














Date and Time	Event	Event Details	
Tuesday June 5, 2018			
6:00:00 PM		Meal	Large meal; Pizza
		Medication	Metformin
8:20:00 PM		Exercise	Light exercise; Took a small walk
11:00:00 PM		Insulin	Unknown insulin type; 30.0 units
		Sleep	7 hr 45 min
Wednesday June 6, 2018			
9:40:00 AM		Meal	Medium meal; Oatmeal
		Medication	Metformin
12:15:00 PM		Meal	Small meal
6:00:00 PM		Meal	Large meal; Steak and potatoes
		Medication	Metformin
11:30:00 PM		Insulin	Unknown insulin type; 30.0 units
		Sleep	7 hr 30 min
Thursday June 7, 2018			
7:30:00 AM		Meal	Small meal; Oatmeal
		Medication	Metformin
12:00:00 PM		Meal	Medium meal; Nachos
5:00:00 PM		Exercise	30 min; Intense exercise
7:15:00 PM		Meal	Large meal
		Medication	Metformin
10:45:00 PM		Insulin	Unknown insulin type; 30.0 units
		Sleep	7 hr 50 min
Friday June 8, 2018			
6:50:00 AM		Meal	Small meal; Oatmeal
		Medication	Metformin
12:00:00 PM		Meal	Medium meal
2:10:00 PM		Meal	Small meal
9:00:00 PM		Meal	Small meal
11:00:00 PM		Insulin	Unknown insulin type; 30.0 units
Saturday June 9, 2018			
12:30:00 AM		Sleep	5 hr 30 min
6:15:00 AM		Note	Very tired this morning
6:50:00 AM		Meal	Medium meal; Muffin and large coffee
9:40:00 AM		Exercise	Moderate exercise; Hiking for 4 miles
		Meal	Small meal; Energy bar
2:20:00 PM		Meal	Large meal
		Medication	Metformin
6:30:00 PM		Meal	Large meal

Saturday June 9, 2018-Tuesday June 12, 2018

Date and Time	Event	Event Details	
10:15:00 PM	 	Insulin Sleep	Unknown insulin type; 30.0 units 8 hr 30 min
Sunday June 10, 2018			
7:15:00 AM	 	Meal Medication	Medium meal; Cheese omelet
11:00:00 AM		Exercise	45 min; Intense exercise
7:50:00 PM	 	Meal Medication	Large meal
Monday June 11, 2018			
9:40:00 AM	 	Meal Medication	Medium meal; Oatmeal
1:15:00 PM		Meal	Medium meal
5:30:00 PM	 	Meal Medication	Medium meal
Tuesday June 12, 2018			
7:30:00 AM		Meal	Medium meal