

# Contour

## Blood Sugar Diary\*

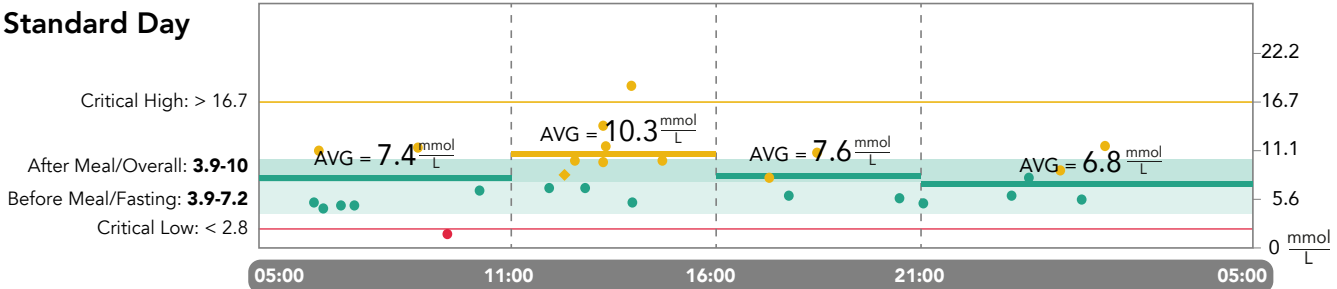
**KEY** ~ Approximate Time  
 # ## Fast-acting/Long-acting  
 Manual Reading  
 Readings <1hr apart

### WEEK 1

From: Aug 23, 2017  
 To: Aug 29, 2017

Fast-acting to Long-acting%	Critical High	Critical Low	Standard Deviation	% of Readings In-Range	Before Meal Average	After Meal Average	Overall AVG
<b>56.0%</b> <b>44.0%</b>			<b>3.0</b>	<b>38.7%</b>	<b>8.3</b>	<b>14.5</b>	<b>8.3</b>

### Standard Day



Day	Time	Blood Glucose (mmol/L)	Carbs (g)	Insulin (U)	Activity (min)	Daily Summary
Tuesday, August 29	06:45	5.8	25.0	6.0		AVG 9.2 145 33.0 / 20.0 80
	10:30				20.0	
	13:15	11.8	40.0	10.0		
	19:00	8.0	80.0	15.0	60.0	
	22:00	11.1		2.0 / 20.0		
Monday, August 28	06:35	7.0	20.0	5.0		AVG 7.1 165 31.0 / 22.0 50
	10:30				20.0	
	13:00	8.6	60.0	12.0		
	18:55	8.0	70.0	14.0	30.0	
	23:10	4.8	15.0	22.0		
Sunday, August 27	07:00	10.4	10.0	10.0		AVG 6.8 163 32.0 / 22.0 20
	10:00	2.7				
	10:55	4.7				
	12:30	9.6	70.0	12.0		
	15:00		10.0			
	18:30	6.0	65.0	10.0		
	21:00		8.0			
	23:20	7.4		22.0		
Saturday, August 26	06:45	6.7	25.0	6.0		AVG 8.3 145 27.0 / 24.0 20
	10:00				20.0	
	12:30	7.9	60.0	10.0		
	19:00	9.9	60.0	11.0		
	23:45	8.6		24.0		
Friday, August 25	06:45	10.4	25.0	7.0		AVG 7.0 150 27.0 / 24.0 50
	10:00				20.0	
	12:30	7.7	50.0	10.0		
	17:00				30.0	
	23:55	4.3	15.0	24.0		
Thursday, August 24	9:30	11.7	15.0	5.0		AVG 11.6 105 25.0 / 22.0 20
	10:00				20.0	
	13:30	9.3	60.0	8.0		
	14:20	17.3		6.0		
	15:29	11.7				
Wednesday, August 23	7:12	7.1	20.0	5.0		AVG 7.2 100 21.0 / 20.0 65
	10:00				20.0	
	14:00	9.2	40.0	8.0		
	18:30		10.0		45.0	
	21:00	7.9	20.0	8.0		
	02:00	4.5	10.0	20.0		