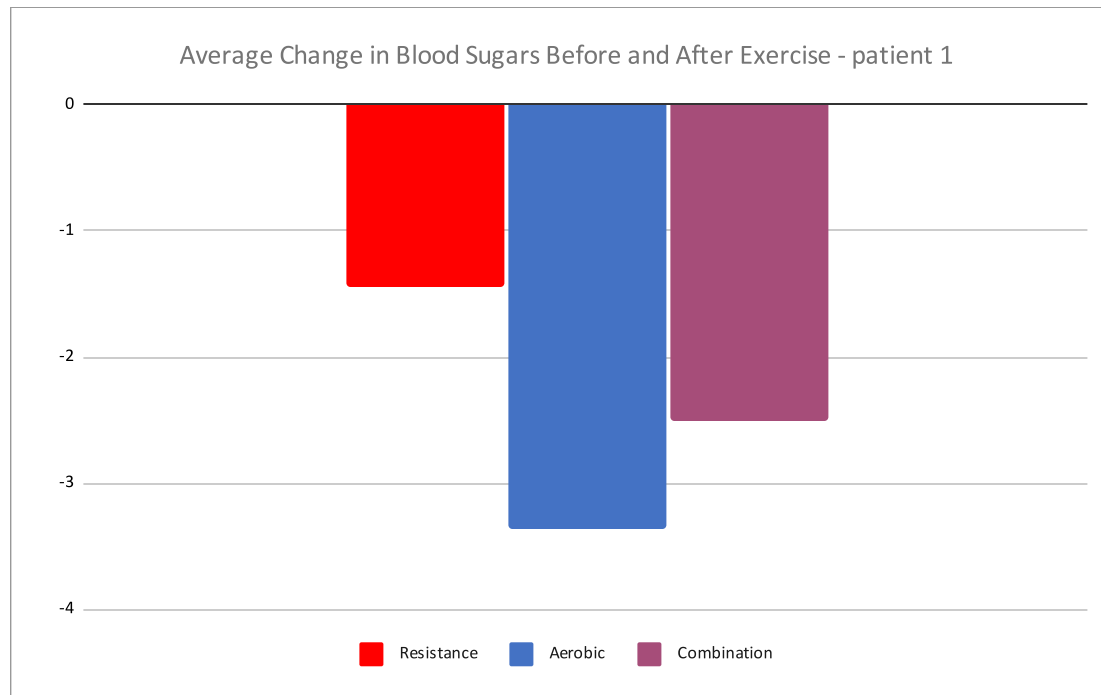


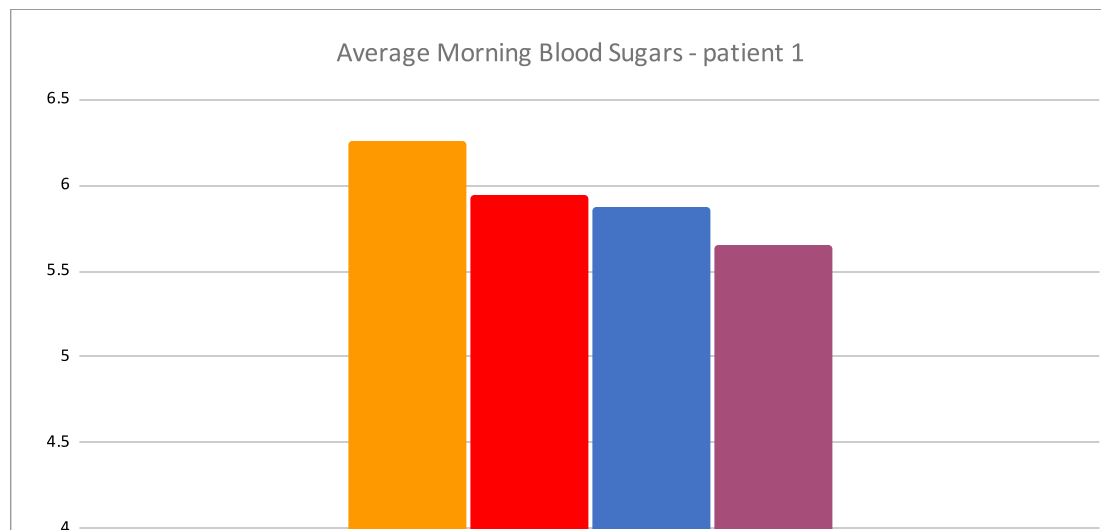
Change in Sugar Before vs After	No Exercise	Resistance	Aerobic Exerice during holidays	Aerobic Exercise after holidays	Resistance before Aerobic
		-1.45	-3.475	-3.3625	-2.5

AM Blood Sugars	No Exercise	Resistance	Aerobic Exerice during holidays	Aerobic Exercise after holidays	Resistance after Aerobic
	6.254545455	5.946153846	5.5	5.876923077	5.657142857

Aerobic before Resistance
-3.36666667



Aerobic before Resistance
5.73333333





Date	Exercise	Morning	Comments
21-Nov	None		Did not scan at right time (8.8 at 11:17 AM)
22-Nov	None	6.8	6:59 AM
23-Nov	None	5.3	7:14 AM
24-Nov	None		Did not scan at right time (7.3 at 12:46 PM)
25-Nov	None	6.3	7:24
26-Nov	None	5.8	6:16 AM
27-Nov	None	7.2	6:25 AM
28-Nov	None	5.6	6:13 AM
29-Nov	None	6.4	7:27 AM
30-Nov	None	6.8	8:48 AM
1-Dec	None	6.7	8:40 AM
2-Dec	None		Did not scan at right time (6.1 at 11:40 AM)
3-Dec	None	6.1	6:26 AM
4-Dec	None	5.8	6:30 AM
AVERAGE		6.254545455	

Date	Exercise	Morning
30-Jan	None	
31-Jan	None	
1-Feb	None	
2-Feb	None	
3-Feb	None	
4-Feb	None	
5-Feb	None	
AVERAGE		#DIV/0!

