

# Overview

2 days • Fri Feb 20, 2026 - Sat Feb 21, 2026

## Glucose

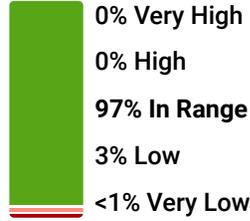
Average glucose

**84** mg/dL

GMI

**N/A**

Time in Range



Sensor usage

Days with data  
**2/2** days

Time active  
**82%**

Standard deviation

**8** mg/dL

Coefficient of Variation

**9.7** %

Target Range:  
70-140 mg/dL

Avg. calibrations per day

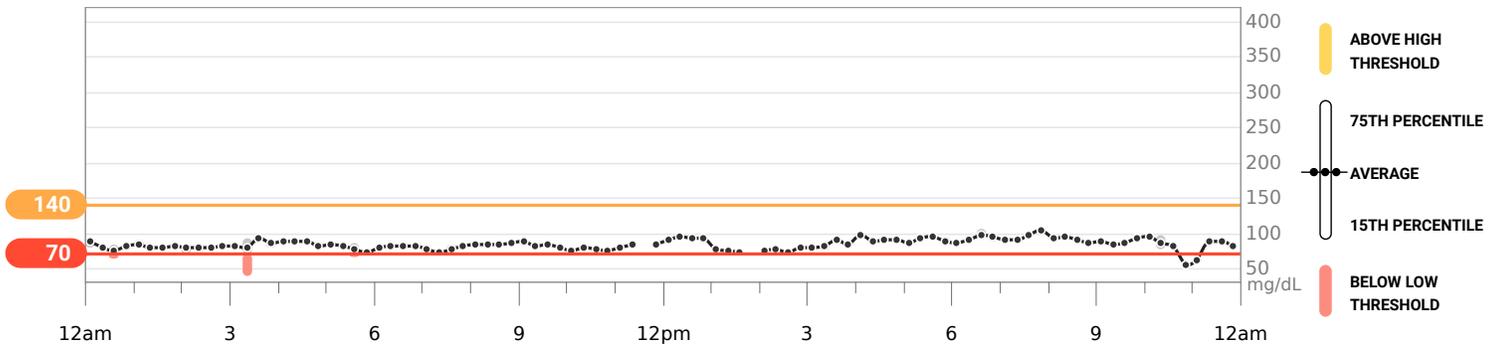
**0.0**

## Top Patterns



**m Bret's best glucose day was February 20, 2026**  
m Bret's glucose data was in the target range about 96% of the day.

This graph shows your data averaged over 2 days



# Overview

2 days · Fri Feb 20, 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

2 days • Fri Feb 20, 2026 - Sat Feb 21, 2026

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

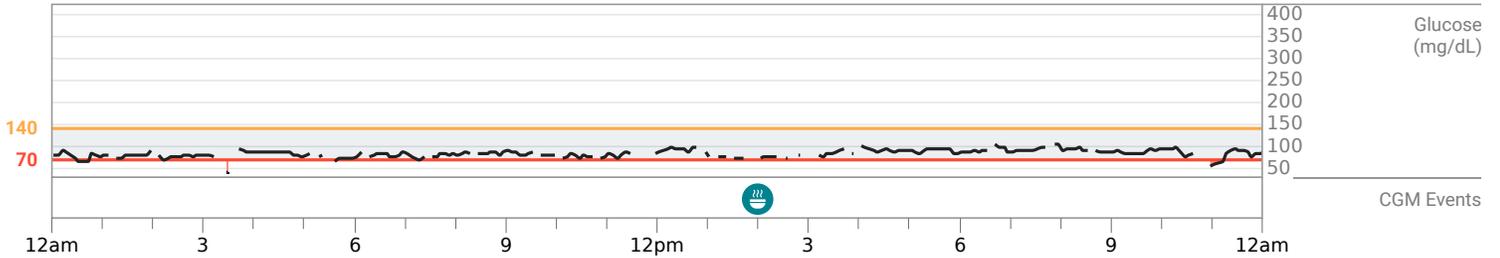
**Insulin:** Fast-Acting Long-Acting

## Best Day

m Bret's best glucose day was February 20, 2026

m Bret's glucose data was in the target range about 96% of the day.

