

# Overview

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

## Glucose

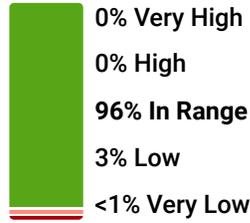
Average glucose

**88** mg/dL

GMI

**5.4** %

Time in Range



Sensor usage

Days with data  
**14/14** days

Time active  
**95%**

Standard deviation

**11** mg/dL

Coefficient of Variation

**12.2** %

Target Range:  
70-140 mg/dL

Avg. calibrations per day  
**0.0**

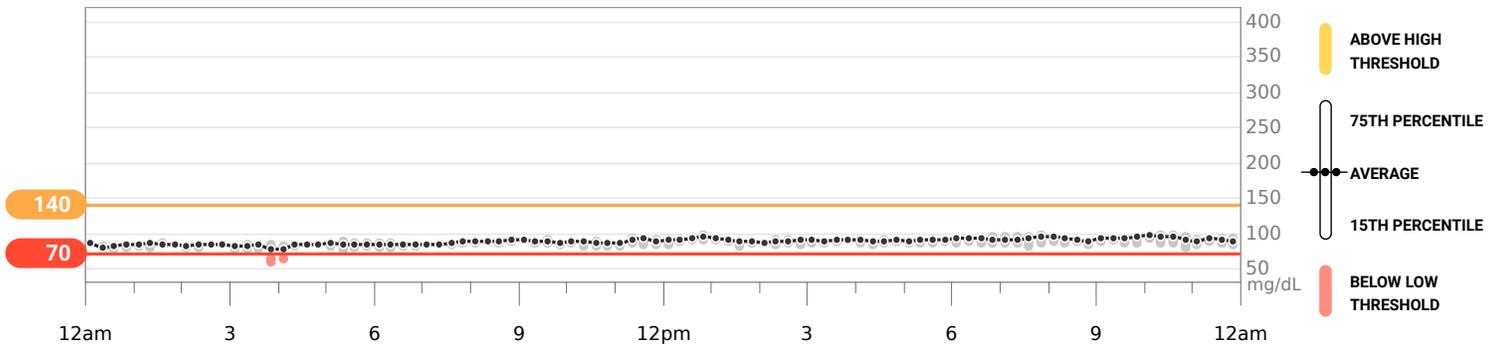
## Top Patterns



**m Bret's best glucose day was February 13, 2026**

m Bret's glucose data was in the target range about 100% of the day.

This graph shows your data averaged over 14 days



# Overview

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

## Devices

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### Stelo Mobile App

#### CGM ID

Serial Number	<b>iPhone</b>
Uploaded On	<b>February 21, 2026</b>
Model	<b>Stelo</b>

# Patterns

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

**CGM:** Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

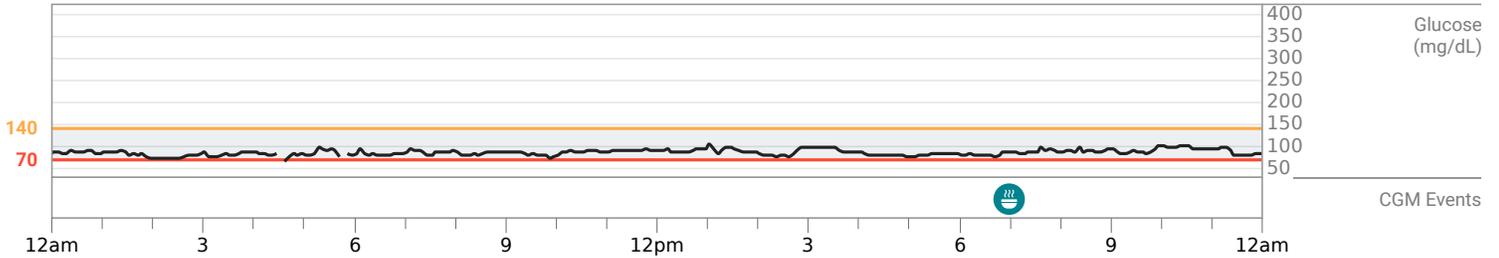
**Insulin:** Fast-Acting Long-Acting

## Best Day

m Bret's best glucose day was **February 13, 2026**

m Bret's glucose data was in the target range about 100% of the day.

