| Blood Glucose | Carbohyo    | trate and Insul | lin intake and | Iratios      |         |         |        |             |
|---------------|-------------|-----------------|----------------|--------------|---------|---------|--------|-------------|
|               | s, carbonyc |                 |                |              |         |         |        |             |
|               | Night       | Before          |                |              |         | Before  |        |             |
| Date          | (3am)       | Breakfast       | Aft            | er Breakfa   | ast     | Lunch   |        | After Lunch |
| Duto          | (*****)     |                 | 1 hour         | 2 hours      | 3 hours |         | 1 hour | 2 hours     |
| Time          |             |                 | i noui         | 2 110010     | 0 nouro |         | i noui | 2 110410    |
| Blood         |             |                 |                |              |         |         |        |             |
| Carbs/        |             |                 |                |              |         |         |        |             |
| grams         |             |                 |                |              |         |         |        |             |
| Bolus         |             |                 |                |              |         |         |        |             |
| Basal Rate    |             |                 |                |              |         |         |        |             |
| Carb:         |             |                 |                |              |         |         |        |             |
| Insulin       |             |                 |                |              |         |         |        |             |
| Comments:     |             |                 |                |              |         |         |        |             |
| comments.     |             |                 |                |              |         |         |        |             |
|               |             |                 |                |              |         |         |        |             |
|               | Night       | Before          |                |              | •       | Before  |        |             |
| Date          | (3am)       | Breakfast       |                | er Breakfa   |         | Lunch   |        | After Lunch |
|               |             |                 | 1 hour         | 2 hours      | 3 hours |         | 1 hour | 2 hours     |
| Time          |             |                 |                |              |         |         |        |             |
| Blood         |             |                 |                |              |         |         |        |             |
| Carbs/        |             |                 |                |              |         |         |        |             |
| grams         |             |                 |                |              |         |         |        |             |
| Bolus         |             |                 |                |              |         |         |        |             |
| Basal Rate    |             |                 |                |              |         |         |        |             |
| Carb:         |             |                 |                |              |         |         |        |             |
| Insulin       |             |                 |                |              |         |         |        |             |
| Comments:     |             |                 |                |              |         |         |        |             |
|               |             |                 |                |              |         |         |        |             |
|               |             |                 |                |              |         |         |        |             |
|               | Night       | Before          |                |              |         | Before  |        |             |
| Date          | (3am)       | Breakfast       | Aft            | er Breakfa   | ast     | Lunch   |        | After Lunch |
|               |             |                 | 1 hour         | 2 hours      | 3 hours |         | 1 hour | 2 hours     |
| Time          |             |                 |                |              |         |         |        |             |
| Blood         |             |                 |                |              |         |         |        |             |
| Carbs/        |             |                 |                |              |         |         |        |             |
| grams         |             |                 |                |              |         |         |        |             |
| Bolus         |             |                 |                |              |         |         |        |             |
| Basal Rate    |             |                 |                |              |         |         |        |             |
| Carb:         |             |                 |                |              |         |         |        |             |
| Insulin       |             |                 |                |              |         |         |        |             |
| Comments:     |             |                 |                |              |         |         |        |             |
|               |             |                 |                |              |         |         |        |             |
|               | Nicht       | Deferre         |                |              |         | Deferre |        |             |
| Dete          | Night       | Before          |                | an Dua - I-f |         | Before  |        |             |
| Date          | (3am)       | Breakfast       |                | er Breakfa   |         | Lunch   | 4 h    | After Lunch |
| Time          |             |                 | 1 hour         | 2 hours      | 3 hours |         | 1 hour | 2 hours     |
| Time          |             |                 |                |              |         |         |        |             |
| Blood         |             |                 |                |              |         |         |        |             |