## Fri, Feb 20, 2026



### Statistics for this day

## Glucose

Average glucose

**83** mg/dL

GMI

**N/A**

Time in Range

0% Very High  
0% High  
**96% In Range**  
4% Low  
<1% Very Low

Sensor usage

Days with data  
**1/1** days

Time active  
**86%**

Standard deviation

**9** mg/dL

Coefficient of Variation

**10.5%**

Target Range:  
70-140 mg/dL

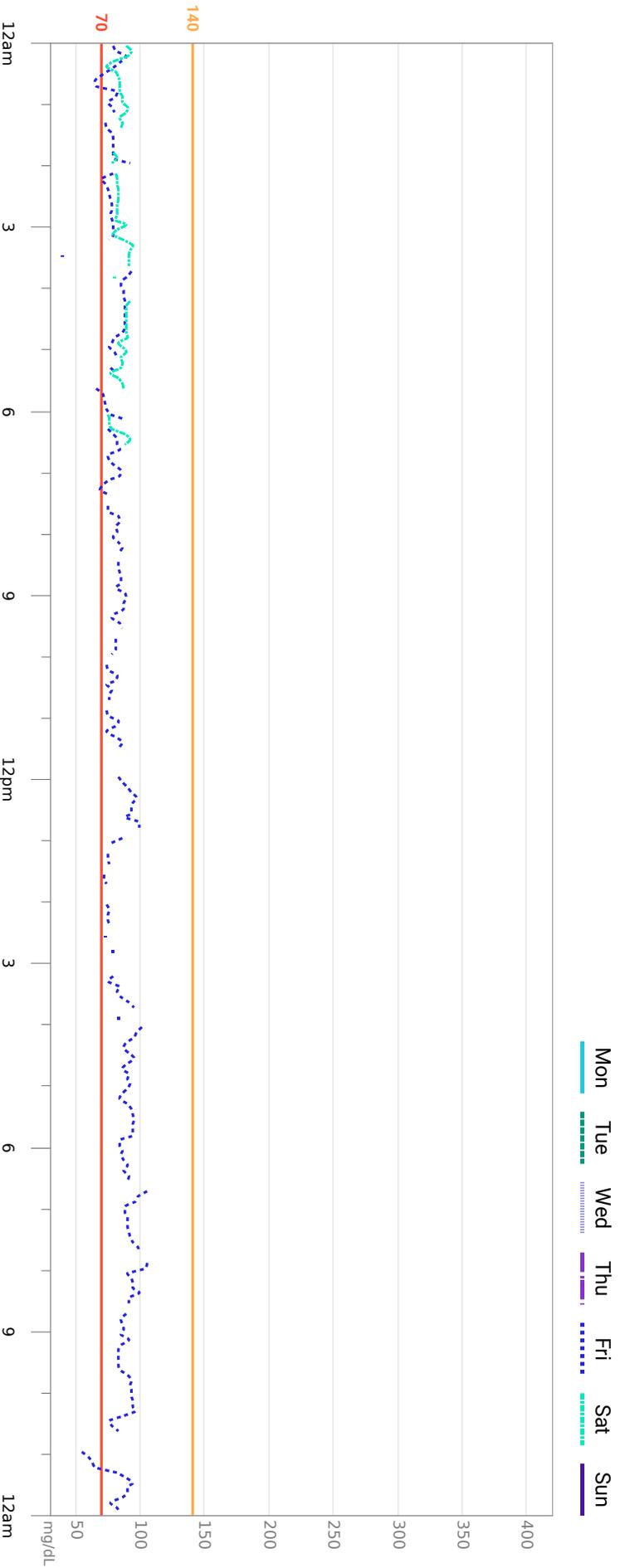
Avg. calibrations per day  
**0.0**

# Overlay

2 days • Fri Feb 20, 2026 - Sat Feb 21, 2026  
Week 1 • Fri Feb 20, 2026 - Sat Feb 21, 2026