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
7-Dec	Resistance		8.4	7.9	-0.5	5.9
9-Dec	Resistance		5.8	5.8	0	5.2
Dec 10	Resistance		8.4	7	-1.4	5.9
12-Dec	Resistance		8.4	6	-2.4	5.9
14-Dec	Resistance		9.3	6.7	-2.6	5.8
15-Dec	Resistance		8.5	5.7	-2.8	6
16-Dec	Resistance		7.3	6.2	-1.1	6
17-Dec	Resistance		6.6	5.8	-0.8	5.8
AVERAGE		7.8375		6.3875	-1.45	5.8125

Date	Exercise	Morning Sugars	Comments
Dec 5	None	6.2	7:02 AM
Dec 6	None	6.9	6:42 AM
Dec 7	Resistance	5.9	7:31 AM
Dec 8	None	5.9	8:55 AM
Dec 9	Resistance	5.2	8:36 AM
Dec 10	None	5.2	6:16 AM
Dec 11	None	5.9	6:00 AM
Dec 12	Resistance	5.9	6:13 AM
Dec 13	None	6.6	7:14 AM
Dec 14	Resistance	5.8	9:05 AM
Dec 15	Resistance	6	7:59 AM
Dec 16	Resistance	6	6:17 AM
Dec 17	Resistance	5.8	6:23 AM
Average		5.946153846	

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
20-Dec	Aerobic		9.2	4.5	-4.7	5.8
21-Dec	Aerobic		10.2	5.2	-5	6
23-Dec	Aerobic		7	5.2	-1.8	6
24-Dec	Aerobic		8.1	4.6	-3.5	6
25-Dec	Aerobic		8.2	4.6	-3.6	6.2
28-Dec	Aerobic		9.3	7.2	-2.1	6.2
29-Dec	Aerobic		7	5.9	-1.1	6.6
30-Dec	Aerobic		11.9	5.9	-6	6.2
AVERAGE			8.8625	5.3875	-3.475	6.125

Date	Exercise	Morning Sugars	Comments
Dec 18	None	5.8	6:46 AM
Dec 19	None	6.1	7:36 AM
Dec 20	Aerobic	5.8	8:38 AM
Dec 21	Aerobic	5.8	7:38 AM
Dec 22	None	6	6:38 AM
Dec 23	Aerobic	6	5:43 AM
Dec 24	Aerobic	6	6:53 AM
Dec 25	Aerobic	6.2	6:23 AM
Dec 26	None		did not scan at right time (7.2 at 12:56PM)
Dec 27	None	6.9	6:51 AM
Dec 28	Aerobic		did not scan at right time (6.2 at 11:46AM)
Dec 29	Aerobic	6.2	6:54 AM
Dec 30	Aerobic	6.6	7:09 AM
Dec 31	None	6.2	7:42 AM
Jan 1	Aerobic	6.8	6:40 AM
Jan 2	Aerobic	5.8	7:10 AM
Jan 3	Aerobic	6.2	8:00 AM
Jan 4	None	7.1	5:02 AM - early flight

Jan 5	Aerobic	6.1	7:21 AM
Jan 6	Aerobic	5	6:42 AM
Jan 7	None	6.1	5:45 AM
Jan 8	None	6.2	6:48 AM
Jan 9	Aerobic	5.7	6:21 AM
Jan 10	None	5.7	6:24 AM
Jan 11	Aerobic	5.9	6:40 AM
Jan 12	Aerobic	5.6	6:41 AM
Jan 13	None	5.2	6:10 AM
Jan 14	None	5.5	6:13 AM
Jan 15	None	5.5	5:27 AM
Average		6	

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
1-Jan	Aerobic		9.4	7.3	-2.1	6.8
2-Jan	Aerobic		8.2	5.7	-2.5	5.8
3-Jan	Aerobic		8.3	5.4	-2.9	6.2
5-Jan	Aerobic		8.3	4.1	-4.2	6.1
6-Jan	Aerobic		7.6	3.7	-3.9	5
9-Jan	Aerobic		7	3.9	-3.1	5.7
11-Jan	Aerobic		9.6	3.9	-5.7	5.6
12-Jan	Aerobic		6.7	4.2	-2.5	5.2
AVERAGE			8.1375	4.775	-3.3625	5.8

Date	Exercise	Morning Sugars	Comments
Jan 1	Aerobic	6.8	6:40 AM
Jan 2	Aerobic		did not scan at right time (5.8 at 9:10 AM)
Jan 3	Aerobic		did not scan at right time (6.2 at 10 AM)
Jan 4	None	7.1	5:02 AM - early flight
Jan 5	Aerobic	6.1	7:21 AM
Jan 6	Aerobic	5	6:42 AM
Jan 7	None	6.1	5:45 AM
Jan 8	None	6.2	6:48 AM
Jan 9	Aerobic	5.7	6:21 AM
Jan 10	None	5.7	6:24 AM
Jan 11	Aerobic	5.9	6:40 AM
Jan 12	Aerobic	5.6	6:41 AM
Jan 13	None	5.2	6:10 AM
Jan 14	None	5.5	6:13 AM
Jan 15	None	5.5	5:27 AM
Average		5.876923077	

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
16-Jan	Resistance before Aerobic	6.9	6.8	-0.1	5.6	
17-Jan	Resistance before Aerobic	7.3	5.9	-1.4	6.3	
19-Jan	Resistance before Aerobic	6.9	3.9	-3	5.5	
22-Jan	Resistance before Aerobic	7.4	4.4	-3	4.8	
25-Jan	Aerobic before Resistance	9	4.8	-4.2	5.7	
26-Jan	Aerobic before Resistance	7.7	5.5	-2.2	5.7	
28-Jan	Resistance before Aerobic	7.5	3.8	-3.7	5.8	
29-Jan	Aerobic before Resistance	6.8	4.4	-2.4	5.8	
AVERAGE		7.4375	4.9375	-2.5	5.65	