### Fri, Feb 13, 2026



### Statistics for this day

## Glucose

Average glucose

**86** mg/dL

GMI

**N/A**

Time in Range

0% Very High  
0% High  
**100% In Range**  
0% Low  
0% Very Low

Sensor usage

Days with data

**1/1** days

Time active

**99%**

Standard deviation

**7** mg/dL

Coefficient of Variation

**7.7** %

Target Range:  
70-140 mg/dL

Avg. calibrations per day

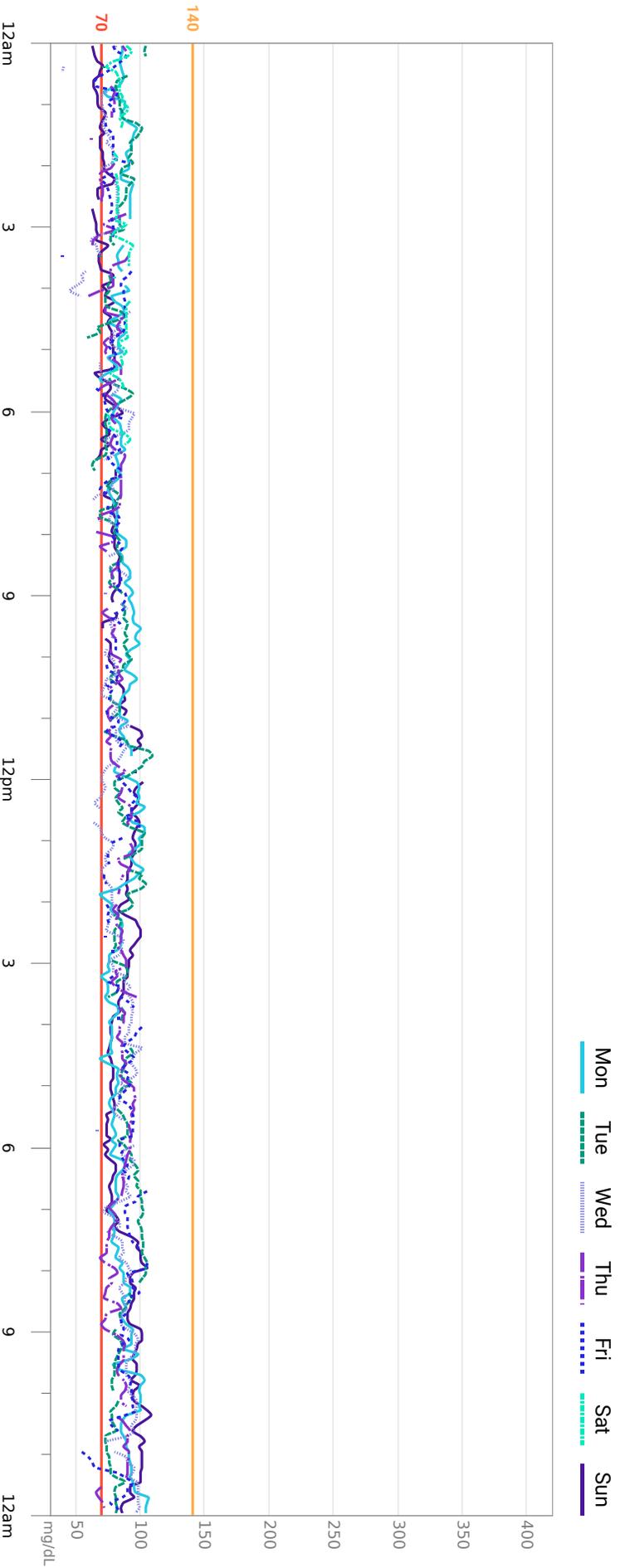
**0.0**

# Overlay

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026  
Week 2 • Sun Feb 15, 2026 - Sat Feb 21, 2026



m Bret Blackford



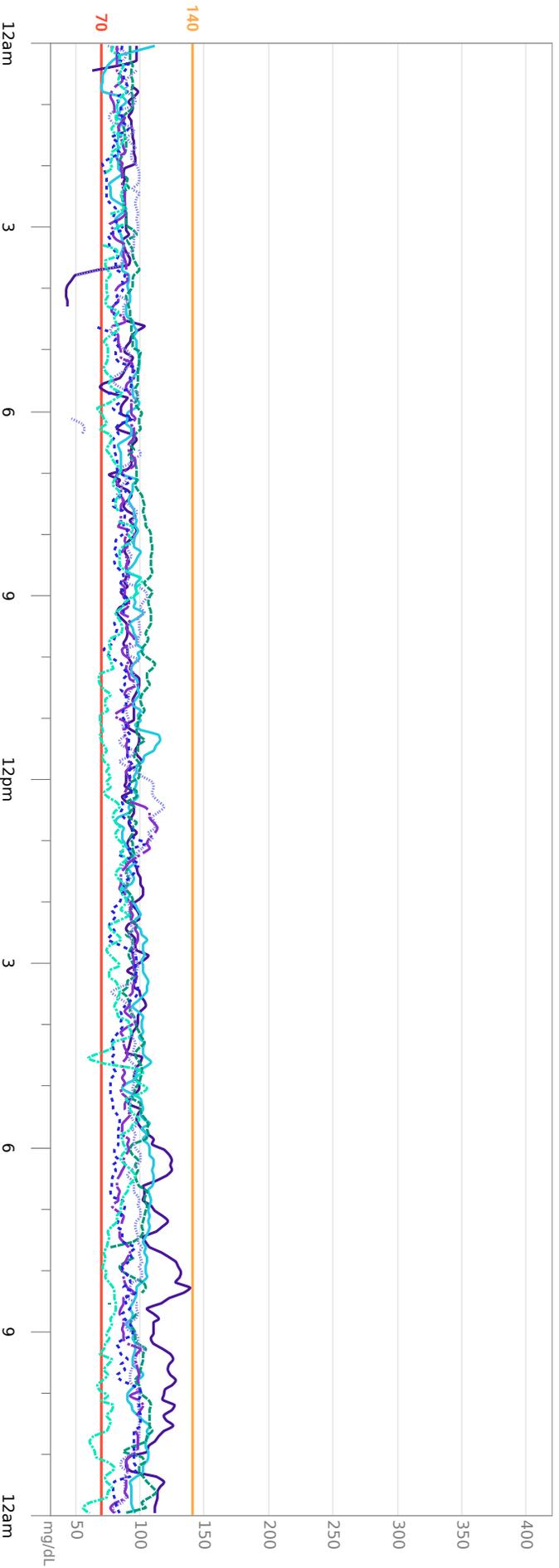
# Overlay

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026  
Week 1 • Sun Feb 8, 2026 - Sat Feb 14, 2026



