

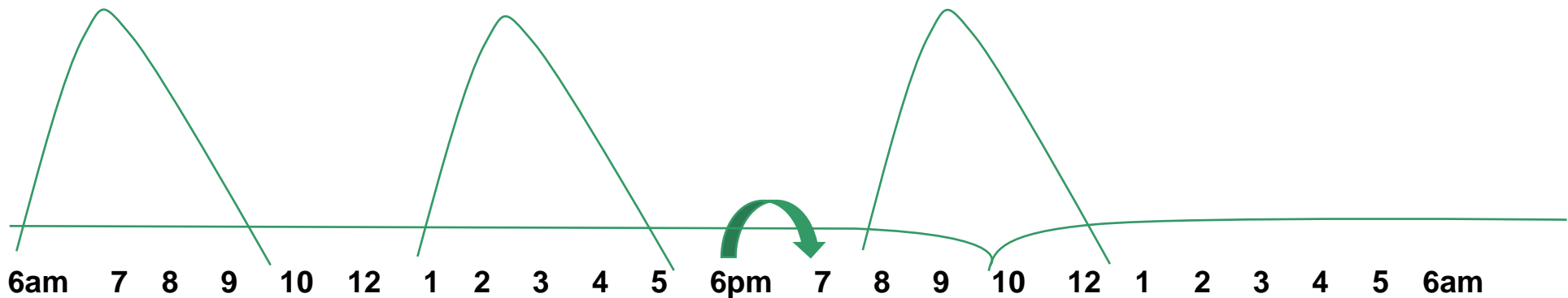
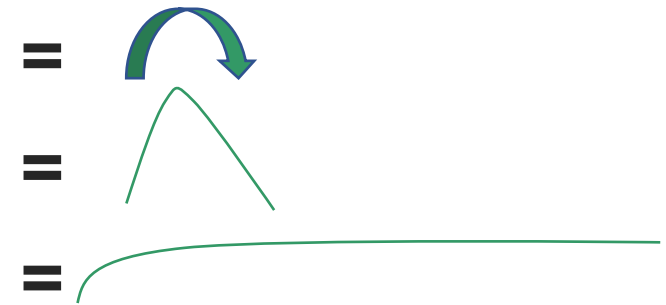


Plotting your exercise time and insulin

Exercise in the evening

Fast-Acting Analogue Insulin

Long-Acting Analogue



Paul exercises between 6 and 7pm.

He has fast-acting analogue insulin at 6am, 1pm and 8pm to cover meals.

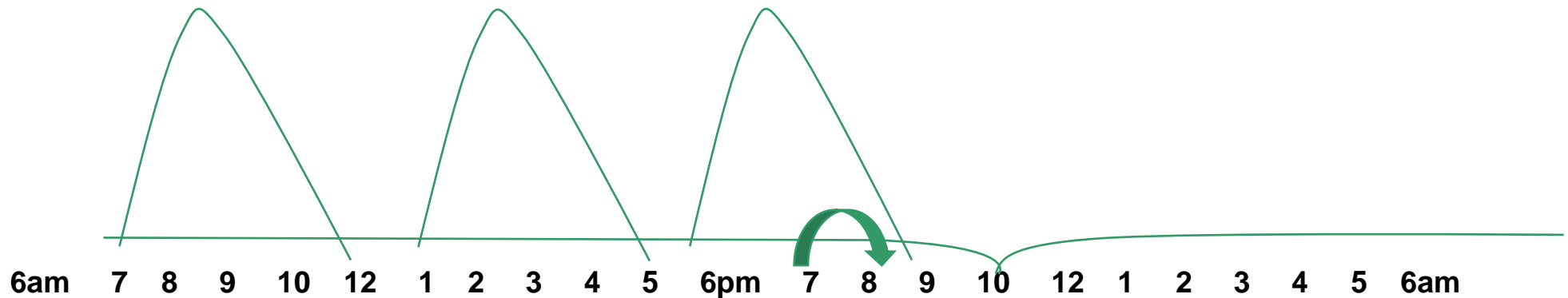
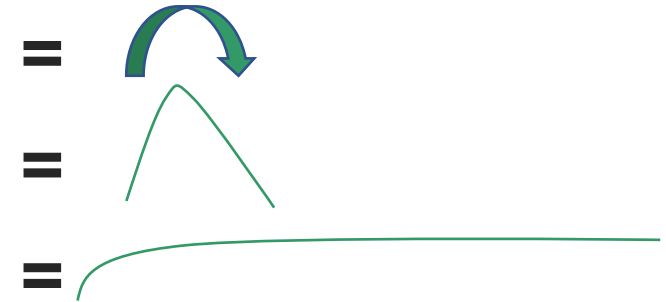
So this means he has no fast-acting insulin working when he exercises, and his long-acting insulin will be finishing.