| Carbs/              |         | 1         | T        |            |         | 1       | 1      |             |
|---------------------|---------|-----------|----------|------------|---------|---------|--------|-------------|
| grams               |         |           |          |            |         |         |        |             |
| Bolus               |         | -         |          |            |         |         |        |             |
| Basal Rate          |         |           |          |            |         |         |        |             |
| Carb:               |         |           |          |            |         |         |        |             |
| Insulin             |         |           |          |            |         |         |        |             |
| Comments:           |         |           |          |            |         |         |        |             |
| comments.           |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
|                     | Night   | Before    |          |            |         | Before  |        |             |
| Date                | (3am)   | Breakfast | Aft      | er Breakfa | ast     | Lunch   |        | After Lunch |
|                     | , ,     |           | 1 hour   | 2 hours    | 3 hours |         | 1 hour | 2 hours     |
| Time                |         |           |          |            |         |         |        |             |
| Blood               |         |           |          |            |         |         |        |             |
| Carbs/              |         |           |          |            |         |         |        |             |
| grams               |         |           |          |            |         |         |        |             |
| Bolus               |         |           |          |            |         |         |        |             |
| Basal Rate          |         |           |          |            |         |         |        |             |
| Carb:               |         |           |          |            |         |         |        |             |
| Insulin             |         |           |          |            |         |         |        |             |
| Comments:           |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
|                     | Night   | Before    |          | -          |         | Before  |        |             |
| Date                | (3am)   | Breakfast | Aft      | er Breakfa | ast     | Lunch   |        | After Lunch |
|                     |         |           | 1 hour   | 2 hours    | 3 hours |         | 1 hour | 2 hours     |
| Time                |         |           |          |            |         |         |        |             |
| Blood               |         |           |          |            |         |         |        |             |
| Carbs/              |         |           |          |            |         |         |        |             |
| grams               |         |           |          |            |         |         |        |             |
| Bolus               |         |           |          |            |         |         |        |             |
| Basal Rate          |         |           |          |            |         |         |        |             |
| Carb:               |         |           |          |            |         |         |        |             |
| Insulin             |         |           |          |            |         |         |        |             |
| Comments:           |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
|                     | NP I- 4 | Defense   |          |            |         | Defense | _      |             |
|                     | Night   | Before    |          |            |         | Before  |        |             |
| Date                | (3am)   | Breakfast |          | er Breakfa |         | Lunch   | 4 1    | After Lunch |
| Time                |         |           | 1 hour   | 2 hours    | 3 hours |         | 1 hour | 2 hours     |
| Time                |         |           |          |            |         |         |        |             |
| Blood<br>Carbs/     |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
| grams<br>Bolus      |         |           | <b> </b> |            |         |         |        | _ <b>_</b>  |
| Bolus<br>Basal Rate |         |           |          |            |         |         |        | _ <b>_</b>  |
| Carb:               |         |           | <b> </b> |            |         |         |        |             |
| Carb:<br>Insulin    |         |           |          |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |
| Comments:           |         |           | <b> </b> |            |         |         |        |             |
|                     |         |           |          |            |         |         |        |             |

|            | Night | Before    |        |              |         | Before |        |             |
|------------|-------|-----------|--------|--------------|---------|--------|--------|-------------|
| Date       | (3am) | Breakfast | A      | fter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours      | 3 hours |        | 1 hour | 2 hours     |
| Time       |       |           |        |              |         |        |        |             |
| Blood      |       |           |        |              |         |        |        |             |
| Carbs/     |       | 1         |        |              |         |        |        |             |
| grams      |       |           |        |              |         |        |        |             |
| Bolus      |       |           |        |              |         |        |        |             |
| Basal Rate |       |           |        |              |         |        |        |             |
| Carb:      |       |           |        |              |         |        |        |             |
| Insulin    |       |           |        |              |         |        |        |             |
| Comments:  |       |           |        |              |         |        |        |             |
|            |       |           |        |              |         |        |        |             |
|            |       |           |        |              |         |        |        |             |
|            | Night | Before    |        |              | •       | Before |        | •           |
| Date       | (3am) | Breakfast | A      | fter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours      | 3 hours |        | 1 hour | 2 hours     |
| Time       |       | 1         |        |              |         |        |        |             |
| Blood      |       |           |        |              |         |        |        |             |
| Carbs/     |       |           |        |              |         |        |        |             |
| grams      |       |           |        |              |         |        |        |             |
| Bolus      |       |           |        |              |         |        |        |             |
| Basal Rate |       |           |        |              |         |        |        |             |
| Carb:      |       |           | 1      |              |         |        |        |             |
| Insulin    |       |           |        |              |         |        |        |             |
| Comments:  |       |           |        |              |         |        |        |             |
|            |       |           |        |              |         |        |        |             |
|            |       |           |        |              |         |        |        |             |
|            | Night | Before    |        |              | •       | Before |        | •           |
| Date       | (3am) | Breakfast | A      | fter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours      | 3 hours |        | 1 hour | 2 hours     |
| Time       |       |           |        |              |         |        |        |             |
| Blood      |       |           |        |              |         |        |        |             |
| Carbs/     |       |           |        |              |         |        |        |             |
| grams      |       |           |        |              |         |        |        |             |
| Bolus      |       |           |        |              |         |        |        |             |
| Basal Rate |       |           |        |              |         |        |        |             |
| Carb:      |       |           |        |              |         |        |        |             |
| Insulin    |       |           |        |              |         |        |        |             |
| Comments:  |       |           |        |              |         |        |        |             |
|            |       | 1         |        |              |         |        |        | 1           |
|            |       | 1         |        |              |         |        |        | 1           |
|            | Night | Before    |        | •            | •       | Before |        | •           |
| Date       | (3am) | Breakfast | A      | fter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       | 1         | 1 hour | 2 hours      | 3 hours |        | 1 hour | 2 hours     |
| Time       |       | 1         |        |              |         |        |        |             |
| Blood      |       | 1         |        |              |         |        |        | Ī           |
| Carbs/     |       | 1         |        |              |         |        |        | Ī           |
| grams      |       |           |        |              |         |        | 1      |             |