m Bret Blackford

Mon Tue Wed Thu Fri Sat Sun



# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

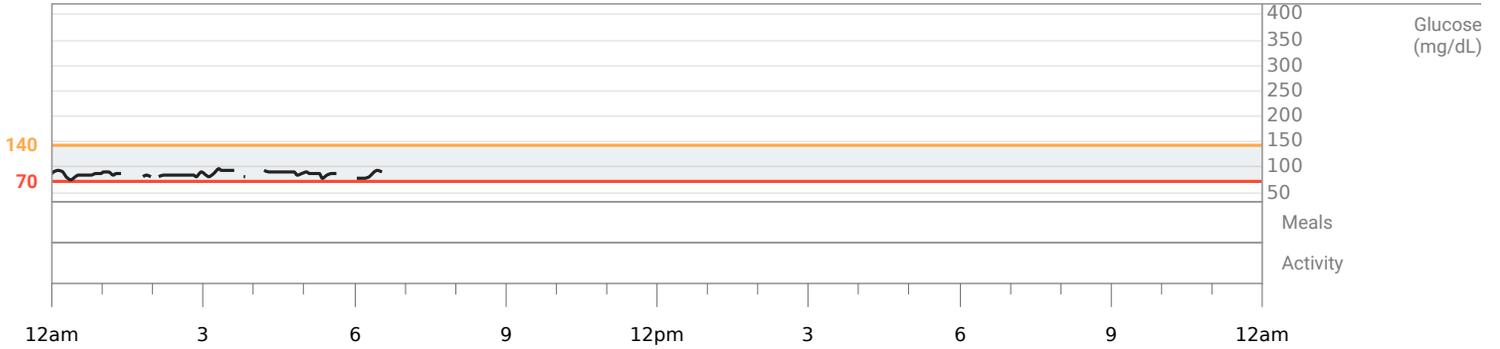


m Bret Blackford

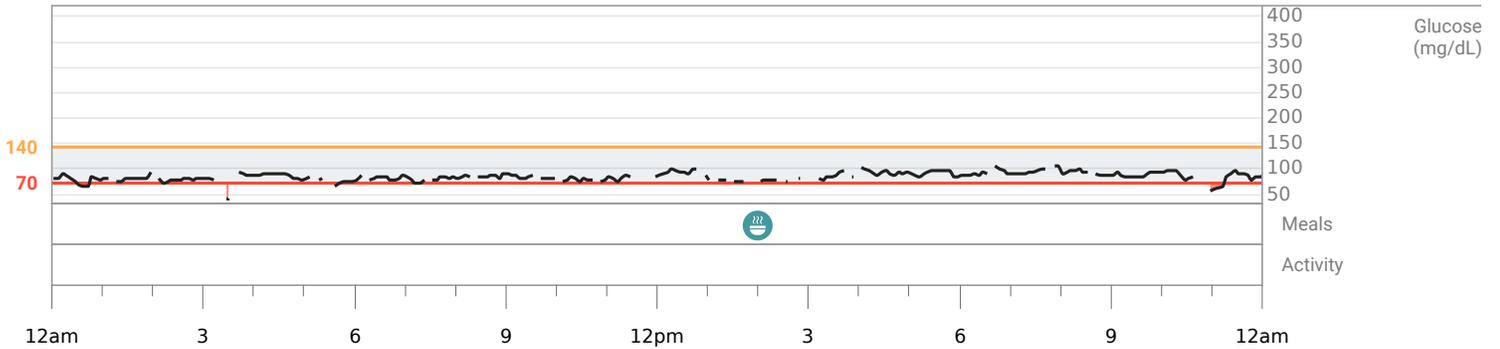
## m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Sat, Feb 21, 2026



### Fri, Feb 20, 2026



Time	Device	Event	Details	Insulin Units	Glucose
2:00 PM	CGM	Meal	Hamburger	--	74 mg/dL

# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

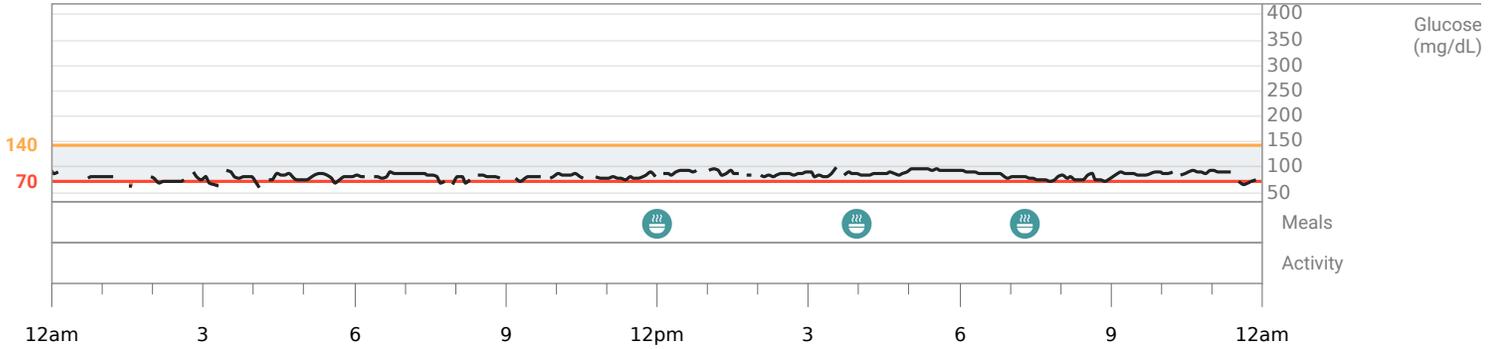


m Bret Blackford

## m Bret's Daily View

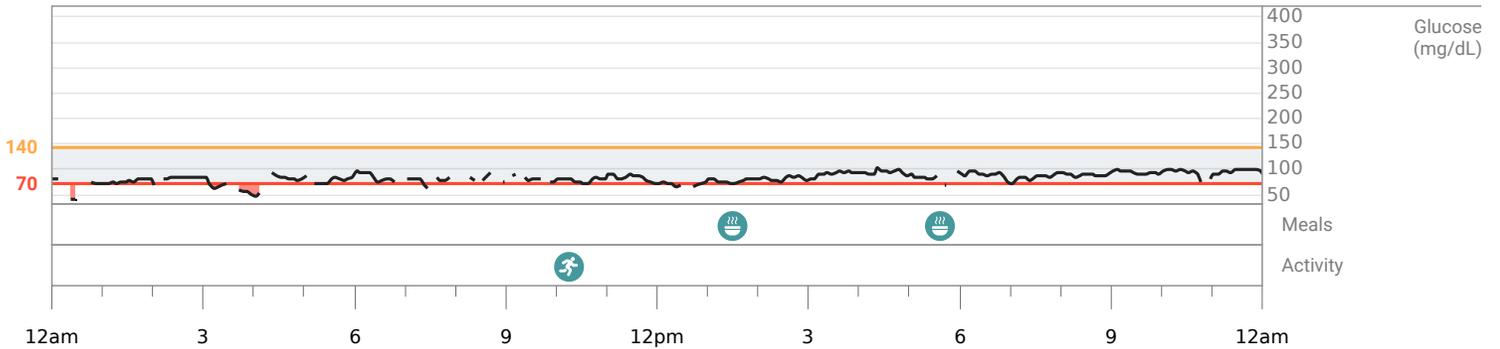
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Thu, Feb 19, 2026



Time	Device	Event	Details	Insulin Units	Glucose
12:00 PM	CGM	Meal	Hamburger	--	81 mg/dL
3:57 PM	CGM	Meal	Peanuts	--	87 mg/dL
7:18 PM	CGM	Meal	Tuna & 2 eggs	--	78 mg/dL

### Wed, Feb 18, 2026



Time	Device	Event	Details	Insulin Units	Glucose
10:15 AM	CGM	Activity	1h, 10 min • Medium	--	81 mg/dL
1:30 PM	CGM	Meal	Hamburger	--	71 mg/dL
5:36 PM	CGM	Meal	Chicken	--	86 mg/dL

# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

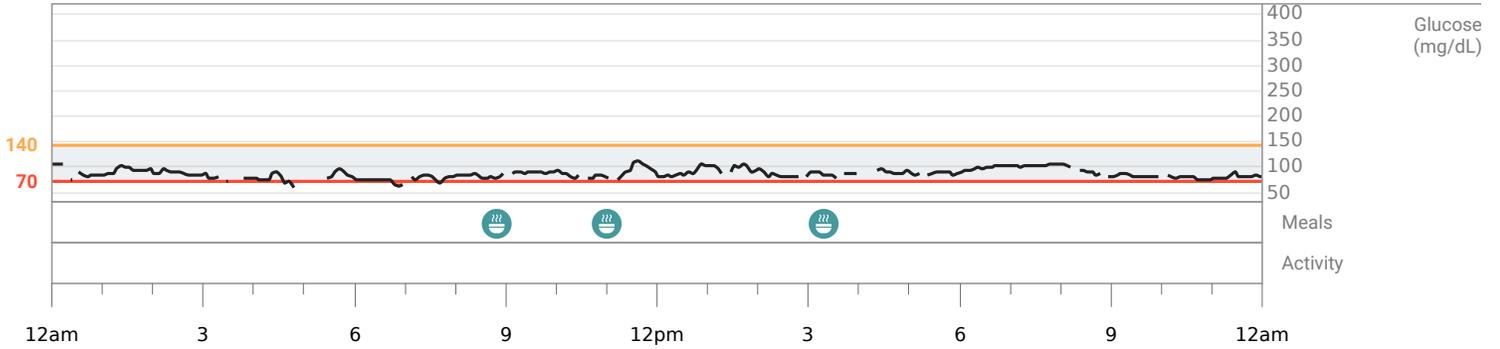


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## m Bret's Daily View

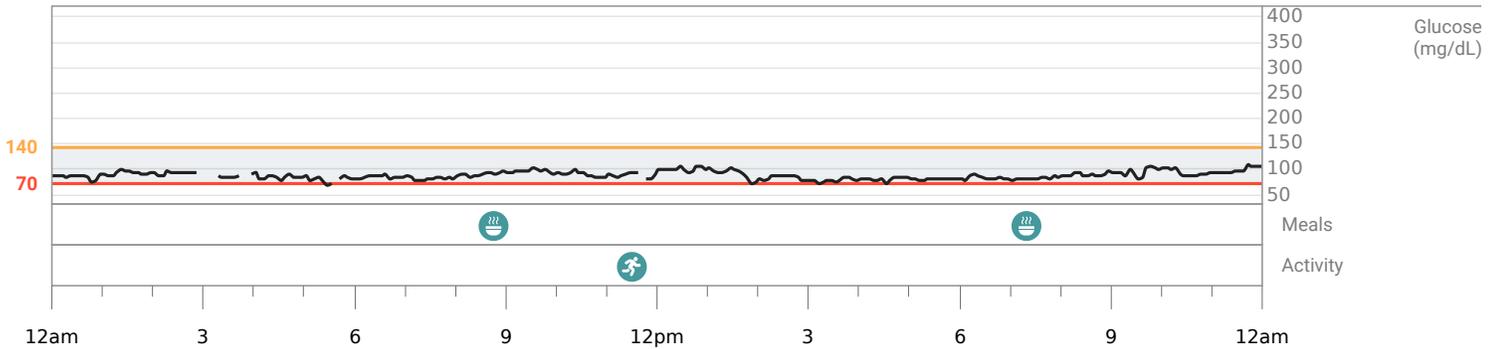
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Tue, Feb 17, 2026



Time	Device	Event	Details	Insulin Units	Glucose
8:50 AM	CGM	Meal	3 pieces dark chocolate	--	81 mg/dL
11:00 AM	CGM	Meal	Smoothie & peanuts	--	76 mg/dL
3:17 PM	CGM	Meal	Hamburger	--	82 mg/dL

### Mon, Feb 16, 2026



Time	Device	Event	Details	Insulin Units	Glucose
8:45 AM	CGM	Meal	Coffee w/cream	--	88 mg/dL
11:30 AM	CGM	Activity	1h • Medium	--	93 mg/dL
7:19 PM	CGM	Meal	Hamburger	--	80 mg/dL

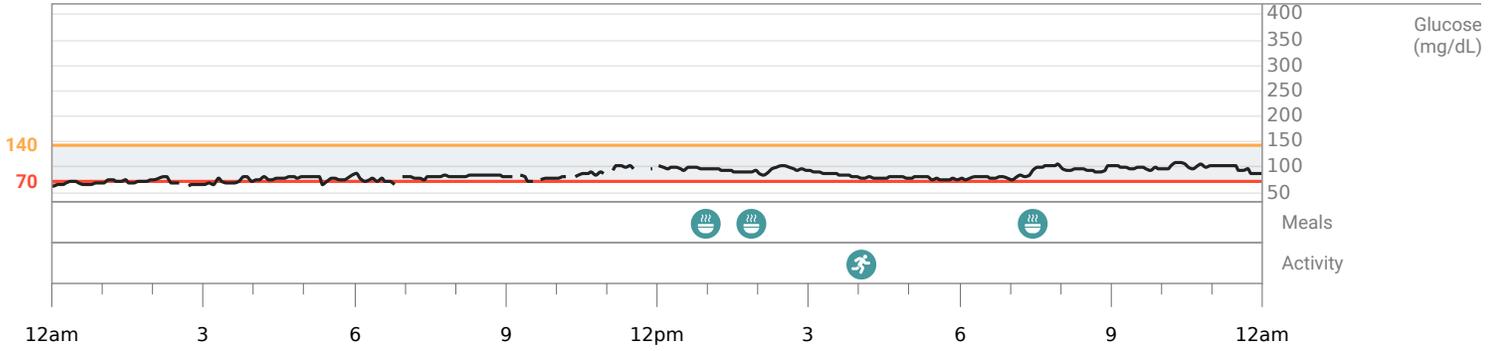
# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

## m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Sun, Feb 15, 2026



Time	Device	Event	Details	Insulin Units	Glucose
12:57 PM	CGM	Meal	4 boiled eggs	--	94 mg/dL
1:51 PM	CGM	Meal	3 pieces chocolate	--	89 mg/dL
4:03 PM	CGM	Activity	1h, 10 min • Light	--	77 mg/dL
7:27 PM	CGM	Meal	Berry smoothie	--	93 mg/dL

