

Blood Sugar Log

Blood Sugar Log

| Date | Fasting Time | Time | Level | BG Diff | Keytones | Weight |
|-------------------------|--------------------------|-------------|------------|---------|-------------|-----------------|
| Tue, 24 Apr 2018 | 8:45. Hrs fasting | 08:45 | 4.7 | 0 | | 12st 6 |
| | 12:45 hrs fasting | 1214 | 5.1 | 0.40 | | |
| | 14:45 hrs fasting | 1445 | 4.2 | -0.90 | 1.30 | |
| | 17:23 hrs fasting | 1723 | 4.1 | -0.10 | | |
| | 17:31 hrs fasting | 1731 | 4.2 | 0.10 | | |
| | 22:36 hrs fasting | 2236 | 4.1 | -0.10 | | |
| | 22:44 hrs fasting | 2244 | 4.1 | 0.00 | | |
| | FAST DAILY BG AVG | 4.36 | | | | |
| Date | Fasting Time | Time | Level | BG Diff | Keytones | Weight |
| Wed, 25 Apr 2018 | 33:00 hrs fasting | 09:00 | 4.1 | 0.00 | | 12st 4 |
| | 36:51 hrs fasting | 12:51 | 4.1 | 0.00 | | |
| | 40:56 hrs fasting | 16:56 | 3.7 | -0.40 | | |
| | 42:30 hrs fasting | 18:30 | 3.7 | 0.00 | 4.10 | |
| | 45:36 hrs fasting | 21:36 | 3.6 | -0.10 | | |
| | 48:00 hrs fasting | 23:59 | 4.0 | 0.40 | | |
| Date | Fasting Time | Time | Level | BG Diff | Keytones | Weight |
| Thu, 26 Apr 2018 | 57:06 hrs fasting | 09:06 | 4.0 | | | 12st 0.5 |
| | 58:09 hrs fasting | 10:09 | 4.2 | | 3.10 | |
| | 61:40 hrs fasting | 13:40 | 3.8 | | | |
| | 67:57 hrs fasting | 19:57 | 4.0 | | | |
| | 69:54 hrs fasting | 21:54 | | | 2.80 | |
| | 70:10 hrs fasting | 22:10 | 4.3 | | | |
| Date | Fasting Time | Time | Level | BG Diff | Keytones | Weight |
| Fri, 27 Apr 2018 | 81:14 hrs fasting | 09:14 | 4.3 | | | 11st 13 |
| | 83:01 hrs fasting | 11:01 | 4.6 | | | |
| | 87:36 hrs fasting | 15:36 | 4.0 | | | |
| | 90:41 hrs fasting | 18:41 | 3.9 | | | |
| | 90:44 hrs fasting | 18:44 | | | 3.90 | |
| | 94:33 hrs fasting | 22:33 | 4.2 | | | |
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Table 1

| Date | Fasting Time | Time | Level | Keytones | Weight |
|------------------|-------------------|-------|-------|----------|--------|
| Fri, 27 Apr 2018 | 81:14 hrs fasting | 09:14 | 4.3 | | |
| | 83:01 hrs fasting | 11:01 | 4.6 | | |
| | 87:36 hrs fasting | 15:36 | 4.0 | | |
| | 90:41 hrs fasting | 18:41 | 3.9 | | |
| | 90:44 hrs fasting | 18:44 | | 3.90 | |
| | 94:33 hrs fasting | 22:33 | 4.2 | | |
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