| Bolus               |         | I         | [      |                |         |        |        |             |
|---------------------|---------|-----------|--------|----------------|---------|--------|--------|-------------|
| Basal Rate          |         |           |        |                |         |        |        |             |
| Carb:               |         |           |        |                |         |        |        |             |
| Insulin             |         |           |        |                |         |        |        |             |
|                     |         |           |        |                |         |        |        |             |
| Comments:           |         |           |        | _              |         |        |        |             |
|                     |         |           |        | _              |         |        |        |             |
|                     | Nied    | Before    |        |                |         | Before |        |             |
| Data                | Night   | Breakfast |        | ften Due elefe | 4       | Lunch  |        |             |
| Date                | (3am)   | Dreaklast |        | fter Breakfa   |         | Lunch  | 4 1    | After Lunch |
| Time                |         |           | 1 hour | 2 hours        | 3 hours |        | 1 hour | 2 hours     |
| Time                |         |           |        |                |         |        |        |             |
| Blood               |         |           |        |                |         |        |        |             |
| Carbs/              |         |           |        |                |         |        |        |             |
| grams               |         |           |        |                |         |        |        |             |
| Bolus               |         |           |        |                |         |        |        |             |
| Basal Rate          |         |           |        |                |         |        |        |             |
| Carb:               |         |           |        |                |         |        |        |             |
| Insulin             |         |           |        |                |         |        |        |             |
| Comments:           |         |           |        |                |         |        |        |             |
|                     |         |           |        |                |         |        |        |             |
|                     |         |           |        |                |         |        |        |             |
|                     | Night   | Before    |        | -              | -       | Before |        |             |
| Date                | (3am)   | Breakfast | A      | After Breakfa  | ast     | Lunch  |        | After Lunch |
|                     |         |           | 1 hour | 2 hours        | 3 hours |        | 1 hour | 2 hours     |
| Time                |         |           |        |                |         |        |        |             |
| Blood               |         |           |        |                |         |        |        |             |
| Carbs/              |         |           |        |                |         |        |        |             |
| grams               |         |           |        |                |         |        |        |             |
| Bolus               |         |           |        |                |         |        |        |             |
| Basal Rate          |         |           |        |                |         |        |        |             |
| Carb:               |         |           |        |                |         |        |        |             |
| Insulin             |         |           |        |                |         |        |        |             |
| Comments:           |         |           |        |                |         |        |        |             |
| oonninento.         |         |           |        |                |         |        |        |             |
|                     |         |           |        |                |         |        |        |             |
|                     | Night   | Before    |        |                |         | Before |        |             |
| Date                | (3am)   | Breakfast |        | fter Breakfa   | aet     | Lunch  |        | After Lunch |
| Dute                | (00111) | Diodinaot | 1 hour | 2 hours        | 3 hours |        | 1 hour | 2 hours     |
| Time                |         |           |        |                |         |        | 1 Hour | 2 110013    |
| Blood               |         | +         |        |                |         |        | -      |             |
| Carbs/              |         | +         |        |                |         |        | -      |             |
|                     |         |           |        |                |         |        |        |             |
| grams<br>Bolus      |         |           |        |                |         |        |        |             |
| Bolus<br>Basal Rate |         |           |        |                |         |        |        |             |
|                     |         |           |        |                |         |        |        |             |
| Carb:               |         |           |        |                |         |        |        |             |
| Insulin             |         |           |        |                |         |        |        |             |
| Comments:           |         |           | ļ      |                | ļ       |        |        |             |
|                     |         |           |        |                |         |        |        |             |
|                     |         | 1         |        |                |         |        |        |             |