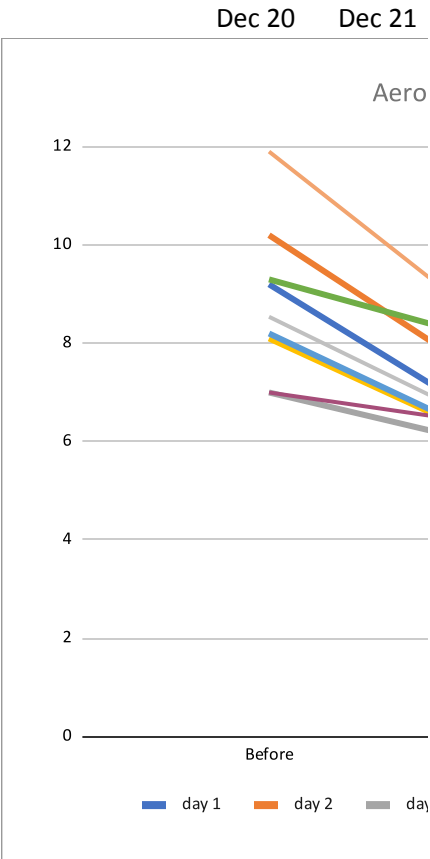
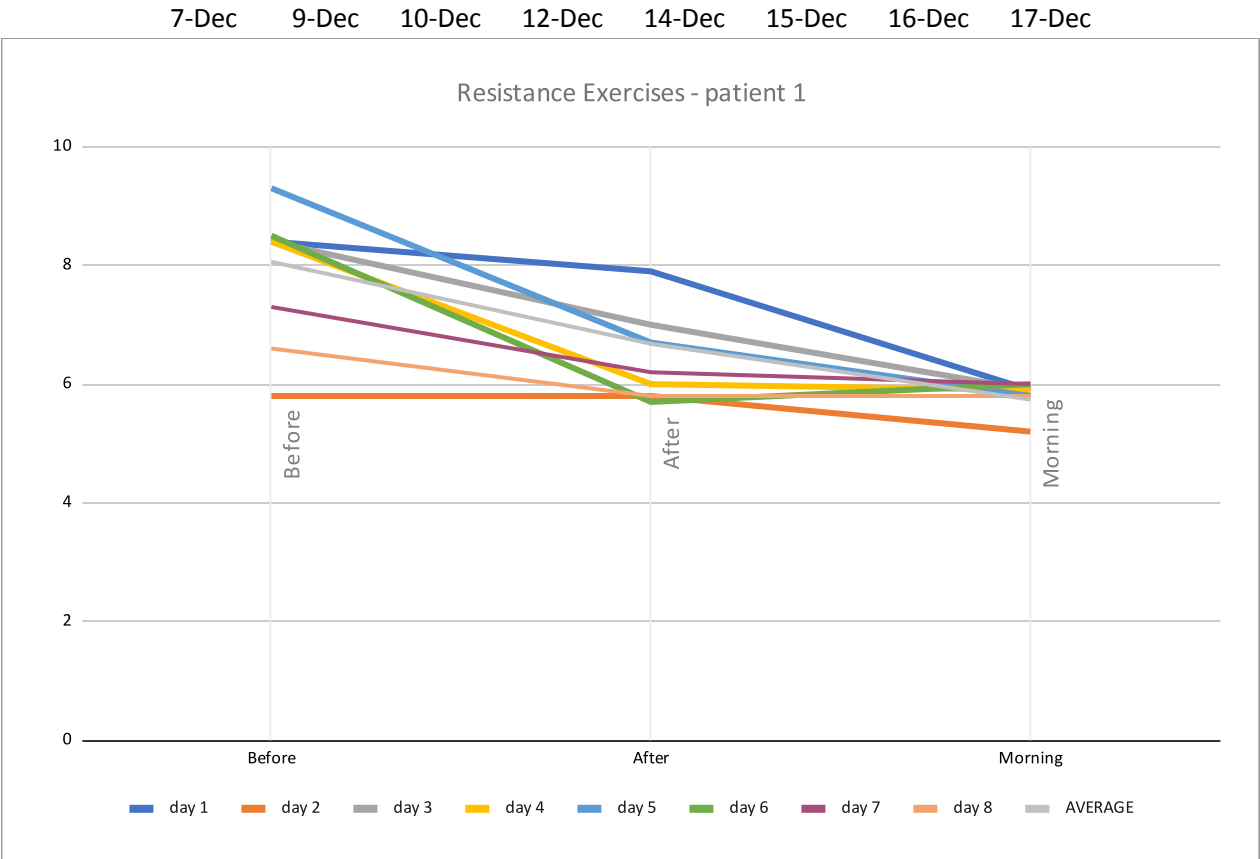
Date	Exercise	Morning Sugars	Comments
Jan 16	Resistance before Aerobic	5.6	6:03 AM
Jan 17	Resistance before Aerobic	5.6	6:27 AM
Jan 18	None	6.3	5:41 AM
Jan 19	Resistance before Aerobic	5.9	7:26 AM
Jan 20	None	5.5	6:24 AM
Jan 21	None	5.5	6:21 AM
Jan 22	Resistance before Aerobic	5.8	6:19 AM
Jan 23	None	4.8	5:50 AM
Jan 24	None	5.4	5:44 AM
Jan 25	Aerobic before Resistance	5.8	7:02 AM
Jan 26	Aerobic before Resistance	5.7	6:38 AM
Jan 27	None	5.7	6:13 AM
Jan 28	Resistance before Aerobic	5.2 at 4:57 AM	
Jan 29	Resistance before Aerobic	5.8	6:37 AM
Jan 30	None	5.8	6:06 AM
Average		5.657142857	

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
25-Jan	Aerobic before Resistance		9	4.8	-4.2	5.7
26-Jan	Aerobic before Resistance		7.7	5.5	-2.2	5.7
28-Jan	Aerobic before Resistance		7.5	3.8	-3.7	5.8
29-Jan	Aerobic before Resistance				0	
AVERAGE		8.066666667		4.7	-3.366666667	5.733333333

Date	Exercise	Morning Sugars
Jan 23	Resistance before Aerobic	4.8
Jan 24	Resistance before Aerobic	5.4
Jan 25	Resistance before Aerobic	5.8
Jan 26	Resistance before Aerobic	5.7
Jan 27	Resistance before Aerobic	5.7
Jan 28	Resistance before Aerobic	5.2
Jan 29	Resistance before Aerobic	5.8
Average		5.485714286

Resistance	day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	AVERAGE
Before	8.4	5.8	8.4	8.4	9.3	8.5	7.3	6.6	8.06
After	7.9	5.8	7	6	6.7	5.7	6.2	5.8	6.68
Morning	5.9	5.2	5.9	5.9	5.8	6	6	5.8	5.74