m Bret Blackford



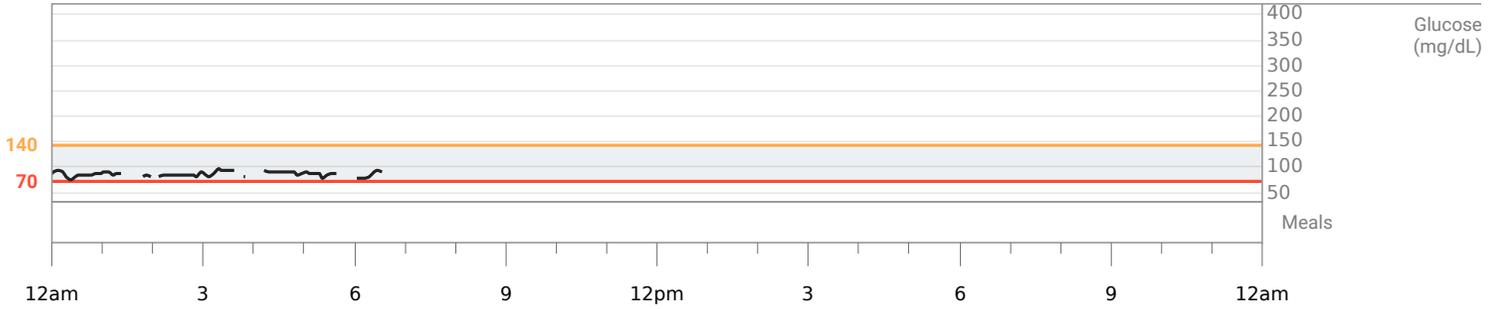
# Daily

2 days • Fri Feb 20, 2026 - Sat Feb 21, 2026

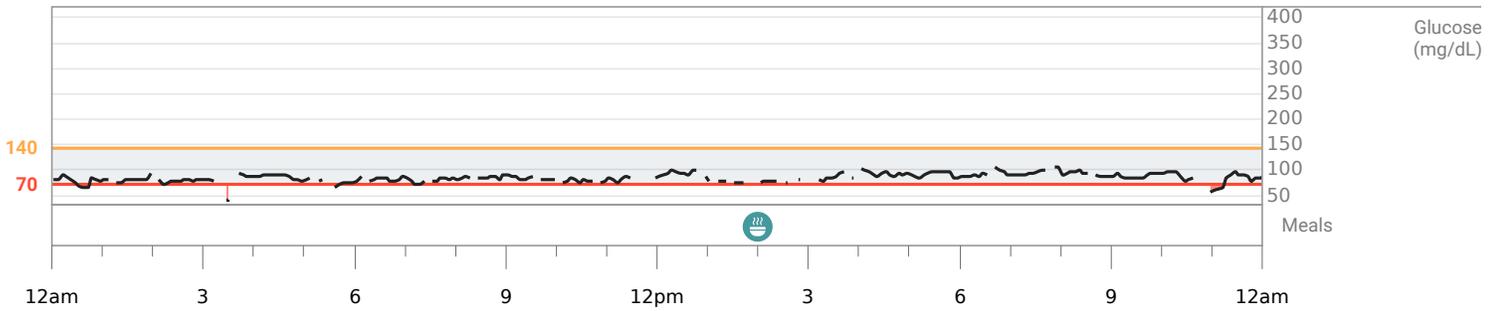
## m Bret's Daily View

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

### Sat, Feb 21, 2026



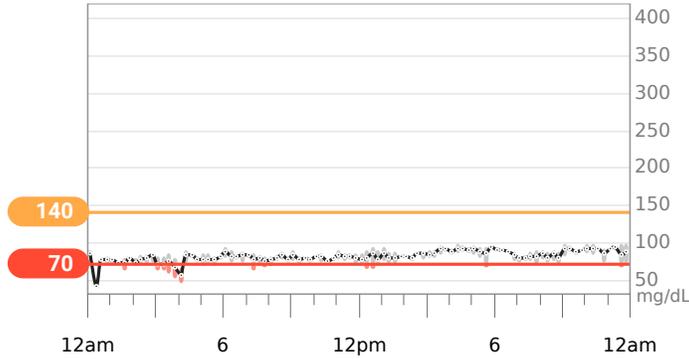
### Fri, Feb 20, 2026



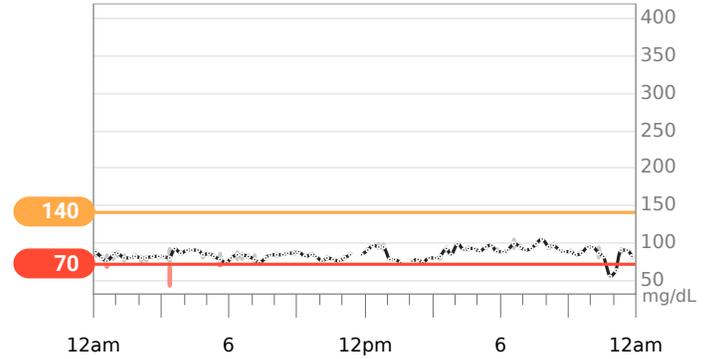
Time	Device	Event	Details	Insulin Units	Glucose
2:00 PM	CGM	Meal	Hamburger	--	74 mg/dL

# Compare

2 Days Wed Feb 18, 2026 - Thu Feb 19, 2026



2 Days Fri Feb 20, 2026 - Sat Feb 21, 2026



## Glucose

Average glucose

**82** mg/dL

GMI

**N/A**

Average glucose

**84** mg/dL

GMI

**N/A**

Standard deviation

**9** mg/dL

Coefficient of Variation

**11.1** %

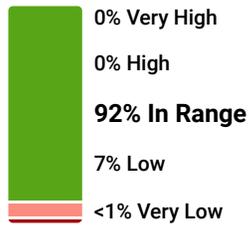
Standard deviation

**8** mg/dL

Coefficient of Variation

**9.7** %

Time in Range



Target Range:  
70-140 mg/dL

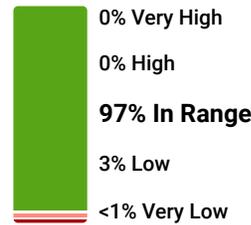
Sensor usage

Days with data  
**2/2** days

Time active  
**89%**

Avg. calibrations per day  
**0.0**

Time in Range



Target Range:  