|                     | Night   | Before    |        |             |         | Before |          |             |
|---------------------|---------|-----------|--------|-------------|---------|--------|----------|-------------|
| Date                | (3am)   | Breakfast | Af     | ter Breakfa | ast     | Lunch  |          | After Lunch |
|                     |         |           | 1 hour | 2 hours     | 3 hours |        | 1 hour   | 2 hours     |
| Time                |         |           |        |             |         |        |          |             |
| Blood               |         |           |        |             |         |        |          |             |
| Carbs/              |         |           |        |             |         |        |          |             |
| grams               |         |           |        |             |         |        |          |             |
| Bolus               |         |           |        |             |         |        |          |             |
| Basal Rate          |         |           |        |             |         |        |          |             |
| Carb:               |         |           |        |             |         |        |          |             |
| Insulin             |         |           |        |             |         |        |          |             |
| Comments:           |         |           |        |             |         |        |          |             |
|                     |         |           |        |             |         |        |          |             |
|                     |         |           |        |             |         |        |          |             |
|                     | Night   | Before    |        | 1           |         | Before |          |             |
| Date                | (3am)   | Breakfast | Af     | ter Breakfa | ast     | Lunch  |          | After Lunch |
|                     | ()      |           | 1 hour | 2 hours     | 3 hours |        | 1 hour   | 2 hours     |
| Time                |         | 1         |        |             |         |        |          |             |
| Blood               |         |           | 1      |             |         |        | 1        |             |
| Carbs/              |         |           |        |             |         |        |          |             |
| grams               |         |           |        |             |         |        |          |             |
| Bolus               |         |           |        |             |         |        |          |             |
| Basal Rate          |         | -         |        |             |         |        |          |             |
| Carb:               |         |           |        |             |         |        |          |             |
| Insulin             |         |           |        |             |         |        |          |             |
|                     |         |           |        |             |         |        |          |             |
| Comments:           |         |           |        |             |         |        |          |             |
|                     |         |           |        |             |         |        |          |             |
|                     | Night   | Before    |        |             |         | Before |          |             |
| Data                | (3am)   | Breakfast |        | ter Breakfa | a.t     | Lunch  |          | After Lunch |
| Date                | (Salli) | Dieakiasi |        |             | -       | Lunch  | 4 hour   |             |
| Time                |         |           | 1 hour | 2 hours     | 3 hours |        | 1 hour   | 2 hours     |
| Blood               |         |           | -      | -           | -       |        |          |             |
|                     |         |           |        |             |         |        |          |             |
| Carbs/              |         |           |        |             |         |        |          |             |
| grams               |         |           |        |             |         |        |          |             |
| Bolus<br>Beest Data |         |           |        |             |         |        |          |             |
| Basal Rate          |         |           |        |             |         |        |          |             |
| Carb:               |         |           |        |             |         |        |          |             |
| Insulin             |         |           |        |             |         |        |          |             |
| Comments:           |         |           |        |             |         |        |          |             |
|                     |         |           |        |             |         |        |          |             |
|                     | NI      | Defe      | ļ      |             |         | Defe   |          |             |
|                     | Night   | Before    |        |             | _       | Before |          |             |
| Date                | (3am)   | Breakfast |        | ter Breakfa |         | Lunch  | <b>.</b> | After Lunch |
|                     |         |           | 1 hour | 2 hours     | 3 hours |        | 1 hour   | 2 hours     |
| Time                |         |           |        |             |         |        |          |             |
| Blood               |         |           |        |             |         |        |          |             |
| Carbs/              |         |           |        |             |         |        |          |             |
| grams               |         |           |        |             |         |        |          |             |
| Bolus               |         |           |        |             |         |        |          |             |

|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | _                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|---------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| Night   | Before    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Before                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| -       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | ftor Brookf                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | aat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | After Lunch                                                                                                                                                                                                              |
| (Jaili) | Dieakiast |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 hours                                                                                                                                                                                                                  |
|         |           | 1 noui                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2 110015                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 5 110015                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | THOUT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 2 110015                                                                                                                                                                                                                 |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | -         | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | -                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 5.6       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| -       |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| (3am)   | Breakfast |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | After Lunch                                                                                                                                                                                                              |
|         |           | 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2 hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 3 hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 hours                                                                                                                                                                                                                  |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| Night   | Before    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | -                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | -                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Before                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| (3am)   | Breakfast | A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | fter Breakfa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ast                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | After Lunch                                                                                                                                                                                                              |
|         |           | 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2 hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 3 hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1 hour                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 hours                                                                                                                                                                                                                  |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 1         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 1         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 1         | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 1         | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         | 1         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | -                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
| Night   | Before    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Before                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                          |
|         |           | (3am) Breakfast (3am) Breakfast (3am) Breakfast (3am) Breakfast (3am) Before (3am) Before (3am) Breakfast (3am | (3am)BreakfastA111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111 <td>(3am)BreakfastAfter Breakfast1 hour2 hours1 hour2 hours1 hour2 hours1 hour11 hour2 hours1 hour1 hour</td> <td>(3am)BreakfastAfter BreakfastImage: 1 hour2 hours3 hoursImage: 1 hour2 hours3 hoursImage: 1 hour2 hours3 hoursImage: 1 hour1 hour1 hour1 hourImage: 1 hour2 hours3 hoursImage: 1 hour1 hour2 hoursImage: 1 hour1 hour1 hourImage: 1 hour1 h</td> <td>(3am)BreakfastAfter BreakfastLunchImage: Image Image</td> <td>(3am)BreakfastAfter BreakfastLunch112Nours311111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111</td> | (3am)BreakfastAfter Breakfast1 hour2 hours1 hour2 hours1 hour2 hours1 hour11 hour2 hours1 hour1 hour | (3am)BreakfastAfter BreakfastImage: 1 hour2 hours3 hoursImage: 1 hour2 hours3 hoursImage: 1 hour2 hours3 hoursImage: 1 hour1 hour1 hour1 hourImage: 1 hour2 hours3 hoursImage: 1 hour1 hour2 hoursImage: 1 hour1 hour1 hourImage: 1 hour1 h | (3am)BreakfastAfter BreakfastLunchImage: Image | (3am)BreakfastAfter BreakfastLunch112Nours311111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111 |

