

Workout type



How did it go?

Beta Cell Lab Notes

Date & time

Duration

Distance

Elevation

Energy

Avg HR

Intensity

 Glucose (mg/dL)

Average

Glucose Range

Time in Range

Reflection

Glucose & Factors

- 250

180

70

40

 Glucose  Bolus  Basal  Carbs

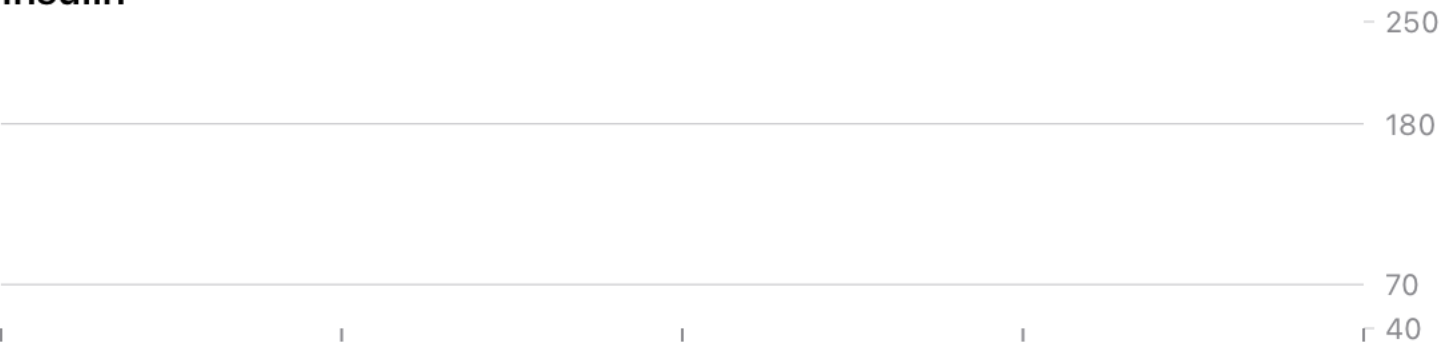
Workout type & date

Individual Charts

Glucose (mg/dL)



Insulin



Carbs



Heart Rate (bpm)