Aerobic	day 1	day 2
Before	9.2	10.2
After	4.5	5.2
Next Morning	5.8	6



Aerobic	day 1	day 2
Before	9.4	8.2
After	7.3	5.7

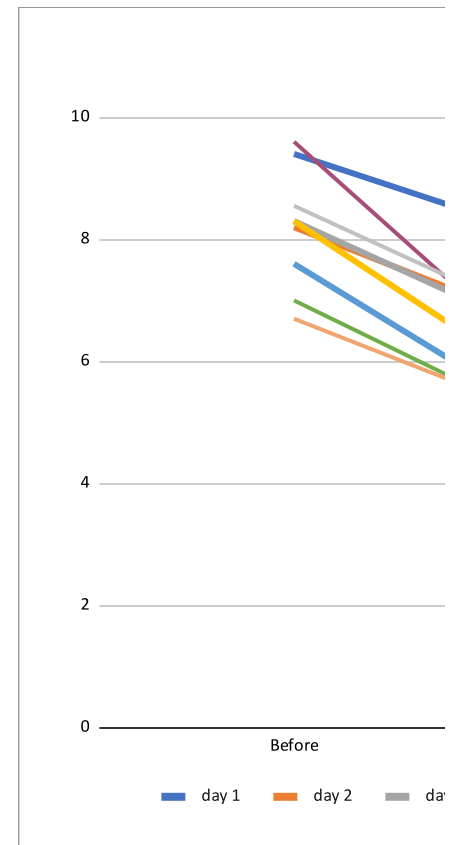
Next Morning

6.8

5.8

Jan 1

Jan 2



day 3	day 4	day 5	day 6	day 7	day 8	AVERAGE
7	8.1	8.2	9.3	7	11.9	8.54
5.2	4.6	4.6	7.2	5.9	5.9	4.82
6	6	6.2	6.2	6.6	6.2	6

Dec 23

Dec 24

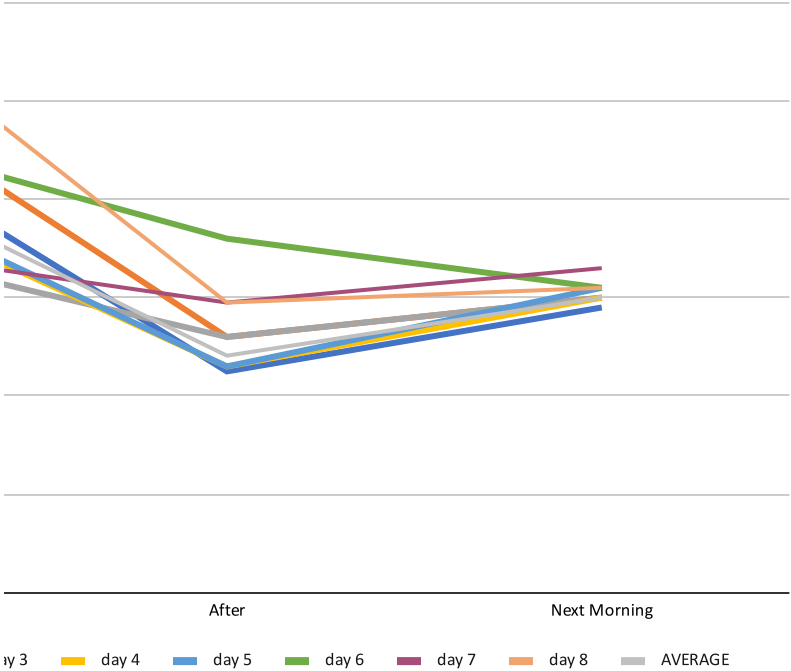
Dec 25

Dec 28

Dec 29

Dec 30

obic Exercises - during holidays - patient 1



After

Next Morning

day 3

day 4

day 5

day 6

day 7

day 8

AVERAGE

day 3	day 4	day 5	day 6	day 7	day 8	AVERAGE
8.3	8.3	7.6	7	9.6	6.7	8.55
5.4	4.1	3.7	3.9	3.9	4.2	5.625

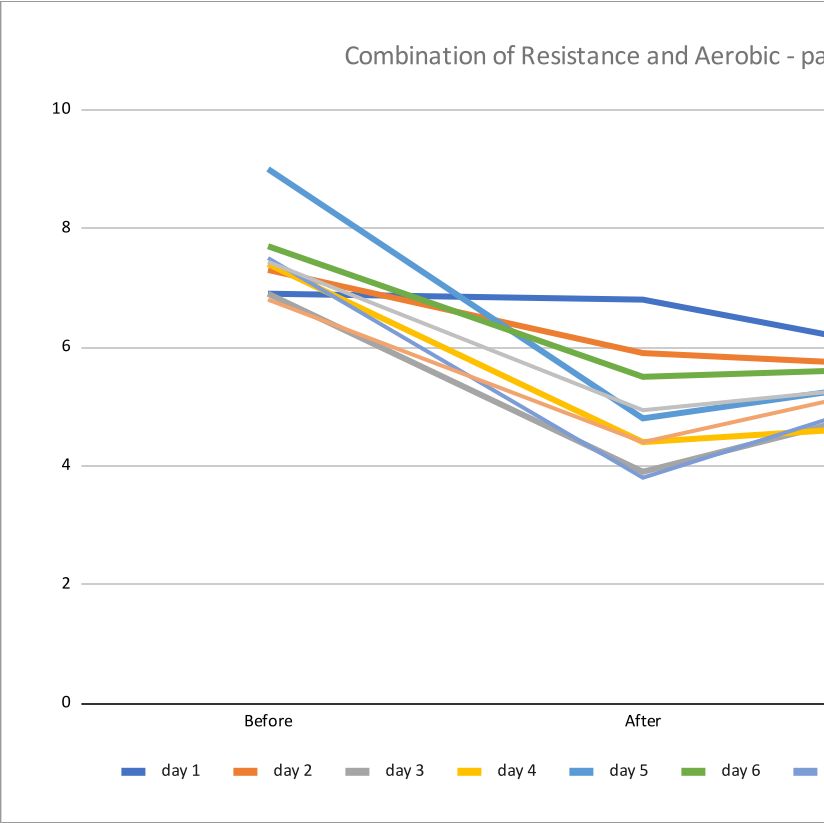
Resistance and Aerobic	day 1	day 2	day 3	day 4
Before	6.9	7.3	6.9	7.4
After	6.8	5.9	3.9	4.4
Next Morning	5.6	5.6	5.5	4.8

