

Jens Blood Sugar Logs

Fasting numbers are to be between 60-95

One hour after meals are to be lower than 130

(6/19 Glyburide 2.5mg AM - 1.25 before dinner - 5 mg PM)

Date	Fasting	Bfast	Lunch	Dinner
6/19	113	99	157	159
6/20	106	136	128	138
6/21	93	87	85	107
6/22	81	146	122	115
6/23	101	110	160	120
6/24	94	128	146	139
6/25	86	150	127	106
Week 32 Sugar				
Averages	96	122	132	126

Date	Fasting	Bfast	Lunch	Dinner
7/10	95	131	140	178
7/11	108	107	101	120
7/12	84	120	116	120
7/13	90	131	129	-
7/14	79	119	171	139
7/15	84	89	119	112
7/16	78	141	93	151
Week 35 Sugar				
Averages	88	120	124	137

Date	Fasting	Bfast	Lunch	Dinner
7/31				
8/1				
8/2				
8/3				
8/4				
8/5				
8/6				
Week 38 Sugar				
Averages	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!

Date	Fasting	Bfast	Lunch	Dinner
6/26	95	110	78	123
6/27	86	120	97	159
6/28	89	129	107	134
6/29	95	104	119	140
6/30	77	101	126	144
7/1	85	119	159	108
7/2	98	132	127	134
Week 33 Sugar				
Averages	89	116	116	135

Date	Fasting	Bfast	Lunch	Dinner
7/17	84	104	121	117
7/18	100	147	138	120
7/19	92	129	92	111
7/20	72	120	112	122
7/21	72	116	121	138
7/22	81	119	131	139
7/23	97	131	134	135
Week 36 Sugar				
Averages	85	124	121	126

Date	Fasting	Bfast	Lunch	Dinner
8/7				
8/8				
8/9				
8/10				
8/11				
8/12				
8/13				
Week 39 Sugar				
Averages	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!

(7/3 Glyburide 2.5mg AM - 2.5 before dinner - 5 mg PM)

Date	Fasting	Bfast	Lunch	Dinner
7/3	109	117	112	148
7/4	95	120	119	159
7/5	88	120	121	151
7/6	99	142	113	132
7/7	79	135	101	127
7/8	91	108	114	117
7/9	95	129	149	158
Week 34 Sugar				
Averages	94	124	118	142

Date	Fasting	Bfast	Lunch	Dinner
7/24	79	120	123	121
7/25	83	116	121	155
7/26	81	131	107	121
7/27	88	114	115	132
7/28	89	115	127	128
7/29	87	124	125	133
7/30	86	119	129	107
Week 37 Sugar				
Averages	85	120	121	128

Date	Fasting	Bfast	Lunch	Dinner
8/14				
8/15				
8/16				
8/17				
8/18				
8/19				
8/20				
Week 40 Sugar				
Averages	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!

Jens Blood Sugar Logs

Fasting numbers are to be between 60-95

One hour after meals are to be lower than 130

(5/12 now taking 2.5mg 2x daily glyburide)

Date	Fasting	Bfast	Lunch	Dinner
4/17	86	117	117	92
4/18	84	110	108	128
4/19	97	136	143	102
4/20	102	101	96	96
4/21	98	105	127	92
4/22	91	91	110	119
4/23	88	104	107	130
Week 23 Sugar Averages	92	109	115	108

Date	Fasting	Bfast	Lunch	Dinner
5/8	100	126	146	159
5/9	97	112	135	135
5/10	116	120	113	136
5/11	99	116	147	107
5/12	97	134	117	139
5/13	83	116	113	147
5/14	86	108	139	110
Week 26 Sugar Averages	97	119	130	133

Date	Fasting	Bfast	Lunch	Dinner
5/29	117	129	133	120
5/30	97	119	105	147
5/31	85	117	110	140
6/1	79	104	116	119
6/2	87	125	148	107
6/3	98	125	155	191
6/4	99	117	114	106
Week 29 Sugar Averages	95	119	126	133

