

# Frey — History

Sam • 8/7/2026, 2:15:23 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    |                                |                                      |                              |