|            |       |           | 1 hour | 2 hours     | 3 hours |        | 1 hour | 2 hours     |
|------------|-------|-----------|--------|-------------|---------|--------|--------|-------------|
| Time       |       |           |        |             |         |        |        |             |
| Blood      |       |           |        |             |         |        |        |             |
| Carbs/     |       |           |        |             |         |        |        |             |
| grams      |       |           |        |             |         |        |        |             |
| Bolus      |       |           |        |             |         |        |        |             |
| Basal Rate |       |           |        |             |         |        |        |             |
| Carb:      |       |           |        |             |         |        |        |             |
| Insulin    |       |           |        |             |         |        |        |             |
| Comments:  |       |           |        |             |         |        |        |             |
|            |       |           |        |             |         |        |        |             |
|            |       |           |        |             |         |        |        |             |
|            | Night | Before    |        |             |         | Before |        | 1           |
| Date       | (3am) | Breakfast | Af     | ter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours     | 3 hours |        | 1 hour | 2 hours     |
| Time       |       |           |        |             |         |        |        |             |
| Blood      |       |           |        |             |         |        |        |             |
| Carbs/     |       | 1         |        |             | 1       |        | 1      |             |
| grams      |       |           |        |             |         |        |        |             |
| Bolus      |       |           |        | 1           | 1       |        | 1      |             |
| Basal Rate |       |           |        |             |         |        |        |             |
| Carb:      |       |           |        |             |         |        |        |             |
| Insulin    |       |           |        |             |         |        |        |             |
| Comments:  |       |           |        |             |         |        |        |             |
|            |       |           |        |             |         |        |        |             |
|            |       |           |        |             |         |        |        |             |
|            | Night | Before    |        | •           |         | Before |        |             |
| Date       | (3am) | Breakfast | Af     | ter Breakfa | ast     | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours     | 3 hours |        | 1 hour | 2 hours     |
| Time       |       |           |        |             |         |        |        |             |
| Blood      |       |           |        |             |         |        |        |             |
| Carbs/     |       |           |        |             |         |        |        |             |
| grams      |       |           |        |             |         |        |        |             |
| Bolus      |       |           |        |             |         |        |        |             |
| Basal Rate |       |           |        |             |         |        |        |             |
| Carb:      |       |           |        |             |         |        |        |             |
| Insulin    |       |           |        |             |         |        |        |             |
| Comments:  |       |           |        |             |         |        |        |             |
|            |       | 1         |        |             |         |        |        |             |
|            |       |           |        |             |         |        |        |             |
|            | Night | Before    |        |             | •       | Before |        |             |
| Date       | (3am) | Breakfast |        | ter Breakfa |         | Lunch  |        | After Lunch |
|            |       |           | 1 hour | 2 hours     | 3 hours |        | 1 hour | 2 hours     |
| Time       |       |           |        |             |         |        |        |             |
| Blood      |       |           |        |             |         |        |        |             |
| Carbs/     |       |           |        |             |         |        |        |             |
| grams      |       |           |        |             |         |        |        |             |
| Bolus      |       |           |        |             |         |        |        |             |
| Basal Rate |       |           |        |             |         |        |        |             |

| Carb:            |                |                     | r      |               |         |                 | <b>T</b> |             |
|------------------|----------------|---------------------|--------|---------------|---------|-----------------|----------|-------------|
| lnsulin          |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 | -        |             |
| Comments:        |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 |          |             |
|                  | Night          | Before              |        |               |         | Before          |          |             |
| Date             | (3am)          | Breakfast           |        | After Breakf  |         | Lunch           |          | After Lunch |
|                  |                |                     | 1 hour | 2 hours       | 3 hours |                 | 1 hour   | 2 hours     |
| Time             |                |                     |        |               |         |                 |          |             |
| Blood            |                |                     |        |               |         |                 |          |             |
| Carbs/           |                |                     |        |               |         |                 |          |             |
| grams            |                |                     |        |               |         |                 |          |             |
| Bolus            |                |                     |        |               |         |                 |          |             |
| Basal Rate       |                |                     |        |               |         |                 |          |             |
| Carb:            |                |                     |        |               |         |                 |          |             |
| Insulin          |                |                     |        |               |         |                 |          |             |
| Comments:        |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 |          |             |
|                  | Night          | Before              |        |               |         | Before          |          |             |
| Date             | (3am)          | Breakfast           |        | After Breakfa | ast     | Lunch           |          | After Lunch |
| 2410             | (*****)        |                     | 1 hour | 2 hours       | 3 hours |                 | 1 hour   | 2 hours     |
| Time             |                |                     | linear | 2 110410      | 0 nouro |                 | . nou    | 2 110410    |
| Blood            |                |                     |        |               |         |                 |          |             |
| Carbs/           |                |                     |        |               |         |                 |          |             |
| grams            |                |                     |        |               |         |                 |          |             |
| Bolus            |                |                     |        |               |         |                 |          |             |
| Basal Rate       |                |                     |        |               |         |                 |          |             |
| Carb:            |                |                     |        |               |         |                 | -        |             |
| Carb:<br>Insulin |                |                     |        |               |         |                 |          |             |
|                  |                | -                   |        |               | -       |                 |          |             |
| Comments:        |                |                     |        |               |         |                 |          |             |
|                  |                |                     |        |               |         |                 | _        |             |
|                  |                | 5.6                 |        |               |         |                 |          |             |
| _                | Night          | Before              |        |               |         | Before          |          |             |
| Date             | (3am)          | Breakfast           |        | After Breakf  |         | Lunch           |          | After Lunch |
|                  |                |                     | 1 hour | 2 hours       | 3 hours |                 | 1 hour   | 2 hours     |
| Time             |                |                     |        |               |         |                 |          |             |
| Blood            |                |                     |        |               |         |                 |          |             |
| Carbs/           |                |                     |        |               |         |                 |          |             |
| grams            |                |                     |        |               |         |                 |          |             |
| Bolus            |                |                     |        |               |         |                 |          |             |
| Basal Rate       |                |                     |        |               |         |                 |          |             |
| Carb:            |                |                     |        |               |         |                 |          |             |
| Insulin          |                |                     |        |               |         |                 |          |             |
| Comments:        |                | 1                   |        |               |         |                 |          |             |
|                  |                | 1                   |        |               | 1       | 1               | 1        |             |
| l                |                | 1                   | 4      |               | +       |                 | 1        |             |
|                  |                |                     |        |               |         |                 |          |             |
|                  | Night          | Before              |        |               |         | Before          |          |             |
| Date             | Night<br>(3am) | Before<br>Breakfast |        | After Breakf  | ast     | Before<br>Lunch |          | After Lunch |