Date	Fasting	Bfast	Lunch	Dinner
4/24	89	118	113	123
4/25	95	117	123	119
4/26	81	118	114	118
4/27	84	83	104	100
4/28	80	126	128	114
4/29	97	140	119	150
4/30	84	95	77	115
Week 24 Sugar Averages	87	114	111	120

Date	Fasting	Bfast	Lunch	Dinner
5/15	90	111	123	111
5/16	87	130	127	127
5/17	93	-	-	-
5/18	104	106	124	119
5/19	86	119	125	134
5/20	97	114	135	128
5/21	100	112	155	104
Week 27 Sugar Averages	94	115	132	121

Date	Fasting	Bfast	Lunch	Dinner
6/5	100	102	92	153
6/6	83	116	108	110
6/7	93	126	129	138
6/8	100	96	87	141
6/9	98	119	-	156
6/10	97	134	125	129
6/11	85	122	127	92
Week 30 Sugar Averages	94	116	111	131

Date	Fasting	Bfast	Lunch	Dinner
5/1	98	92	159	149
5/2	95	114	115	169
5/3	91	113	149	141
5/4	104	139	95	139
5/5	95	127	121	132
5/6	95	119	128	158
5/7	98	108	90	121
Week 25 Sugar Averages	97	116	122	144

Date	Fasting	Bfast	Lunch	Dinner
5/22	84	135	127	123
5/23	89	109	121	149
5/24	97	103	162	160
5/25	94	129	93	136
5/26	94	107	98	114
5/27	98	108	81	87
5/28	94	102	132	94
Week 28 Sugar Averages	93	113	116	123

Date	Fasting	Bfast	Lunch	Dinner
6/12	103	132	132	119
6/13	104	143	-	146
6/14	100	116	124	127
6/15	105	147	124	158
6/16	92	118	145	146
6/17	95	111	97	102
6/18	95	119	84	129
Week 31 Sugar Averages	99	127	118	132

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Fasting numbers are to be between 60-95

One hour after meals are to be lower than 130

(since 3/10 - 1.25mg 2x daily glyburide)

Date	Fasting	Breakfast	Lunch	Dinner
3/6	-	-	-	-
3/7	-	183	109	144
3/8	112	139	100	108
3/9	103	135	138	104
3/10	93	143	119	114
3/11	99	134	105	127
3/12	93	103	116	129
Week 17				
Sugar				
Averages	100	140	115	121

Date	Fasting	Bfast	Lunch	Dinner
3/27	87	133	124	140
3/28	84	111	149	132
3/29	88	99	130	128
3/30	88	136	85	133
3/31	87	110	87	138
4/1	90	112	94	123
4/2	85	116	82	131
Week 20				
Sugar				
Averages	87	117	107	132

(now these numbers are after the 1.25mg 2x daily glyburide)

Date	Fasting	Breakfast	Lunch	Dinner
3/13	87	97	105	121
3/14	77	99	111	106
3/15	97	120	118	116
3/16	95	123	116	120
3/17	85	118	116	119
3/18	90	128	98	132
3/19	95	120	102	106
Week 18				
Sugar				
Averages	89	115	109	117

Date	Fasting	Bfast	Lunch	Dinner
4/3	92	100	131	125
4/4	84	112	113	116
4/5	93	100	128	122
4/6	94	141	115	105
4/7	82	112	127	114
4/8	84	86	116	123
4/9	84	114	105	120
Week 21				
Sugar				
Averages	88	109	119	118

Date	Fasting	Breakfast	Lunch	Dinner
3/20	90	119	132	114
3/21	87	108	124	119
3/22	94	117	105	97
3/23	91	117	107	110
3/24	87	103	104	107
3/25	87	115	103	134
3/26	97	126	114	125
Week 19				
Sugar				
Averages	90	115	113	115

Date	Fasting	Bfast	Lunch	Dinner
4/10	80	101	123	135
4/11	83	-	-	-
4/12	91	155	114	95
4/13	94	129	124	196
4/14	88	102	112	135
4/15	90	140	78	127
4/16	88	121	140	110
Week 22				
Sugar				
Averages	88	125	115	133