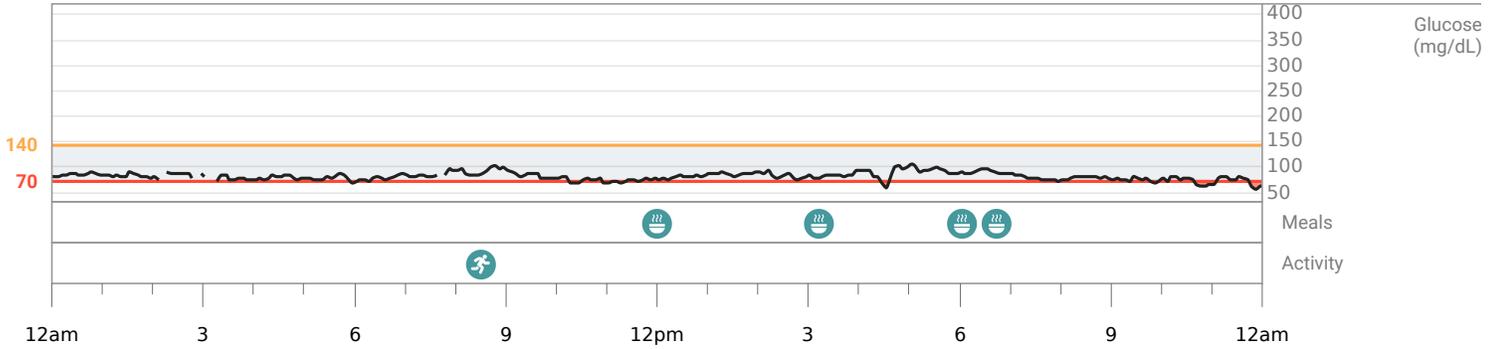
# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

## m Bret's Daily View

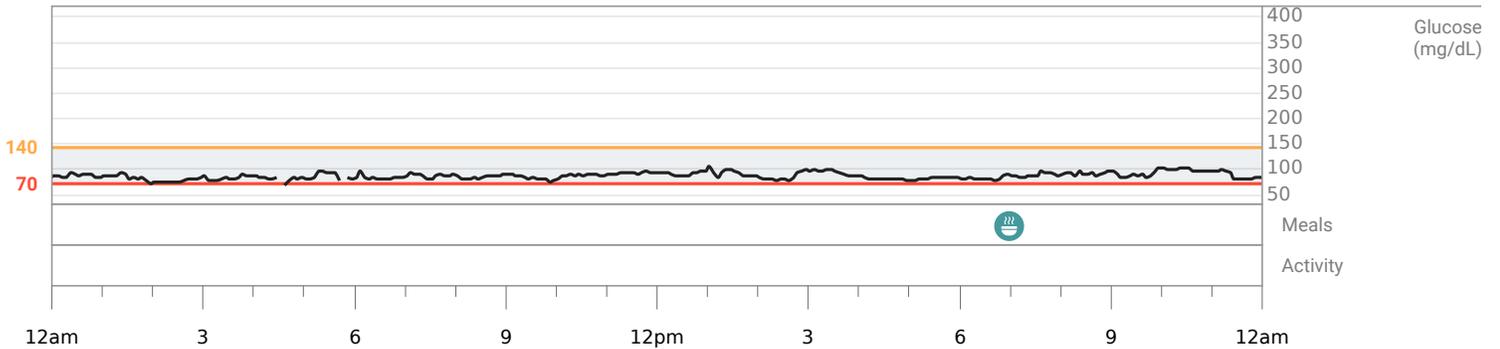
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Sat, Feb 14, 2026



Time	Device	Event	Details	Insulin Units	Glucose
8:30 AM	CGM	Activity	1h	--	85 mg/dL
11:59 AM	CGM	Meal	Steak and 4 eggs	--	74 mg/dL
3:12 PM	CGM	Meal	Smoothie	--	76 mg/dL
6:03 PM	CGM	Meal	3 squares 88% dark chocolate	--	89 mg/dL
6:44 PM	CGM	Meal	Mackeral	--	90 mg/dL

### Fri, Feb 13, 2026



Time	Device	Event	Details	Insulin Units	Glucose
6:59 PM	CGM	Meal	Ground beef/sausage	--	88 mg/dL

# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

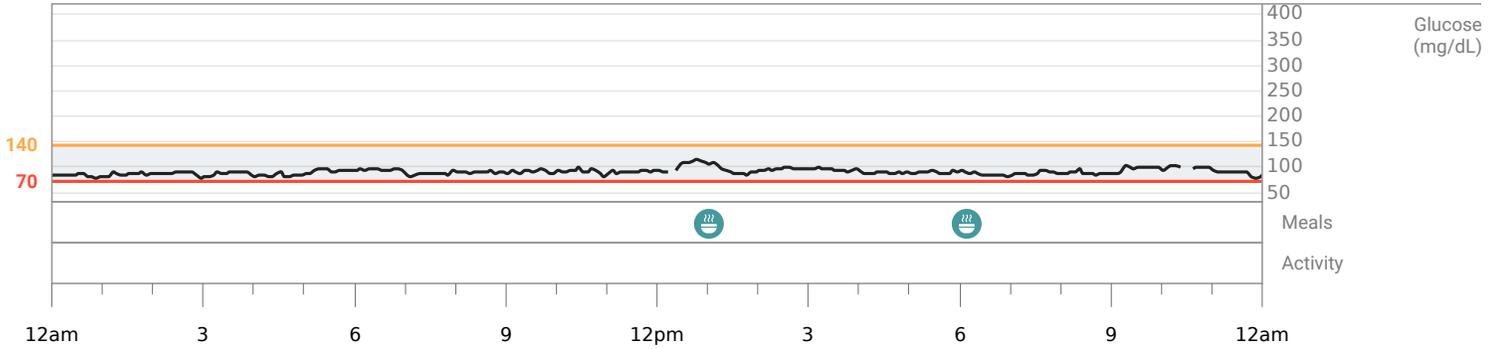


m Bret Blackford

## m Bret's Daily View

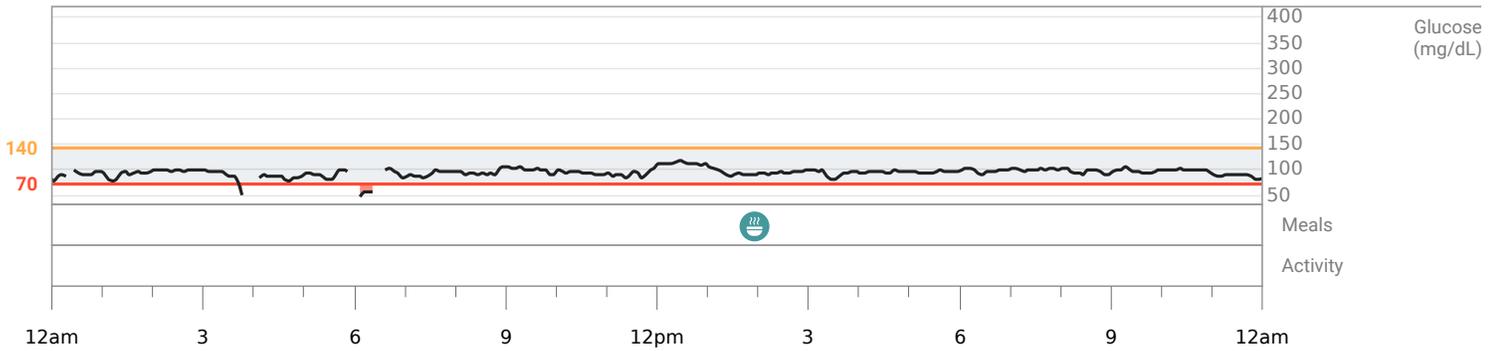
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Thu, Feb 12, 2026



