

Frey — History

Sam • 8/7/2026, 1:17:41 AM

Date & time	Value	Unit	When	Food	Activity	Stress	Other notes
08/05/2026 10:15 PM	7.4	mmol/L	After meal	Roast vegetables and halloumi	Walk with the dog		
08/05/2026 09:40 AM	6.8	mmol/L	Fasting				Feeling more in control this week
08/04/2026 10:15 PM	8.2	mmol/L	After meal	Stir fry with noodles			
08/04/2026 09:40 AM	7	mmol/L	Fasting				
08/03/2026 10:15 PM	7.7	mmol/L	After meal	Omelette and salad			
08/03/2026 09:40 AM	6.9	mmol/L	Fasting		Swimming		
08/02/2026 10:15 PM	8.4	mmol/L	After meal	Lentil soup and bread			
08/02/2026 09:40 AM	7.2	mmol/L	Fasting				
08/01/2026 10:15 PM	10.1	mmol/L	After meal	Skipped lunch, big dinner		Rushed	
08/01/2026 09:40 AM	7.8	mmol/L	Fasting			Deadline week	
07/31/2026 10:15 PM	7.5	mmol/L	After meal	Salmon and salad			
07/31/2026 09:40 AM	6.7	mmol/L	Fasting				Best morning in a while
07/30/2026 10:15 PM	8	mmol/L	After meal	Sheet pan chicken and veg	Evening walk		
07/30/2026 09:40 AM	7.3	mmol/L	Fasting				
07/29/2026 10:15 PM	9.8	mmol/L	After meal	Lunch meeting, sandwich and juice			Didn't check what was in it
07/29/2026 09:40 AM	7.1	mmol/L	Fasting				
07/28/2026 10:15 PM	7.6	mmol/L	After meal	Breakfast frittata			
07/28/2026 09:40 AM	6.9	mmol/L	Fasting		Cycled to work		
07/27/2026 10:15 PM	8.3	mmol/L	After meal	Beef bowl with rice and avocado			

07/27/2026 09:40 AM	7.4	mmol/L	Fasting			Better after a normal dinner
07/26/2026 10:15 PM	11.2	mmol/L	After meal	Takeaway pizza	Stressful evening	
07/26/2026 09:40 AM	8.6	mmol/L	Fasting		Bad night, work stress	Woke up several times
07/25/2026 10:15 PM	8.1	mmol/L	After meal	Greek yoghurt and berries		
07/25/2026 09:40 AM	7	mmol/L	Fasting			
07/24/2026 10:15 PM	7.9	mmol/L	After meal	Chicken and roasted vegetables		
07/24/2026 09:40 AM	6.8	mmol/L	Fasting		Walked 30 min after dinner yesterday	
07/23/2026 10:15 PM	9.4	mmol/L	After meal	Pasta with tomato sauce		Bigger portion than usual
07/23/2026 09:40 AM	7.2	mmol/L	Fasting			