

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			
	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	

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	