Jan 16

Jan 17

Jan 19

Jan 22



Before

After

day 1

day 2

day 3

day 4

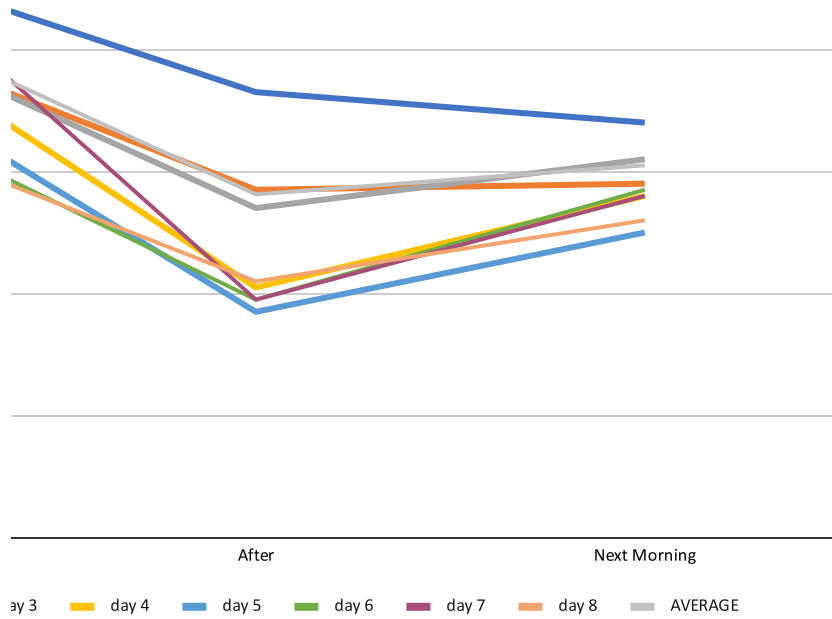
day 5

day 6

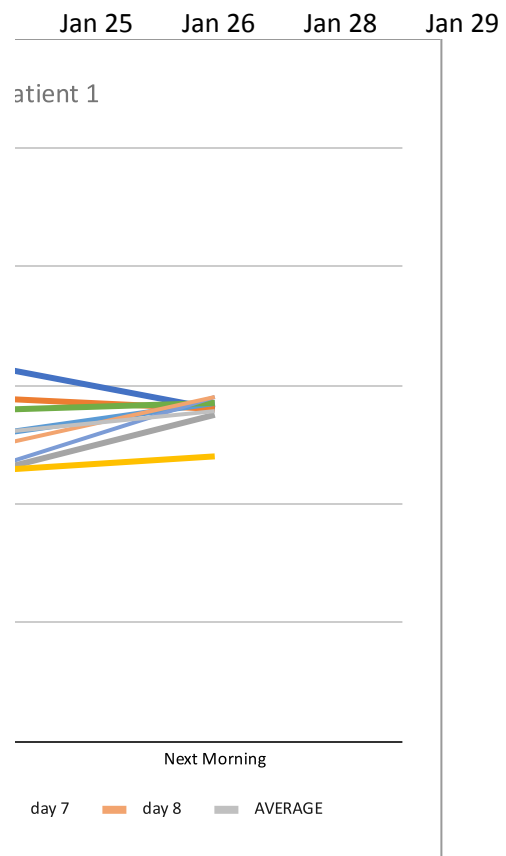
6.2 5.6 5 5.7 5.6 5.2 6.1

Jan 3 Jan 5 Jan 6 Jan 9 Jan 12 Jan 12

Aerobic Exercises - patient 1

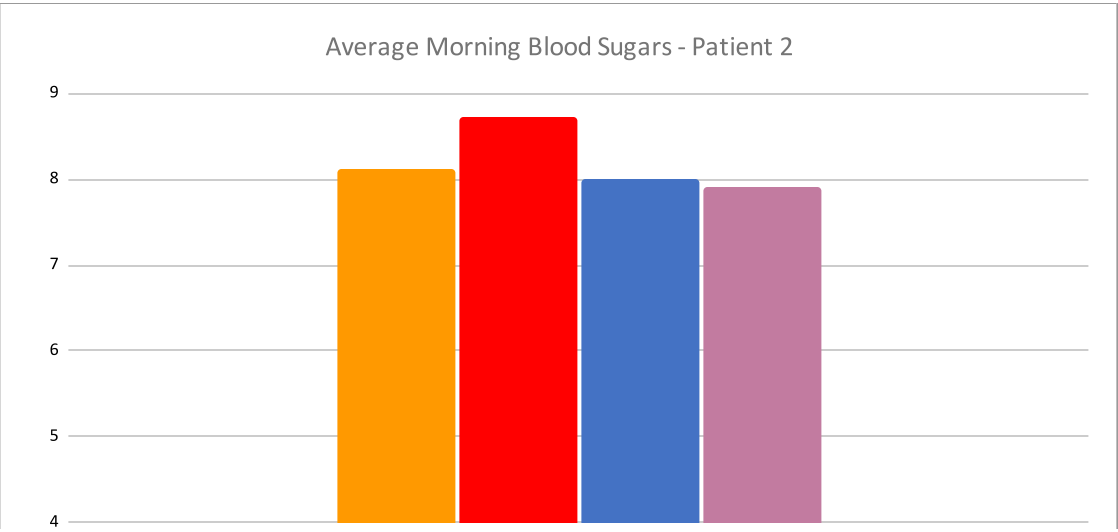
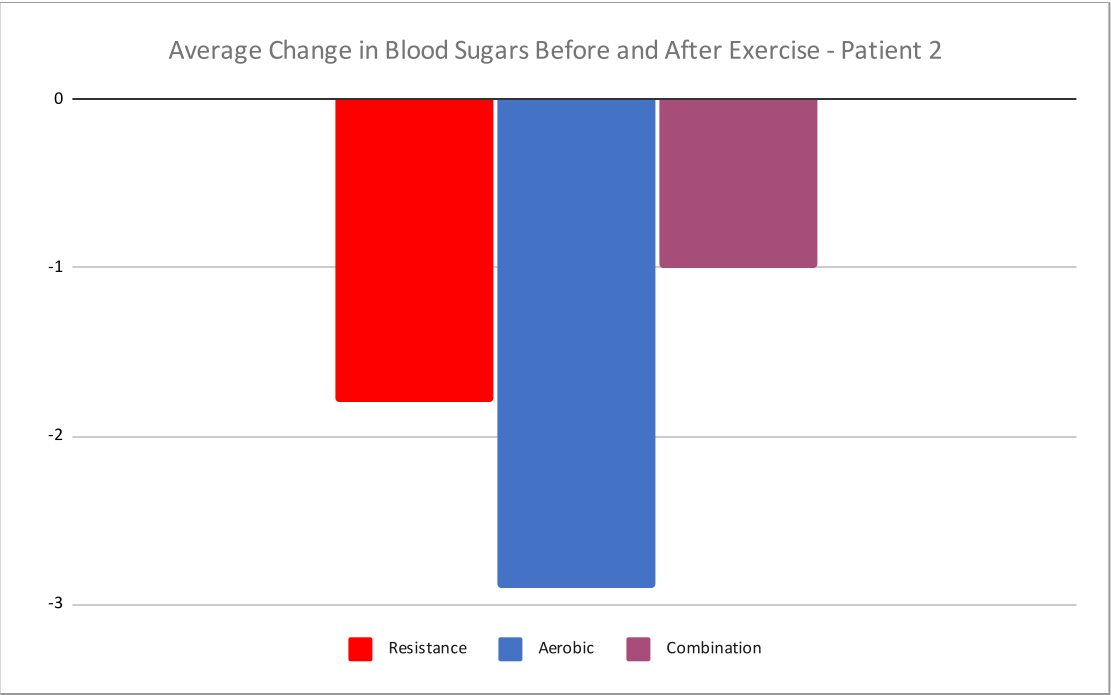