Time	Device	Event	Details	Insulin Units	Glucose
1:01 PM	CGM	Meal	Hamburger	--	105 mg/dL
6:08 PM	CGM	Meal	Steak and 3 eggs	--	89 mg/dL

### Wed, Feb 11, 2026



Time	Device	Event	Details	Insulin Units	Glucose
1:55 PM	CGM	Meal	4 eggs and steak	--	89 mg/dL

# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

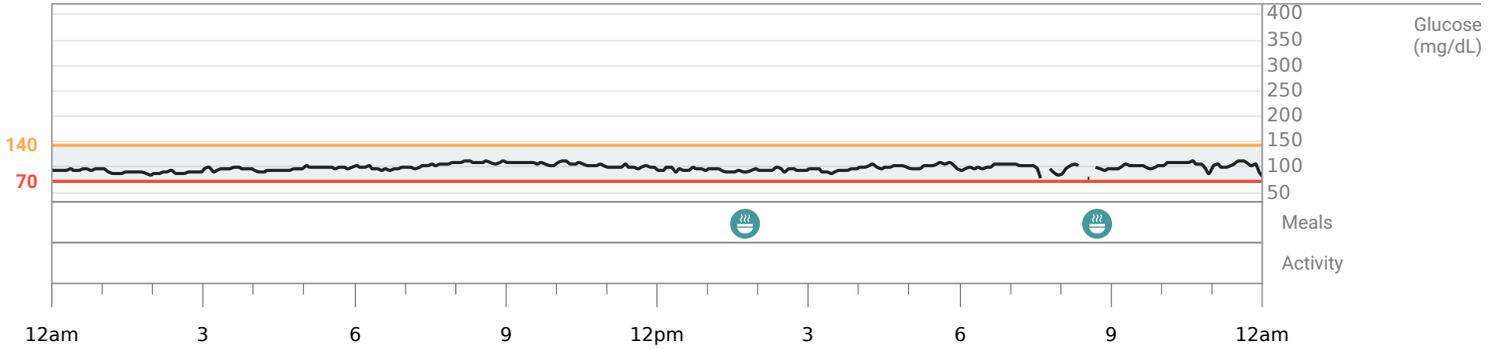


m Bret Blackford

## m Bret's Daily View

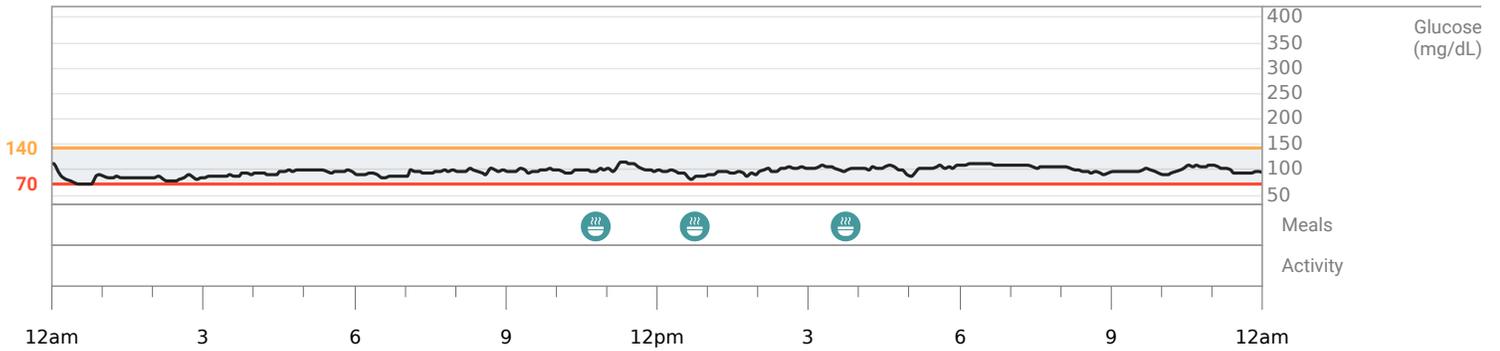
CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

### Tue, Feb 10, 2026



Time	Device	Event	Details	Insulin Units	Glucose
1:45 PM	CGM	Meal	Ground beef	--	89 mg/dL
8:42 PM	CGM	Meal	Dark chocolate	--	97 mg/dL

### Mon, Feb 9, 2026



Time	Device	Event	Details	Insulin Units	Glucose
10:46 AM	CGM	Meal	Dark chocolate	--	94 mg/dL
12:45 PM	CGM	Meal	Ribs	--	87 mg/dL
3:45 PM	CGM	Meal	Smoothly	--	98 mg/dL

