

Frey — History

Sam • 8/7/2026, 2:17:11 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