day 5	day 6	day 7	day 8	AVERAGE
9	7.7	7.5	6.8	7.4375
4.8	5.5	3.8	4.4	4.9375
5.7	5.7	5.8	5.8	5.5625







Change in Sugar	No Exercise	Resistance	Aerobic	Resistance before Aerobic	Aerobic before Resistance
Before vs After			-1.8	-2.9	-1

AM Blood Sugars	No Exercise	Resistance	Aerobic	Combination
	8.116666667	8.715384615		8
				7.918181818



7

 No Exercise  Resistance  Aerobic  Combination

Date	Exercise	Morning	Comments
21-Nov	None	8	7:46 AM
22-Nov	None	8.2	6:48 AM
23-Nov	None	7.9	5:12 AM
24-Nov	None		did not scan at right time (6.7 at 11:47am)
25-Nov	None	8.1	7:33 AM
26-Nov	None		did not scan at right time (7 at 12:39pm)
27-Nov	None		did not scan at right time (9.3 at 4:04pm)
28-Nov	None		did not scan at right time (12.6 at 8:45pm)
29-Nov	None	8.7	7:12 AM
30-Nov	None	8.1	8:13 AM
1-Dec	None	7.7	8:11 AM
2-Dec	None	7.7	9:00 AM
3-Dec	None		did not scan at right time (9.1 at 9:41am)
4-Dec	None	9.4	8:42 AM
5-Dec	None	7.8	8:33 AM
6-Dec	None	8.4	at 9:28am
7-Dec	None		did not scan at right time (10.8 at 1:42pm)
8-Dec	None		did not scan at right time (5.5 at 12:46pm)
9-Dec	None		did not scan at right time (12.7 at 10:46am)
10-Dec	None	7.4	9:17 AM
AVERAGE		8.116666667	

Date	Exercise	Morning
30-Jan	None	
31-Jan	None	
1-Feb	None	
2-Feb	None	
3-Feb	None	
4-Feb	None	
5-Feb	None	
AVERAGE		

#DIV/0!

Date	Exercise	Before	After	Before vs After	Next Morning	
12-Dec	Walk		9.2	6.9	-2.3	6.1
13-Dec	Walk		8.3	5.2	-3.1	8.9
14-Dec	Walk		8.9	5.6	-3.3	7.2
16-Dec	Walk		10	5.6	-4.4	6.6
23-Dec	Blke		7.6	6.2	-1.4	9.9
AVERAGE			8.8	5.9	-2.9	7.74

Date	Exercise	Morning Sugars	Comments
Dec 11	None	7.2	8:45 AM
Dec 12	Aerobic		did not scan at right time (9.2 at 11:46am)
Dec 13	Aerobic		did not scan at right time (6.1 at 12:10pm)
Dec 14	None		did not scan at right time (8.9 at 12:33pm)
Dec 15	None	7.2	8:27 AM
Dec 16	Aerobic	8.7	9:05 AM
Dec 17	Aerobic		did not scan at right time (6.6 at 12:46pm)
Dec 18	None		did not scan at right time (10.8 at 10:20am)
Dec 19	None	8.4	8:45 AM
Dec 20	None	8.1	9:03 AM
Dec 21	None	8	8:42 AM
Dec 22	None	7.9	8:22 AM
Dec 23	None	8.5	8:45 AM
Average		8	

Comments

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
6-Jan	Resistance		11.4	9.6	-1.8	9
					0	
					0	
					0	
					0	
					0	
					0	
					0	
AVERAGE			11.4	9.6	-1.8	9

Date	Exercise	Morning Sugars	Comments
Dec 24	None		did not scan at right time (9.9 at 10:10am)
Dec 25	None		did not scan at right time (6.2@12:31pm)
Dec 26	None	9.3	at 9:15 AM
Dec 27	None		did not scan at right time (12 @5:19pm)
Dec 28	None		did not scan at right time (14.2 @ 3:57pm)
Dec 29	None		did not scan at right time (no entries)
Dec 30	None	9.1	at 9:23 AM
Dec 31	None	9	7:51 AM
Jan 1	None	9.2	at 9:16am
Jan 2	None		did not scan at right time (8.4 @ 12:19pm)
Jan 3	None		did not scan at right time (6 @ 2:23pm)
Jan 4	None		did not scan at right time (11.5 at 9:26am)
Jan 5	None		did not scan at right time (13.8 @ 4:19pm)
Jan 6	Resistance		did not scan at right time (11.4 @ 11:28 am)
Jan 7	None	9	8:45 AM
Jan 8	None	8.6	8:35 AM
Jan 9	None	8.1	8:02 AM
Jan 10	None	9.1	9:07 AM

