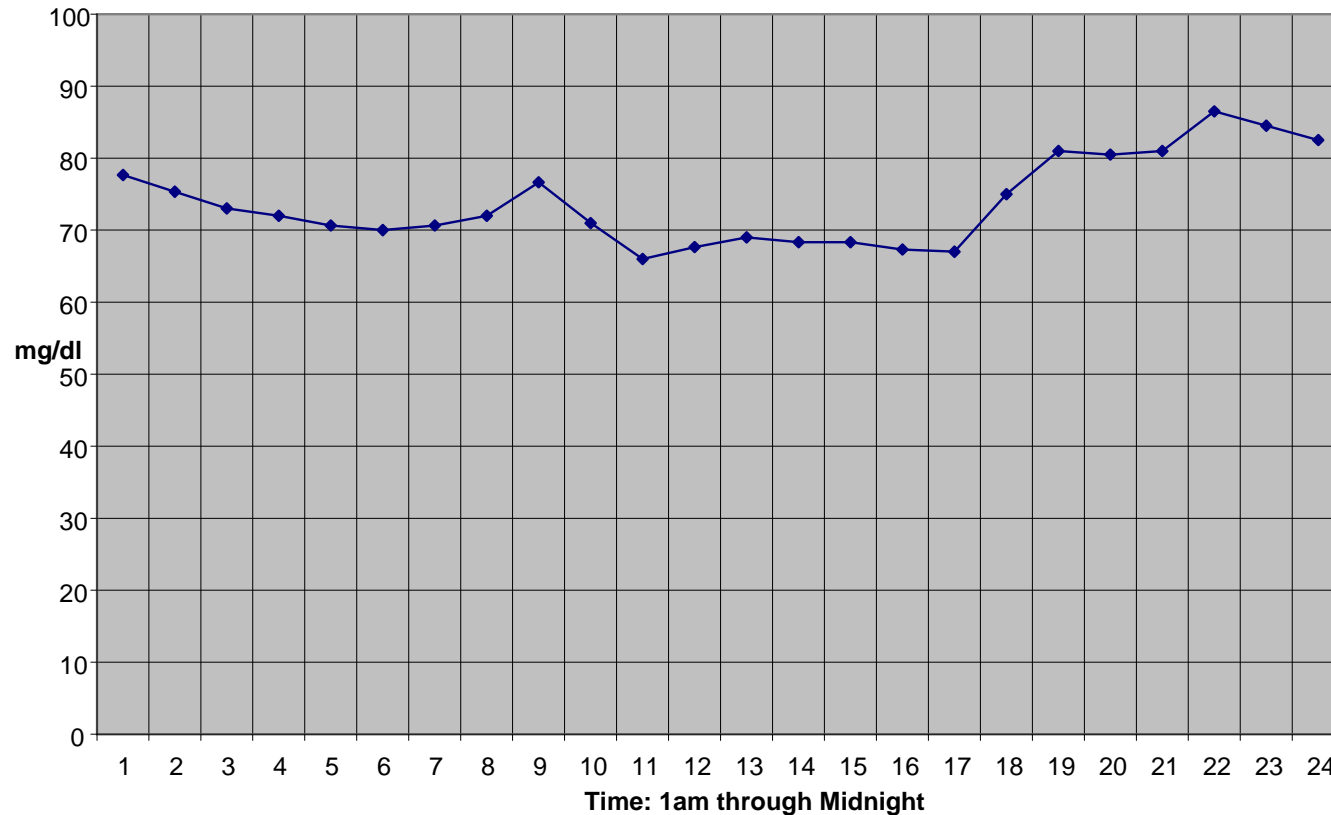


BG Average 7/13/08-7/16/08



Here is my current average BG since I started on 80% Fat and 20% Protein. As you can see there is a 30 point drop on average from my starting BG chart (located in the 1st post of this journal). I arise at 6am and you see BG start to rise as my activity level increases. It seems to peak about 9am and then drops into the high 60s. I eat my meal at 5pm (17 on the chart) and you see BG steadily climb until about 10pm (22 on the chart) and then it slowly drops through the night and the cycle starts over.