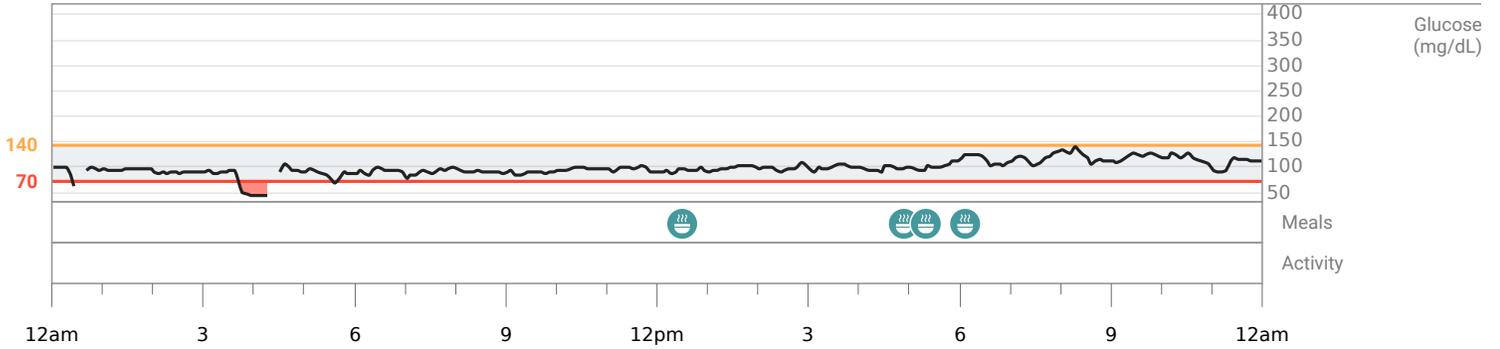
# Daily

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026

## m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Fasting Glucose Medication

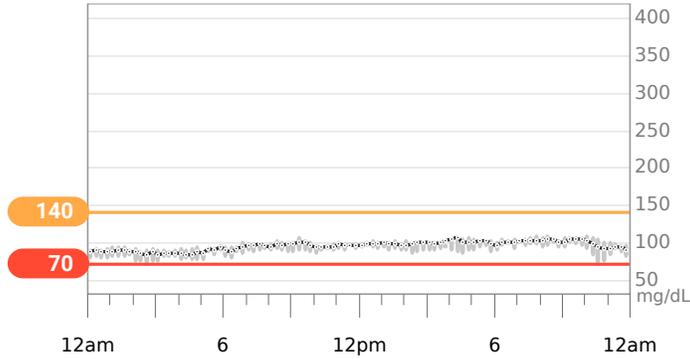
### Sun, Feb 8, 2026



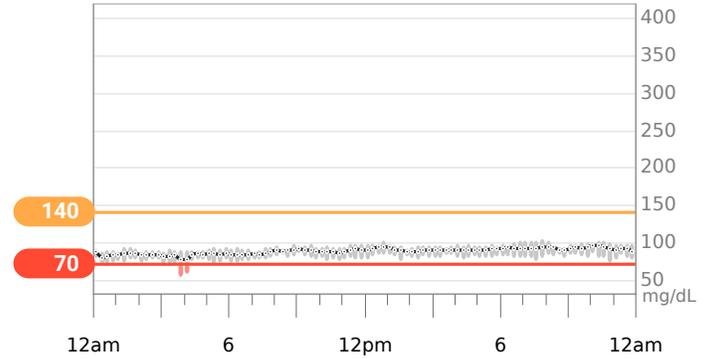
Time	Device	Event	Details	Insulin Units	Glucose
12:30 PM	CGM	Meal	Ground hamburger	--	95 mg/dL
4:53 PM	CGM	Meal	Chicken wings	--	95 mg/dL
5:20 PM	CGM	Meal	3 sandwiches	--	100 mg/dL
6:05 PM	CGM	Meal	I e cream & chocolate chip cookie	--	122 mg/dL

# Compare

14 Days Sun Jan 25, 2026 - Sat Feb 7, 2026



14 Days Sun Feb 8, 2026 - Sat Feb 21, 2026



## Glucose

Average glucose

**95** mg/dL

GMI

**5.6** %

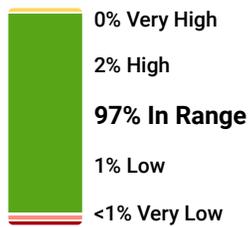
Standard deviation

**13** mg/dL

Coefficient of Variation

**13.6** %

Time in Range



Target Range:  
70-140 mg/dL

Sensor usage

Days with data  
**9/14** days

Time active  
**83%**

Avg. calibrations per day  
**0.0**

Average glucose

**88** mg/dL

GMI

**5.4** %

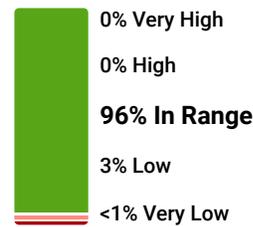
Standard deviation

**11** mg/dL

Coefficient of Variation

**12.2** %

Time in Range



Target Range:  
70-140 mg/dL

Sensor usage

Days with data  
**14/14** days

Time active  
**95%**

Avg. calibrations per day  
**0.0**

# Compare

14 Days Sun Jan 25, 2026 - Sat Feb 7, 2026

14 Days Sun Feb 8, 2026 - Sat Feb 21, 2026

## Patterns

 **Best Day**  
m Bret's glucose data was in the target range about 100% of the day.

 **Best Day**  
m Bret's glucose data was in the target range about 100% of the day.

# Compare

14 Days Sun Jan 25, 2026 - Sat Feb 7, 2026

14 Days Sun Feb 8, 2026 - Sat Feb 21, 2026

## Devices

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### Stelo Mobile App

CGM ID

Serial Number      **iPhone**  
Uploaded On        **February 21, 2026**  
Model                **Stelo**



### Stelo Mobile App

CGM ID

Serial Number      **iPhone**  
Uploaded On        **February 21, 2026**  
Model                **Stelo**

# Daily Statistics

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026



m Bret Blackford

☀ 6:00 AM - 10:00 PM    ■ Very low < 54    ■ Low 54 - 70    ■ In range 70 - 140    ■ High 140 - 250    ■ Very High > 250  
 🌙 10:00 PM - 6:00 AM    ■ Very low < 54    ■ Low 54 - 70    ■ In range 70 - 140    ■ High 140 - 250    ■ Very High > 250

Daily Statistics	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time in Range							
■ % Very High	0	0	0	0	0	0	0
■ % High	0	0	0	0	0	0	0
■ % In Range	99	98	95	97	98	94	92
■ % Low	1	2	4	3	2	6	6
■ % Very Low	0	0	1	0	<1	0	1
# Readings	568	545	538	539	533	348	562
Min	68	58	39	59	39	55	42
Max	115	112	118	113	105	105	138
Mean	91	92	87	86	85	81	90
Std. Dev.	9	10	11	8	8	8	15
Quartile 25	84	85	81	81	79	75	80
Median	92	92	89	86	85	81	91
Quartile 75	97	99	95	90	90	86	98
IQR	13	14	14	9	11	11	18
IQ Std. Dev.	4	4	4	2	3	3	5
SD Mean	0	0	0	0	0	0	1
%CV	10	11	13	9	9	10	17

