

Jackie's bG

date	time	type	bG	notes
09/01/19	09:00 AM	fasting	104	5 u bolus
	05:15 PM	preprandial	143	15 u basal, 5 bolus
	06:15 PM	1 hr postprandial	182	Meal: fried zucchini with meatballs and sausage; garlic chaffle
	08:15 PM	3 hr postprandial	189	
09/02/19	09:00 AM	fasting	100	5 u bolus
	06:00 PM	preprandial	119	15 u basal, 5 bolus
	07:30 PM	1 hr postprandial	142	Meal: bacon-wrapped scallops, then steak-topped salad
	08:30 PM	2 hr postprandial	140	
09/03/19	09:30 AM	fasting	91	5 u bolus
	07:30 PM	preprandial	97	15 u basal, 5 bolus
	08:30 PM	1 hr postprandial	109	Meal: buttered okra, polish sausage, pickles
	09:30 PM	2 hr postprandial	108	
09/04/19	11:00 AM	fasting	83	5 u bolus
	06:00 PM	preprandial		15 u basal, 5 bolus, forgot to test bG
	07:15 PM	1 hr postprandial	127	Meal: garlic wings and burger on a salad
	08:15 PM	2 hr postprandial	129	
09/05/19	12:30 PM	fasting	80	5 u bolus
	06:00 PM	preprandial	96	forgot insulin before meal
	07:00 PM	1 hr postprandial	112	Meal: Big Mac salad, deviled eggs; 15 u basal, 5 u bolus
	08:00 PM	2 hr postprandial	122	
09/06/19	10:30 AM	fasting	80	5 u bolus
	04:30 PM	preprandial	113	forgot insulin again!
	05:45 PM	1 hr postprandial	153	Meal: tiny salad, scallops, steak. Veggies & deviled eggs; 15 basal, 5 bolus
	06:45 PM	2 hr postprandial	129	
09/07/19	08:30 AM	fasting	109	scattered day overall, forgot morning bolus
	04:45 PM	preprandial		forgot both insulin and bG reading!
	06:00 PM	1 hr postprandial	120	Meal: fajitas on Caesar salad; 15 u basal, 5 u bolus
	07:00 PM	2 hr postprandial	108	
09/08/19	07:30 AM	fasting	109	lost data for meal on this day; still on insulin
09/09/19	09:30 AM	fasting	124	lost data for meal on this day; still on insulin
09/10/19	08:00 AM	fasting	125	fasting, no insulin
09/11/19	10:30 AM	fasting	98	fasting, no insulin, reduce pred from 7 mg → 6

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09/12/19	09:30 AM	fasting	81	fasting, no insulin
	08:00 PM	1 hr postprandial	104	broke fast with sausage, eggs and cheese; upset stomach
09/13/19	10:30 AM	fasting	131	
	07:00 PM			mushroom soup, chaffles; upset stomach again
09/14/19	10:00 AM	fasting	125	
	08:00 PM	preprandial	127	
	09:00 PM	1 hr postprandial	153	cheeseburger salad
	11:45 PM			quesadilla (low carb tortillas)
09/15/19	10:00 AM	fasting		forgot to measure
	04:45 PM	preprandial	178	8 u basal, 5 u bolus
	06:00 PM	1 hr postprandial	186	cheeseburger salad
	07:00 PM	2 hr postprandial	181	
09/16/19	10:00 AM	fasting	158	
	06:00 PM	preprandial	183	
	07:00 PM	1 hr postprandial	195	leftovers + lasagna-in-a-bowl; 10 u basal, 5 u bolus
	08:00 PM	2 hr postprandial	194	
09/17/19	08:30 AM	fasting	177	5 u bolus
	06:45 PM	preprandial	160	10 u basal, 5 u bolus
	07:45 PM	1 hr postprandial	152	hot dogs, eggs and cheese
	08:45 PM	2 hr postprandial	154	
09/18/19	05:45 AM	fasting	114	5 u bolus; reduce pred today 6 mg → 5 mg
	07:30 PM	preprandial	133	10 u basal, 5 u bolus, 1000 mg metformin
	08:30 PM	1 hr postprandial	127	cole slaw, hard boiled eggs, tuna salad
	09:30 PM	2 hr postprandial	96	
09/19/19	10:30 AM	fasting	135	5 u bolus
	05:30 PM	preprandial	100	10 u basal, 5 u bolus, 1000 mg metformin
	06:30 PM	1 hr postprandial	142	Italian sausage soup, chaffles
09/20/19	04:00 AM	fasting	152	5 u bolus
	07:45 PM	preprandial	127	10 u basal, 5 u bolus, 1000 mg metformin
	08:45 PM	1 hr postprandial	149	
	09:45 PM	2 hr postprandial	130	
09/21/19	08:00 AM	fasting	127	5 u bolus
	08:00 PM	preprandial	86	10 u basal, 5 u bolus, 1000 mg metformin

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	09:00 PM	1 hr postprandial	127	tuna salad, salad
	10:00 PM	2 hr postprandial	130	
09/22/19	10:00 AM	fasting	130	
	07:30 PM	preprandial	105	10 u basal, 5 u bolus, 1000 mg metformin
	08:30 PM	1 hr postprandial	135	tuna salad, hard boiled eggs, cucumbers
	09:30 PM	2 hr postprandial	124	
09/23/19	10:30 AM	fasting	146	fasting, no insulin or metformin
09/24/19		fasting	105	fasting, no insulin or metformin
09/25/19		fasting	97	fasting, no insulin or metformin
09/26/19	09:00 AM	fasting	117	
	06:00 PM	preprandial	117	broke fast with bone broth and sugar-free jello
	06:30 PM	meal		sausage, fried okra, small salad
	07:30 PM	1 hr postprandial	153	1000 mg metformin
	08:30 PM	2 hr postprandial	132	
09/27/19	10:30 AM	fasting	134	
	09:00 PM	preprandial	153	1000 mg metformin – flushing again; web says it's lactic acidosis? drank bicarbonate
	10:00 PM	1 hr postprandial	139	cream cheese omelet, small salad
	11:00 PM	2 hr postprandial	153	
09/28/19	08:30 AM	fasting	126	
	06:45 PM	preprandial	129	500 mg metformin
	07:45 PM	1 hr postprandial	146	random RBS – butter lettuce, cukes, toms, liverwurst, bacon, cheese curds, etc.
	08:45 PM	2 hr postprandial	160	
09/29/19	08:30 AM	fasting	135	
	07:30 PM	preprandial	?	tested, but forgot to record; would've taken 500 mg metformin
	08:30 PM	1 hr postprandial	?	tested, but forgot to record; don't remember what I ate
	09:30 PM	2 hr postprandial	?	tested, but forgot to record
09/30/19	08:30 AM	fasting	133	fasting, no insulin or metformin
	08:30 PM	1 hr postprandial	132	
	09:30 PM	2 hr postprandial	159	

