

Blood sugar tracking record for Adam Lenskyj patient ID 05-178 in period to 2006-11-07 from Wednesday 2006-10-04 exercise at Toronto Rehabilitation Institute 347 Rumsey Road, Toronto ON Canada telephone: +1-416-597-3422 ext. 5200

Date yyyy-mm-dd	Time exercise hh:mm	Before exercise mmol/L	After exercise mmol/L	Comments
2006-10-04	09:15	11.3	6.2	week 1: prescription <i>exercise distance was 1 mile with pace 19 minutes per mile.</i> post meal walk #0=1mile in 18 min 38 sec at 347 Rumsey, 8 laps with Daryl Dooks
2006-10-05	12:08	5.0	5.5	post meal walk #1=1 mile in 17 min 54 sec from home to Donlands at Danforth Ave.
2006-10-06	12:08	4.5	6.3	pre meal walk #1 mile in 18 min 09 sec
2006-10-07	10:03	4.8	7.6	pre meal walk #1 mile in 18 min 58 sec
2006-10-08	09:30	5.4	7.3	pre meal walk #1 mile in 17 min 56 sec
2006-10-09	09:28	5.1	6.9	pre meal walk #1 mile in 32 min 24 sec Day-OFF pace
2006-10-10	11:51	4.4	6.7	pre meal walk #1 mile in 26 min 16 sec Day-OFF pace
2006-10-11	09:15	5.8	6.4	week 2 pre meal walk #0=1 mile in 22 min 46 sec at 347 Rumsey 8 laps with Christine.
2006-10-12	09:50	5.1	7.9	pre meal walk#1 mile in 17 min 45 sec
2006-10-13	09:45	?.?	8.1	pre meal walk#1 mile in 17 min 16 sec
2006-10-14	10:25	5.3	8.7	pre meal walk#1 mile in 17 min 16 sec
2006-10-15	10:15	5.3	7.9	pre meal walk#1 mile in 19 min 10 sec
2006-10-16	12:10	4.4	6.2	pre meal walk#1 mile in 24 min 00 sec Day-OFF pace
2006-10-17	10:30	5.3	7.7	pre meal walk#1 mile in 18 min 06 sec raining
2006-10-18	09:15	5.6	6.5	week 3: prescription <i>changed distance to 1.5 mile in 28 min. 30 sec., same pace 19 minutes per mile.</i> pre meal walk #0=1.5 mile in 26 min. 33 sec. at 347 Rumsey 12 laps with Danielle .
2006-10-19	09:30	5.3	7.2	pre meal walk#1.5 mile in 27 min 12 sec
2006-10-20	05:56	5.7	-	appointment Dr. Paul Dorian arrhythmia service St. Michael's Hospital; BG=fasting
2006-10-21	00:00	-	-	resting day Saturday
2006-10-22	00:00	-	-	resting day Sunday
2006-10-23	11:19	5.6	5.5	pre meal walk#1.5 mile in 26 min 37 sec ; BGlucose=5.5 at 12:37 after 3 mile total walk
2006-10-24	11:05	5.1	8.3	pre meal walk#1.5 mile in 27 min 13 sec ; BGlucose=8.3 at 11:52 after 10 minute cool down
2006-10-25	09:07	6.6	6.5	week 4: prescription <i>changed distance to 2.0 mile in 38 min. 00 sec., same pace 19 minutes per mile.</i> pre meal walk #0=2.0 mile in 36 min 42 sec at 347 Rumsey 16 laps. BP pre-ex=116/62 post=118/62 ECG-resting-pulse=55bpm ECG-exercise-pulse=105 in lap 6 of 16 telemetry with Cassandra
2006-10-26	09:20	?.?	8.7	pre meal post-quick-walk to TTC & volunteer at St. Michael's Hosp. i.e. NO prescription-walk today.
2006-10-27	09:09	4.8	5.9	pre meal MUGA LVEF lab. St. Michael's Hosp. referral from Dr. Paul Dorian 2006-10-20. Holter 24 hr. NIL p-walk
2006-10-28	09:36	3.7	6.1	pre meal walk#2.0 mile in 34 min. 10 sec. BG=6.1 at 10:36
2006-10-29	11:43EST	3.8	5.3	pre meal walk#2.0 mile in 34 min. 17 sec. BG=5.3 at 12:44EST outside=+4°C headwind=W 50kph
2006-10-30	07:27	5.7	5.4	post meal walk #2.0 mile in 33:05 meal@06:00 was gram=280 sodium=250mg fat=1.5g carb=26g prot=12 cal=159
2006-10-31	08:15	4.6	-	pre meal fasting; walked briskly for 1 hour to appointments; active pushing, lifting 25 lbs. 8 hrs. St. Michael's Hosp.
2006-11-01	09:15			week 5 pre meal walk #0= 2 mile in 33 min 26 sec at 347 Rumsey 16 laps; No test strips
2006-11-02	-	-	-	No test strips.
2006-11-03	-	-	-	No test strips
2006-11-04	-	-	-	No test strips
2006-11-05	10:19	4.7	8.2	pre meal walk #2.0 mile in 34 min 24 sec. BG=8.2 at 11:20
2006-11-06	-	-	-	busy with errands
2006-11-07	-	-	-	forgot my BG meter

Notes: #1- Time changed on 2006-10-29 to EST from EDT.