Jan 11	None	8.6	8:31 AM
Jan 12	None	8.6	8:32 AM
Jan 13	None	8	8:22 AM
Jan 14	None	7.5	8:33 AM
Jan 15	None	9.2	8:56 AM
Average		8.715384615	

Date	Exercise	Before	After	Before vs After	Next Morning	
24-Jan	Aerobic before Resistance		7.1	6.6	-0.5	7.7
26-Jan	Aerobic before Resistance		12.5	11	-1.5	7.4

AVERAGE			9.8	8.8	-1	7.55
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Date	Exercise	Morning Sugars	Comments
Jan 16			did not scan at right time (9.4 an hour late)
Jan 17		8.9	8:42 AM
Jan 18			did not scan at right time (5.7 at 1:56pm)
Jan 19		8.8	8:22 AM
Jan 20		8.4	5:27 AM
Jan 21		8.5	9:03 AM
Jan 22		7.9	8:26
Jan 23	None	7.8	7:37 AM
Jan 24	None	7.3	9:09 AM
Jan 25	None	7.7	8:40 AM
Jan 26	Bike and Resistance	6.8	low resistance 8:08 AM
Jan 27	None	7.4	8:52 AM
Jan 28	None	7.6	8:21 AM
Jan 29	None		did not scan at the right time (7.9 at 1:15pm)

Average		7.918181818	
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Comments

bike then weights

Date	Exercise	Before	After	Before vs After	Next Morning	Comments
23-Jan	Aerobic before Resistance			0		
24-Jan	Aerobic before Resistance	7.1	6.6	-0.5	7.7	bike then weights
25-Jan	Aerobic before Resistance			0		
26-Jan	Aerobic before Resistance	12.5	11	-1.5	7.4	
27-Jan	Aerobic before Resistance			0		
28-Jan	Aerobic before Resistance			0		
29-Jan	Aerobic before Resistance			0		
AVERAGE		9.8	8.8	-1	7.55	

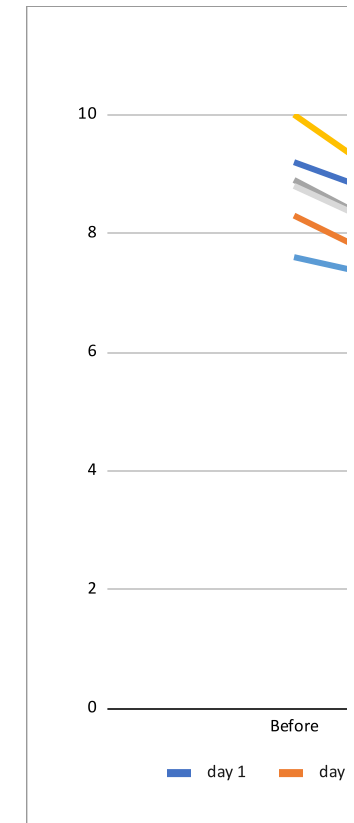
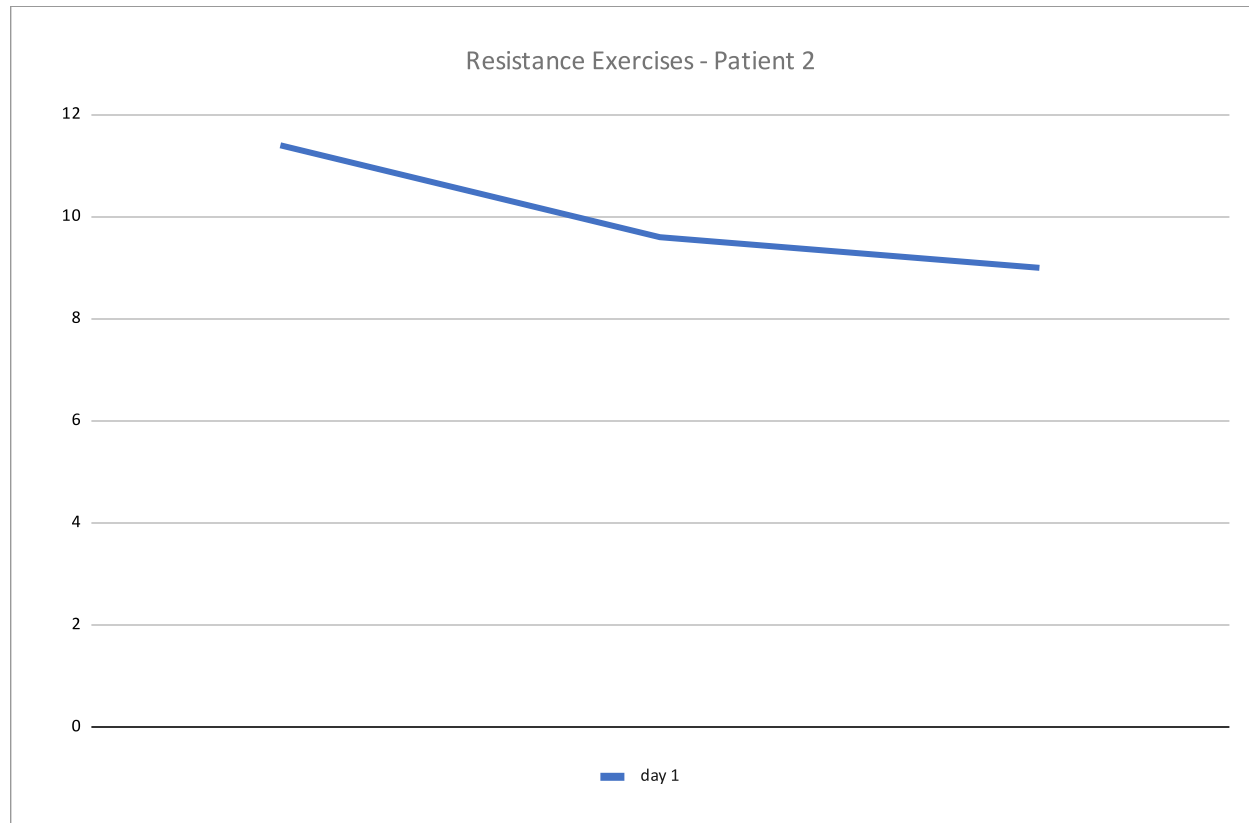
Date	Exercise	Morning Sugars	
Jan 23	None	7.8	7:37 AM
Jan 24	None	7.3	9:09 AM
Jan 25	None	7.7	8:40 AM
Jan 26	Bike and Resistance	6.8	low resistance 8:08 AM
Jan 27	None	7.4	8:52 AM
Jan 28	None	7.6	8:21 AM
Jan 29	None	did not scan at the right time (7.9 at 1:15pm)	
Average		7.433333333	