# Hourly Statistics

14 days • Sun Feb 8, 2026 - Sat Feb 21, 2026



m Bret Blackford

☀ 6:00 AM - 10:00 PM ■ Very low < 54 ■ Low 54 - 70 ■ In range 70 - 140 ■ High 140 - 250 ■ Very High > 250  
 🌙 10:00 PM - 6:00 AM ■ Very low < 54 ■ Low 54 - 70 ■ In range 70 - 140 ■ High 140 - 250 ■ Very High > 250

Hourly Statistics	12am-1am	1am-2am	2am-3am	3am-4am	4am-5am	5am-6am	6am-7am	7am-8am	8am-9am	9am-10am	10am-11am	11am-12pm
Time in Range												
■ % Very High	0	0	0	0	0	0	0	0	0	0	0	0
■ % High	0	0	0	0	0	0	0	0	0	0	0	0
■ % In Range	89	96	94	83	92	94	94	95	99	100	97	99
■ % Low	10	4	6	13	4	6	6	5	1	0	3	1
■ % Very Low	1	0	0	4	4	0	<1	0	0	0	0	0
# Readings	152	156	160	145	157	152	155	150	147	146	150	144
Min	39	61	62	39	42	64	46	62	68	71	67	68
Max	111	101	99	99	103	100	101	107	109	108	111	115
Mean	83	84	83	80	82	84	83	85	88	88	87	89
Std. Dev.	11	8	8	12	11	9	10	9	8	9	9	10
Quartile 25	78	78	78	75	77	77	76	80	83	81	80	82
Median	84	84	84	83	83	84	83	84	88	88	87	90
Quartile 75	89	91	88	89	89	93	91	91	92	95	94	97
IQR	11	13	10	14	12	16	15	12	9	14	14	15
IQ Std. Dev.	3	3	3	4	3	4	4	3	3	4	4	4
SD Mean	1	1	1	1	1	1	1	1	1	1	1	1
%CV	13	9	10	15	13	11	12	10	10	10	11	11

Hourly Statistics	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm	9pm-10pm	10pm-11pm	11pm-12am
Time in Range												
■ % Very High	0	0	0	0	0	0	0	0	0	0	0	0
■ % High	0	0	0	0	0	0	0	0	0	0	0	0
■ % In Range	97	99	100	100	98	99	100	99	100	98	97	94
■ % Low	3	1	0	0	2	1	0	1	0	2	3	6
■ % Very Low	0	0	0	0	0	0	0	0	0	0	0	0
# Readings	149	148	150	150	152	152	155	154	151	156	148	154
Min	63	69	73	70	59	66	73	69	70	66	54	55
Max	118	107	106	106	108	110	124	129	138	127	126	118
Mean	92	90	88	89	89	90	92	92	91	93	94	90
Std. Dev.	11	8	8	8	9	9	11	12	12	11	13	12
Quartile 25	86	85	81	83	82	83	83	82	86	85	86	81
Median	93	90	89	90	90	91	90	90	90	93	96	90
Quartile 75	97	95	95	96	96	95	98	101	95	98	100	97
IQR	11	10	14	13	14	12	15	19	9	13	14	16
IQ Std. Dev.	3	3	4	4	4	4	4	6	3	4	4	4
SD Mean	1	1	1	1	1	1	1	1	1	1	1	1
%CV	12	9	9	9	10	10	12	14	13	12	14	14

## Time in Ranges Goals for Type 1 and Type 2 Diabetes

Each 5% increase in the Target Range is clinically beneficial.  
Each 1% time in range = about 15 minutes per day



Target Range: 70-140 mg/dL  
Very High: Above 250 mg/dL  
Very Low: Below 54 mg/dL

## m Bret Blackford

### Glucose Metrics

Average Glucose  
Goal: <154 mg/dL **88 mg/dL**

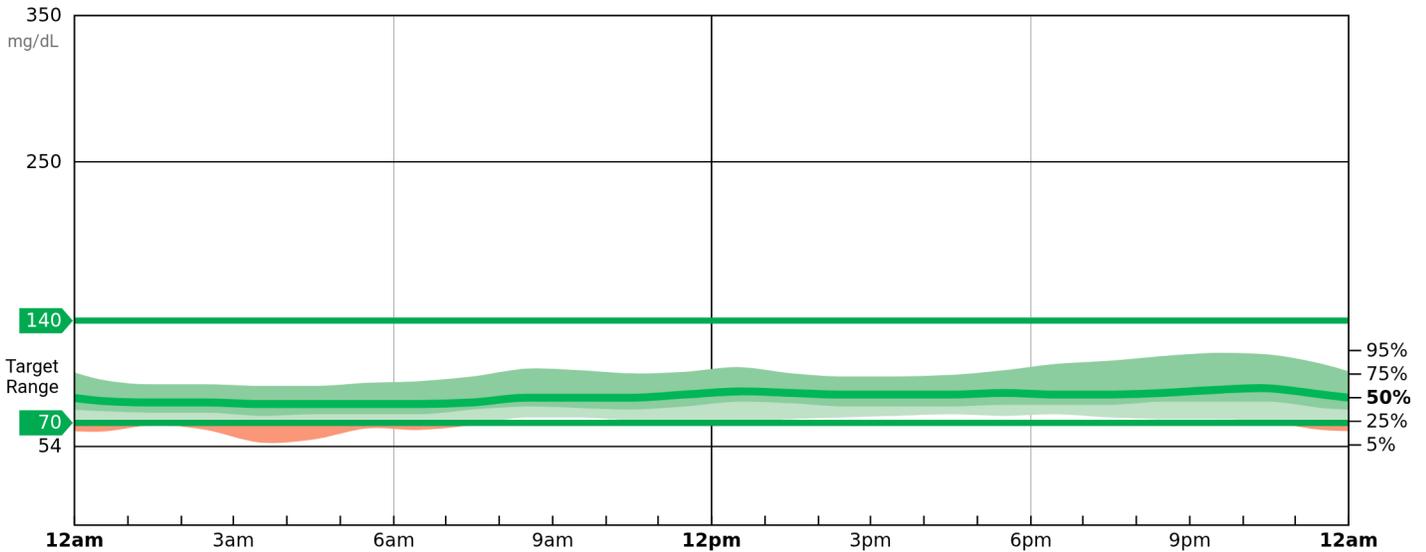
GMI  
Goal: <7% **5.4%**

Coefficient of Variation  
Goal: <36% **12.2%**

Time CGM Active **95.0%**

## Ambulatory Glucose Profile (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if they occurred in a single day.



## Daily Glucose Profile

Each daily profile represents a midnight-to-midnight period.