70-140 mg/dL

Sensor usage

Days with data  
**2/2** days

Time active  
**82%**

Avg. calibrations per day  
**0.0**

# Compare

2 Days Wed Feb 18, 2026 - Thu Feb 19, 2026

2 Days Fri Feb 20, 2026 - Sat Feb 21, 2026

## Patterns

**Best Day**  
m Bret's glucose data was in the target range about 94% of the day.

**Best Day**  
m Bret's glucose data was in the target range about 96% of the day.

# Compare

2 Days Wed Feb 18, 2026 - Thu Feb 19, 2026

2 Days Fri Feb 20, 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>



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# Daily Statistics

2 days • Fri Feb 20, 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	-
■ % High	-	-	-	-	0	0	-
■ % In Range	-	-	-	-	96	100	-
■ % Low	-	-	-	-	4	0	-
■ % Very Low	-	-	-	-	<1	0	-
# Readings	-	-	-	-	247	65	-
Min	-	-	-	-	39	74	-
Max	-	-	-	-	105	94	-
Mean	-	-	-	-	83	85	-
Std. Dev.	-	-	-	-	9	5	-
Quartile 25	-	-	-	-	78	82	-
Median	-	-	-	-	84	85	-
Quartile 75	-	-	-	-	90	89	-
IQR	-	-	-	-	12	7	-
IQ Std. Dev.	-	-	-	-	3	2	-
SD Mean	-	-	-	-	1	1	-
%CV	-	-	-	-	10	6	-

