

# CONNIE'S RECORDS

Connie checks her blood sugar level twice a day but not always at the same times each day. She also records her medicines, grams of carbohydrate, activity, and any noteworthy events between blood glucose checks. Looking at Connie's records, observe when her blood sugar level is high or low and try to determine why this might be so. (To check your analysis, see above.)

DAY 1	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)	173	122		
Medicines	glyburide			
Grams of carbohydrate	45			
Physical activity	–			
Stresses/notes	–			

DAY 2	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)		117	102	
Medicines		–		
Grams of carbohydrate		30		
Physical activity		–		
Stresses/notes		–		

DAY 3	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)			99	134
Medicines			–	metformin
Grams of carbohydrate			60	25
Physical activity			–	
Stresses/notes			Ate out	

DAY 4	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)	210	110		
Medicines	glyburide			
Grams of carbohydrate	50			
Physical activity	–			
Stresses/notes	–			

DAY 5	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)		115	68	
Medicines		–		
Grams of carbohydrate		30		
Physical activity		Cleaning		
Stresses/notes		–		

DAY 6	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)			141	109
Medicines			–	metformin
Grams of carbohydrate			45	25
Physical activity			45-minute walk	
Stresses/notes			–	

DAY 7	BREAKFAST	LUNCH	DINNER	BED/SNACK
Blood sugar (mg/dl)	185			
Medicines	glyburide			
Grams of carbohydrate	45			
Physical activity	–			
Stresses/notes	–			