Exercise in the evening

Fast-Acting Analogue Insulin

Long-Acting Analogue



Jane exercises between 7 and 8pm.

She has fast-acting analogue insulin at 7am, 1pm and 6pm to cover meals.

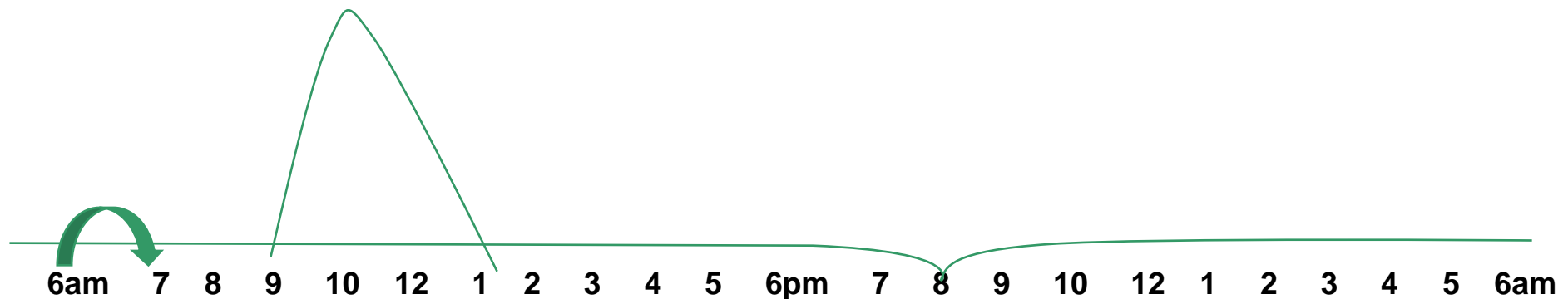
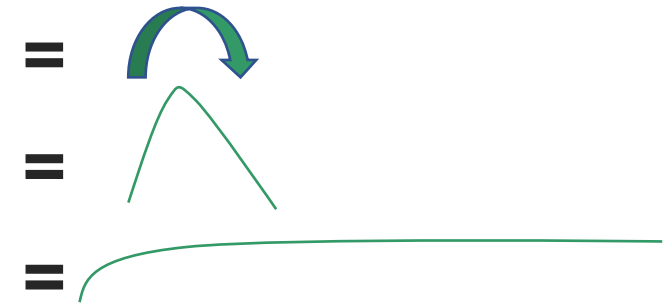
So this means she has her fast-acting insulin from 6pm working when she exercises, and the long-acting analogue will be finishing.



Exercise in the morning

Fast-Acting Analogue Insulin

Long-Acting Analogue



Sam exercises between 7 and 8am.

He has fast-acting analogue insulin at 9am after exercise to cover breakfast.