| Time       |         |           |        |            |         |        |        |             |
|------------|---------|-----------|--------|------------|---------|--------|--------|-------------|
| Blood      |         |           |        |            |         |        |        |             |
| Carbs/     |         |           |        |            |         |        |        |             |
| grams      |         |           |        |            |         |        |        |             |
| Bolus      |         |           |        |            |         |        | 1      |             |
| Basal Rate |         |           |        |            |         |        |        | _           |
| Carb:      |         |           |        |            |         |        | 1      |             |
| Insulin    |         |           |        |            |         |        |        |             |
| Comments:  |         |           |        |            |         |        |        |             |
| comments.  |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        | _           |
|            | Night   | Before    |        |            |         | Before |        |             |
| Date       | (3am)   | Breakfast | Aft    | er Breakfa | ist     | Lunch  |        | After Lunch |
| 2410       | (*****) |           | 1 hour | 2 hours    | 3 hours |        | 1 hour | 2 hours     |
| Time       |         |           |        |            |         |        |        |             |
| Blood      |         |           |        |            |         |        |        | -           |
| Carbs/     |         |           |        |            |         |        |        | -           |
| grams      |         |           |        |            |         |        |        |             |
| Bolus      |         |           |        |            |         |        |        |             |
| Basal Rate |         |           |        |            |         |        |        |             |
| Carb:      |         |           |        |            |         |        |        |             |
| Insulin    |         |           |        |            |         |        |        |             |
| Comments:  |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         | I         |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |
|            |         |           |        |            |         |        |        |             |

| г – т   |         |        |              |         | T       |          |
|---------|---------|--------|--------------|---------|---------|----------|
|         |         |        |              |         |         |          |
|         | Defense |        |              |         |         |          |
|         | Before  |        |              |         |         | <b></b>  |
|         | Dinner  |        | After Dinne  |         | Bedtime | Midnight |
| 3 hours |         | 1 hour | 2 hours      | 3 hours |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         | Before  | 1      |              | 1       | 1       |          |
|         | Dinner  |        | After Dinne  | r       | Bedtime | Midnight |
| 3 hours |         | 1 hour | 2 hours      | 3 hours | Doutino | manight  |
|         |         | - nour | 2 110013     | 0 nours |         |          |
|         |         | +      |              |         | -       |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         | -       |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         | Before  |        |              |         |         |          |
|         | Dinner  |        | After Dinne  | r       | Bedtime | Midnight |
| 3 hours |         | 1 hour | 2 hours      | 3 hours |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         | 1      |              | 1       | 1       | L        |
|         |         | 1      |              |         |         |          |
|         |         | 1      |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |
|         |         | +      |              |         |         |          |
|         |         | +      |              | 1       |         |          |
|         | Before  |        |              |         |         |          |
|         | Dinner  |        | Aftor Dinne  | -       | Badtime | Midnight |
| 2 hours | Dunner  | 1 h e  | After Dinner |         | Bedtime | Midnight |
| 3 hours |         | 1 hour | 2 hours      | 3 hours |         | ļ        |
|         |         |        |              |         |         |          |
|         |         |        |              |         |         |          |

