

Date	Time	Sugar	Comments
Sat 17 May	23:10	11.6	Before sleeping
Sun 18 May	07:38	10.2	On getting up
	08:15		Breakfast 3 weetabix and cup of tea + medications
	12.45	12.3	After walking 2½ miles of 5 mile walk before eating lunch, 2 ham sandwiches, celery and tomatoes
	16.00	15.1	On returning home - took 26 units Humulin I
	18.30		Tea, rogan josh curry with poppadoms and chapatti, small cornetto ice cream + medications
	20.30	12.9	2 hours after tea
	23.32	8.9	Before sleeping
Mon 19th	07.45	10.3	On getting up
	08.00		Breakfast 3 weetabix and cup of tea + medications
	11.05		Cup of tea and 1 small slice flapjack
	12.04	17.4	Still feeling fatigued
	13.05		Lunch, 2 hotdogs and cup of tea
	16.00	12.6	28 units Humulin I increased by 2 units as I feel sugar is too high consistently
	17.00		Tea, steak and ale pie and chips, glass of water + medications
	20.30		Cupasoup and 3 cheese biscuits
	22.10	17.2	Before sleeping
Tue 20 May	07.40	9.8	On getting up
	08.00		Breakfast 3 weetabix and cup of tea + medications
	10.30	15.9	Cup of coffee
	12.30	14.0	Lunch, tuna salad, 2 finger rolls and cup of tea. Still feeling fatigued
	16.00	9.4	28 units Humulin I. Cup of tea and small slice flapjack
	17.00		Tea, baked potato and salad, glass of water + medications
	20.30		Cupasoup and few squares of 85% cocoa dark chocolate
	22.10	15.7	Before sleeping
Wed 21 May	07.45	13.3	On getting up
	08.00		Breakfast 3 weetabix and cup of tea + medications
	10.00	17.1	2 hours after breakfast
	11.00		Cup of coffee and small apple pie
	13.00		Lunch, 2 rolls with salami and cup of tea
	15.00	16.1	2 hours after lunch. Cup of coffee
	16.00	13.8	28 units Humulin I
	17.00		Tea, curry with poppadoms, glass of water + medications
	19.50	16.6	Glass cherry squash
	22.10	13.7	Before sleeping
Thu 22 May	07.40	10.2	On getting up
	08.00		Breakfast 3 weetabix and cup of tea + medications
	10.05	19.1	2 hours after breakfast
	11.00		Cup of coffee and small apple pie
	12.15		Lunch 2 bacon rolls and cup of tea
	16.00	14.2	28 units Humulin I
	17.00		Tea, lamb steak, new potatoes, peas, glass of water + medications
	18.55	16.5	2 hours after tea
	22.00	7.8	Before sleeping