Resistance	day 1
Before	11.4
After	9.6
Next Morning	9

6-Jan

Aerobic	day 1
Before	9.2
After	6.9
Next Morning	6.1

Dec 12



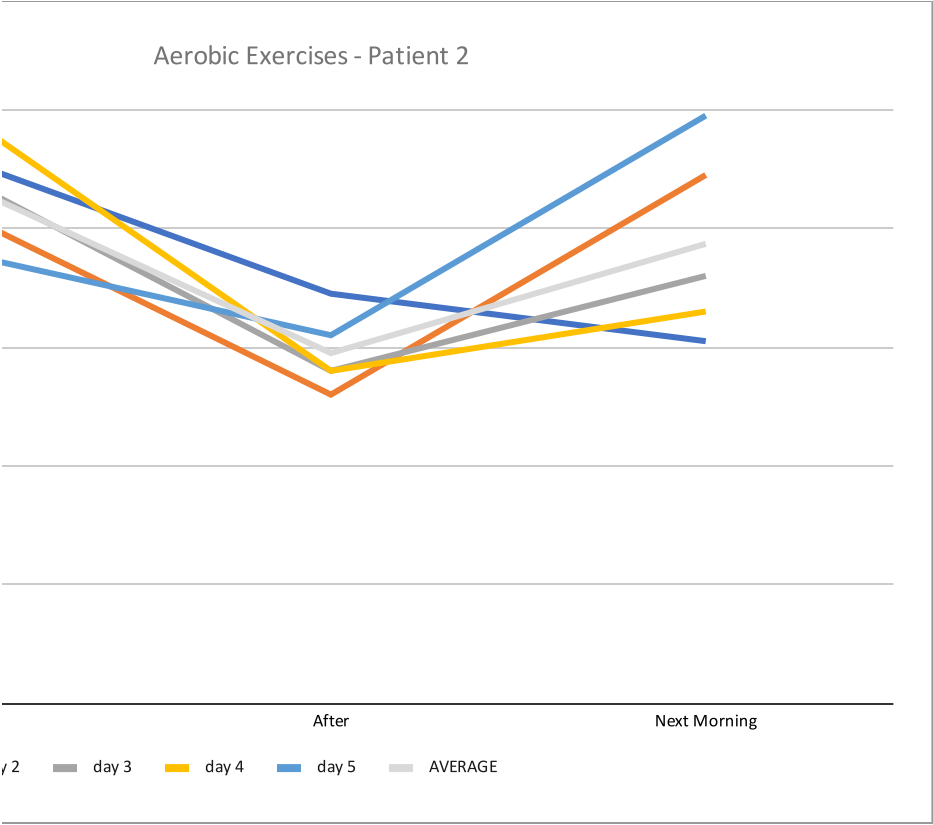
day 2	day 3	day 4	day 5	AVERAGE
8.3	8.9	10	7.6	8.8
5.2	5.6	5.6	6.2	5.9
8.9	7.2	6.6	9.9	7.74

Dec 13

Dec 14

Dec 16

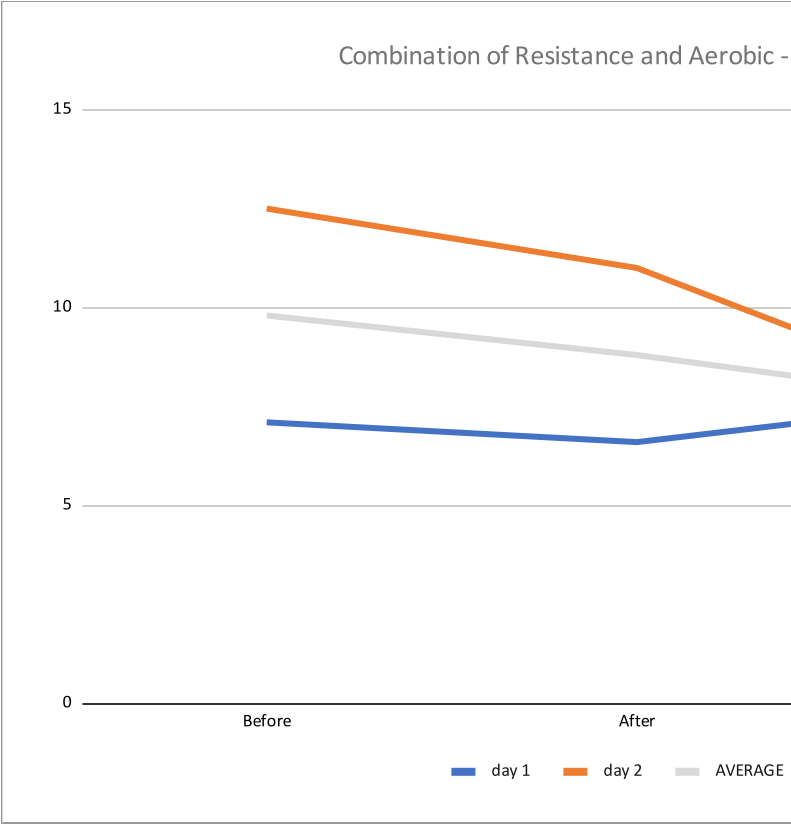
Dec 23



Resistance and Aerobic	day 1	day 2	AVERAGE
Before	7.1	12.5	9.8
After	6.6	11	8.8
Next Morning	7.7	7.4	7.55

Jan 24

Jan 26



· Patient 2



Next Morning