2H,14N				6H, 9N			
Monday 5/19/03 walk/run/bike at ___ am/pm	BG	△137	△172	113		103		118	
	Time	8 am	10:30	1:00		6:00		10:00	
	Carbs	75		44		83		26	
	Insulin	7+1H,14N		4H		7.5H,9N		2H	
Tuesday 5/20/03 walk/run/bike at ___ am/pm	BG	△201		△173		Ⓞ49		△148	
	Time	8:00		12:00		5:30		10:00	
	Carbs	62		48		90		26	
	Insulin	5.5H,14N		4+2H		8H,9N		2+1H	
Wednesday 5/21/03 walk/run/bike at ___ am/pm	BG	△172	△187	77		△183		136	143
	Time	8:00	11:00	12:00		6:00		10:00	2:00 am
	Carbs	76		47	24	89		0	0
	Insulin	7+2H,14N		4H	2H	8+2H,9N		night basal test	
Thursday 5/22/03 walk/run/bike at ___ am/pm	BG	△203	168	71	138	106		△171	104
	Time	7:00	10:00	12:00	4:00	6:00		10:00	1:00 am
	Carbs	65		45	16	96		20	
	Insulin	6+3H,14N		4H	1	9H,6N		1+2H,4N	
Friday 5/23/03 (walk)/run/bike at 4 am/(pm)	BG	△141	△196	128		87	135	102	93
	Time	7:30	10:00	12:30		6:15	8:30	10:30	
	Carbs	55		60		83		20	
	Insulin	5+1H,14N	1H	5.5H		7H,6N		1H,4N	
Saturday 5/24/03 walk/run/(bike) at 7 (am)/pm	BG	△134		77		111		Ⓞ86	
	Time	8:00		12:30		6:00		10:30	
	Carbs	89		52		80		30	
	Insulin	8+1H,14N		4H		7H,6N		2H,4N	
# below target						1		1	
# above target		7	3	1		2		2	

My target ranges:

Before meals 70 to 130   At bedtime 90 to 140

After meals 120 to 170   At 2 a.m 90 to 140

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PATTERNS