| <b></b> |                  |               |              |         |           |             |
|---------|------------------|---------------|--------------|---------|-----------|-------------|
|         |                  |               |              |         |           |             |
|         |                  |               |              | -       |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
| <u></u> | Before           |               | I            |         |           |             |
| 1       | Dinner           |               | After Dinne  | r       | Bedtime   | Midnight    |
| 3 hours |                  | 1 hour        | 2 hours      | 3 hours |           | J           |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               | 1            |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         | Before           |               |              |         |           |             |
| I       | Dinner           |               | After Dinne  |         | Bedtime   | Midnight    |
| 3 hours |                  | 1 hour        | 2 hours      | 3 hours |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
| ļ       |                  | <b> </b>      |              |         |           |             |
|         | Deferre          |               |              |         |           |             |
|         | Before<br>Dinner |               | A 64 a m D ! | -       | Dealthing | Michaissist |
| 2 hours | Dinner           | <b>4</b> hour | After Dinne  |         | Beatime   | Midnight    |
| 3 hours |                  | 1 hour        | 2 hours      | 3 hours |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  |               |              |         |           |             |
|         | L                | +             |              |         |           |             |
|         |                  | +             |              |         | +         |             |
|         |                  | -             |              |         |           |             |
|         |                  |               |              |         |           |             |
|         |                  | +             |              |         | +         |             |
|         |                  |               |              |         |           |             |
| L       |                  |               |              | 1       |           |             |

|         |         | 1      |              | I        | 1       |             |
|---------|---------|--------|--------------|----------|---------|-------------|
|         | Before  |        |              |          |         |             |
|         | Dinner  |        |              |          | Dedtime | Miduiadat   |
| 0.1     | Dinner  | 4 1    | After Dinner |          | Beatime | Midnight    |
| 3 hours |         | 1 hour | 2 hours      | 3 hours  |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         | Before  |        |              | -        |         |             |
| 1       | Dinner  |        | After Dinne  | r        | Bedtime | Midnight    |
| 3 hours |         | 1 hour | 2 hours      | 3 hours  |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         | 1      |              |          | 1       |             |
|         | Before  |        |              |          |         |             |
|         | Dinner  |        | After Dinne  | <i>•</i> | Bedtime | Midnight    |
| 3 hours | Diffier | 1 hour | 2 hours      | 3 hours  | Beutime | wiiuiiigiit |
| 3 nours |         | Thour  | 2 nours      | 5 nours  |         |             |
|         |         | -      |              |          | -       |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         | Before  |        |              |          |         |             |
| 1       | Dinner  |        | After Dinne  |          | Bedtime | Midnight    |
| 3 hours |         | 1 hour | 2 hours      | 3 hours  |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         | 1      |              |          |         |             |
|         |         |        |              |          |         |             |
|         |         |        |              |          | 1       |             |

|         |         |        | 1           | 1       | 1       |           |
|---------|---------|--------|-------------|---------|---------|-----------|
|         |         |        | -           |         | -       |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
| L       | Before  |        |             |         |         |           |
| 1       | Dinner  |        | After Dinne | r       | Bodtimo | Midnight  |
|         | Diffici |        | 2 hours     |         | Deutime | windingin |
| 3 hours |         | 1 hour | 2 nours     | 3 hours | -       |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        | -           |         |         |           |
|         |         |        |             | -       |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         | Before  |        | -           | -       |         |           |
| 1       | Dinner  | L A    | After Dinne | r       | Bedtime | Midnight  |
| 3 hours |         | 1 hour | 2 hours     | 3 hours |         | J -       |
| 0 nours |         | Theat  | 2 110013    | 0 nours |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         | _       |        |             |         |         |           |
|         | Before  |        |             |         |         |           |
| 1       | Dinner  | A      | After Dinne | r       | Bedtime | Midnight  |
| 3 hours |         | 1 hour | 2 hours     | 3 hours |         |           |
|         |         |        |             |         | 1       |           |
|         |         |        |             | -       |         |           |
|         |         |        |             |         |         |           |
|         |         |        | 1           |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         | 1      | 1           |         | 1       |           |
|         |         |        | 1           |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
|         |         |        |             |         |         |           |
| 1       |         | 1      | 1           | 1       | 1       |           |

|          | Before | 1            |             |         |          | 1        |
|----------|--------|--------------|-------------|---------|----------|----------|
|          | Dinner |              | Hor Dinne   | Dedtime | Midwiwht |          |
| 2 hours  | Dinner |              | After Dinne |         | Beatime  | Midnight |
| 3 hours  |        | 1 hour       | 2 hours     | 3 hours |          |          |
|          |        | -            |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          | Before |              |             |         |          |          |
| I        | Dinner |              | After Dinne |         | Bedtime  | Midnight |
| 3 hours  |        | 1 hour       | 2 hours     | 3 hours |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
| <u>.</u> | Before |              | <u>.</u>    | -       |          |          |
| 1        | Dinner | 4            | After Dinne | r       | Bedtime  | Midnight |
| 3 hours  |        | 1 hour       | 2 hours     | 3 hours |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        | 1            | 1           | 1       |          |          |
|          |        | 1            | +           | +       |          |          |
|          |        | 1            | 1           | 1       |          |          |
|          |        |              | 1           |         |          |          |
|          |        | 1            |             |         |          |          |
|          |        |              |             | +       |          |          |
|          |        | +            |             |         |          |          |
|          | Before | +            |             |         |          |          |
|          | Dinner | After Dinner |             |         | Bedtime  | Midnight |
| 3 hours  |        | 1 hour       | 2 hours     | 3 hours | Deatime  | manight  |
|          |        |              | 2 110013    |         |          |          |
|          |        | +            | +           |         |          |          |
| ļ        |        | +            | +           |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              |             |         |          |          |
|          |        |              | 1           |         | 1        |          |