# Hourly Statistics

2 days • Fri Feb 20, 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	88	100	100	94	100	94	100	91	100	100	100	100
% Low	12	0	0	0	0	6	0	9	0	0	0	0
% Very Low	0	0	0	6	0	0	0	0	0	0	0	0
# Readings	24	19	22	17	22	17	18	11	11	11	10	7
Min	64	73	70	39	76	65	75	69	79	78	74	74
Max	93	92	89	94	92	89	92	84	88	89	82	86
Mean	81	81	80	83	87	80	81	78	84	83	77	82
Std. Dev.	7	5	4	12	4	7	5	5	2	4	3	4
Quartile 25	76	78	77	79	87	74	76	75	83	80	74	80
Median	82	79	80	86	88	81	80	77	84	81	76	83
Quartile 75	86	85	82	91	89	86	85	83	85	87	79	84
IQR	10	7	5	12	2	12	9	8	2	7	5	4
IQ Std. Dev.	2	2	2	4	1	3	3	3	1	2	1	1
SD Mean	2	1	1	3	1	2	1	2	1	1	1	1
%CV	9	6	5	15	4	8	6	6	3	4	4	4

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	100	100	100	100	100	100	100	100	100	100	89	75
% Low	0	0	0	0	0	0	0	0	0	0	11	25
% Very Low	0	0	0	0	0	0	0	0	0	0	0	0
# Readings	11	7	7	8	12	12	11	11	11	12	9	12
Min	86	72	73	75	86	84	85	88	85	83	54	59
Max	99	77	79	95	101	95	105	105	99	93	96	94
Mean	93	74	76	84	92	90	91	95	91	87	84	80
Std. Dev.	4	2	2	6	4	4	6	6	4	4	13	11
Quartile 25	88	72	74	80	89	85	87	90	87	83	77	67
Median	93	75	75	84	91	92	90	92	91	85	85	83
Quartile 75	97	76	77	90	95	94	96	99	94	92	94	90
IQR	9	4	3	10	6	10	9	9	7	9	17	23
IQ Std. Dev.	2	1	1	1	2	3	2	3	2	3	6	4
SD Mean	1	1	1	2	1	1	2	2	1	1	4	3
%CV	5	2	2	7	4	5	6	6	4	5	15	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 **84 mg/dL**

GMI  
Goal: <7% **5.3%**

Coefficient of Variation  
Goal: <36% **9.7%**

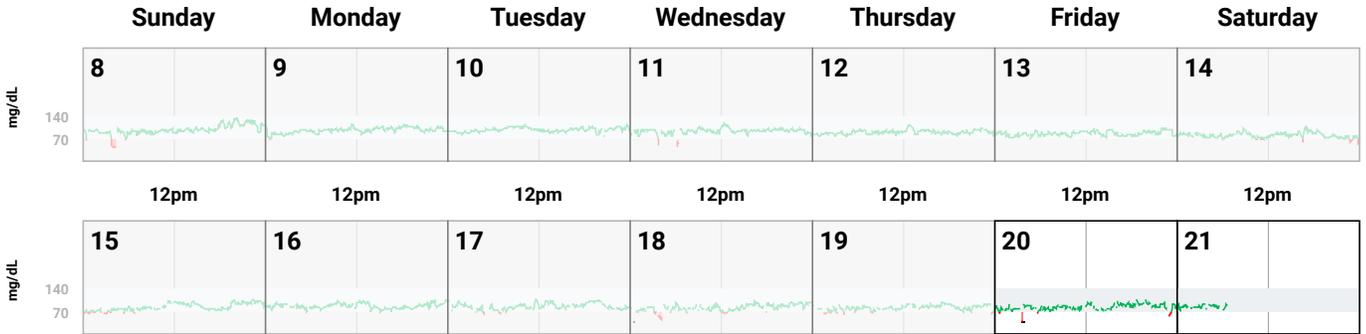
Time CGM Active **85.0%**

## Ambulatory Glucose Profile (AGP)

Insufficient CGM data to generate AGP graph.

## Daily Glucose Profile

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



Patent pending - HealthPartners Institute dba International Diabetes Center - All Rights Reserved. ©2022