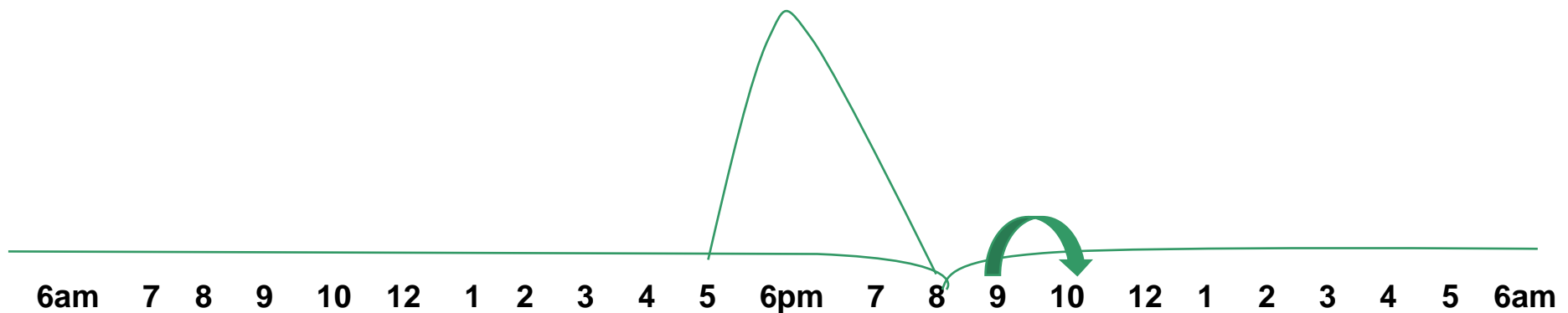
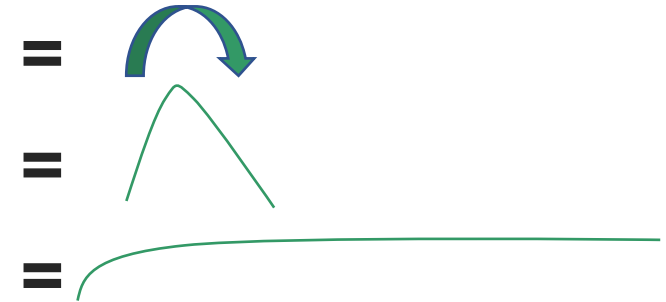
So this means he has no fast-acting insulin working when he exercises, but will have some long-acting analogue working.



Exercise after tea

Fast-Acting Analogue Insulin

Long-Acting Analogue



Susan exercises between 9 and 10pm.

She has fast-acting analogue insulin at 5pm to cover her evening meal and long-acting analogue working from 8pm.

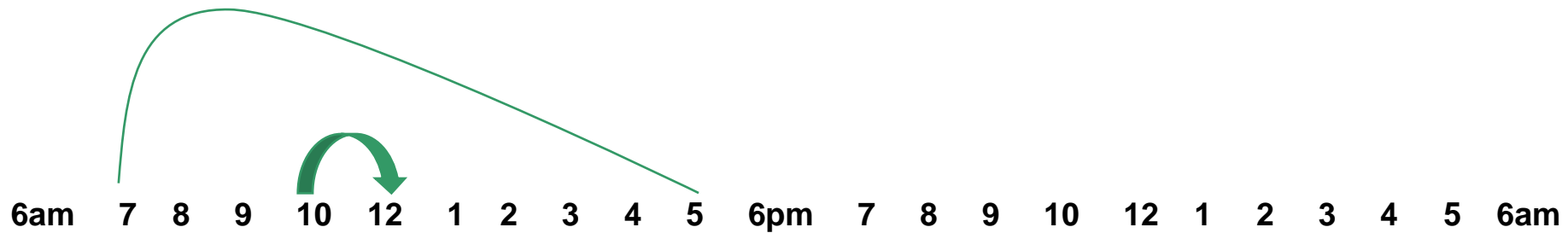
So this means she has no fast-acting insulin working when she exercises and her long-acting analogue is starting.



Exercise in the evening



Pre-mixed Insulin



David exercises between 10 and 12 noon.

He has pre-mixed insulin at 7am to cover breakfast and lunch.

So this means he has pre-mixed insulin working when he exercises and continuing to work until his evening meal.