|          |                  | 1      |             | •        |            |           |
|----------|------------------|--------|-------------|----------|------------|-----------|
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          | Before           |        |             |          |            |           |
| 1        | Dinner           |        | After Dinne | r        | Bedtime    | Midnight  |
| 3 hours  | 2                | 1 hour | 2 hours     | 3 hours  | Deatime    | manight   |
| 5 110015 |                  | Thou   | 2 110015    | 5 110015 |            |           |
|          |                  | -      |             | -        |            |           |
|          |                  |        |             | -        | -          |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  | 1      |             | 1        | 1          | L         |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
| L        | Before           |        | I           | 1        |            |           |
|          | Dinner           |        | After Dinne | -        | Bedtime    | Midnight  |
| 2 hours  | Diffier          | 4 hour |             |          | Beatime    | wiianight |
| 3 hours  |                  | 1 hour | 2 hours     | 3 hours  |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          | Poforo           |        |             |          |            |           |
|          | Before           |        |             |          | <b>–</b> " |           |
|          | Dinner           |        | After Dinne |          | Bedtime    | Midnight  |
| 3 hours  |                  | 1 hour | 2 hours     | 3 hours  |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             | 1        |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  | 1      |             | 1        |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          |                  |        |             |          |            |           |
|          | Before<br>Dinner |        | After Dinne |          |            | Midnight  |

| 3 hours  |         | 1 hour  | 2 hours     | 3 hours  |         |          |
|----------|---------|---------|-------------|----------|---------|----------|
| onours   |         | Thou    | 2 110013    | 0 nours  |         |          |
|          |         |         |             |          | 1       |          |
|          |         |         |             | +        | -       |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          | Before  |         |             |          |         |          |
|          | Dinner  |         | After Dinne | r        | Bedtime | Midnight |
| 3 hours  |         | 1 hour  | 2 hours     | 3 hours  |         |          |
| 5 110013 |         | 1 11001 | 2 110013    | 5 110013 |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          | Before  |         |             |          |         |          |
|          | Dinner  |         | After Dinne | -        | Bedtime | Midnight |
| 3 hours  | Diffici | 1 hour  | 2 hours     | 3 hours  | Deutime | Milangin |
| Shours   |         | Thour   | 2 110015    | Shours   |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         | 1           |          |         | L        |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             | +        |         |          |
|          |         |         |             |          |         |          |
|          | Before  |         |             | 1        |         |          |
|          |         |         |             |          | D. 111  |          |
| • •      | Dinner  |         | After Dinne |          | Bedtime | Midnight |
| 3 hours  |         | 1 hour  | 2 hours     | 3 hours  |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         |             |          |         |          |
|          |         |         | 1           | 1        |         | L        |
|          |         |         |             | 1        | 1       |          |
|          |         |         |             |          |         |          |

|          |          | 1      |                        | 1             | -          |          |
|----------|----------|--------|------------------------|---------------|------------|----------|
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          | Before   |        |                        |               |            |          |
| I        | Dinner   |        | After Dinne            |               | Bedtime    | Midnight |
| 3 hours  |          | 1 hour | 2 hours                | 3 hours       |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          | Before   |        |                        |               |            |          |
| 1        | Dinner   |        | After Dinne            | r             | Bedtime    | Midnight |
| 3 hours  |          | 1 hour | 2 hours                | 3 hours       |            | Ŭ        |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          | <u> </u> |        |                        |               |            |          |
|          | Before   |        | A.(                    |               | Dealthread |          |
| 3 hours  | Dinner   | 1 hour | After Dinne<br>2 hours | ar<br>3 hours | Beatime    | Midnight |
| 5 110015 |          | Thour  | 2 110015               | 5 110015      |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        |               |            |          |
|          |          |        |                        | 1             |            |          |
| L        | Before   |        |                        |               |            |          |
|          | Dinner   |        | After Dinne            |               | Bedtime    | Midnight |
| 3 hours  |          | 1 hour | 2 hours                | 3 hours       |            |          |

|         |        |        | 1           |         |         |          |
|---------|--------|--------|-------------|---------|---------|----------|
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         | Before |        |             |         |         |          |
| 1       | Dinner | Δ      | fter Dinner | -       | Bodtimo | Midnight |
|         | Dimer  |        |             |         | Deutime | Miangin  |
| 3 hours |        | 1 hour | 2 hours     | 3 hours |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |
|         |        |        |             |         |         |          |