

Week Commencing: 24/12/2018

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading Time Dose	Reading Time Dose	Reading Time Dose	Reading Time Dose	
Tuesday	Reading 7.6 Time 09:00 Dose 2	Reading 5.2 Time 14:15 Dose 6	Reading Time Dose	Reading 8.1 Time 23:30 Dose 1	Food Eaten: Porridge, Kiwi Fruit, Roast Turkey Dinner Treacle Sponge, None Additional Notes: Traditional Christmas dinner Late lunch, no tea No Humilog insulin taken at night
Wednesday	Reading 6.6 Time 09:00 Dose 2	Reading 8.3 Time 13:00 Dose 2	Reading 6.1 Time 18:30 Dose 4	Reading 9.2 Time 23:00 Dose 0	Food Eaten: Porridge, Banana, Thins Turkey, Cold Beef Potatoo Apple Additional Notes: Late breakfast Levemir 2 at 10pm
Thursday	Reading 6.9 Time 07:30 Dose 2	Reading 5.3 Time 13:05 Dose 2	Reading 5.8 Time 18:37 Dose 5	Reading 9.6 Time 23:50 Dose 0	Food Eaten: Porridge, Banana, Egg Mayonnaise White Bread Sandwich Crisps, Chicken Rice Apple, Peanuts Additional Notes: Work on site at Alleycat Onsite Alleycat Rentals Peanut snack during evening
Friday	Reading 7.7 Time 07:50 Dose 2	Reading 7.4 Time 12:50 Dose 2	Reading 5.9 Time 19:36 Dose 6	Reading 13.2 Time 23:59 Dose 0	Food Eaten: Porridge Kiwi Fruit, Egg Sardines Thins, Chicken Kebab Few_chips Additional Notes: Working at home Had additional levemir 2
Saturday	Reading 7.0 Time 08:45 Dose 2	Reading 9.9 Time 12:30 Dose 2	Reading 6.3 Time 18:45 Dose 5	Reading 14.2 Time 23:55 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Egg Mayonnaise, Baked Potatoo Chilli Apple Additional Notes: Reading high, extra 2 units of Levemir before bed
Sunday	Reading 8.4 Time 09:35 Dose 2	Reading 7.9 Time 13:25 Dose 2	Reading 10.2 Time 17:30 Dose 5	Reading 9.7 Time 23:34 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Egg Mayonnaise Thins Crisps, Roast Lamb Vegetables Additional Notes: Levemir 2 at 10pm

Insulin Used: Humilog, H, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 31/12/2018

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Two Hours after Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.6 Time 07:35 Dose 2	Reading 10.5 Time 12:29 Dose 2	Reading 6.1 Time 19:30 Dose 6	Reading Time Dose	Reading Time Dose	Food Eaten: Porridge, Banana, Thins Chicken, Stew Dumplings
Tuesday	Reading 6.9 Time 09:45 Dose 2	Reading 7.6 Time 13:50 Dose 2	Reading 11.2 Time 17:35 Dose 7	Reading Time Dose	Reading 10.8 Time 23:55 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Meat Pudding, Vegetables Additional Notes: Late breakfast new year's day Late lunch Lazy day. Meal after late lunch, high reading expected Levemir 3 10pm
Wednesday	Reading 7.9 Time 07:40 Dose 2	Reading Time Dose	Reading 7.1 Time 18:30 Dose 6	Reading Time Dose	Reading 6.9 Time 23:45 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Paella Home Made Additional Notes: Levemir 2 at 10pm
Thursday	Reading 7.1 Time 07:30 Dose 2	Reading 6.4 Time 13:00 Dose 2	Reading 5.9 Time 19:15 Dose 5	Reading Time Dose	Reading 8.6 Time 23:22 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Pate, Crisps, Sausage Casserole, Apple Additional Notes: Levemir 2 at 10pm
Friday	Reading 6.5 Time 07:40 Dose 2	Reading 6.2 Time 13:00 Dose 2	Reading 5.9 Time 19:30 Dose 5	Reading Time Dose	Reading 8.9 Time 23:25 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Caesar Salad Apple Additional Notes: Working on site in morning Levemir 2 at 10pm
Saturday	Reading 7.3 Time 05:30 Dose 2	Reading 5.7 Time 12:27 Dose 4	Reading 6.3 Time 18:20 Dose H 2	Reading Time Dose	Reading 14.8 Time 23:55 Dose 2	Food Eaten: Porridge, Kiwi Fruit, English Breakfast, Thins Egg Mayonnaise Additional Notes: Early start, taking Ben back to Newcastle Main meal for today 12.30 Thins for tea Main meal lunchtime High Reading had additional 2 Humilog USUAL Levemir 2 at 10.00pm
Sunday	Reading 8.2 Time 09:30 Dose 2	Reading 8.6 Time 12:50 Dose 2	Reading 5.7 Time 17:25 Dose 4	Reading 9.5 Time 21:23 Dose N/A	Reading 7.7 Time 23:26 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Small Pita Bread With Chicken, 3 Small Tomatoes, Pitta Bread, Chicken And Vegetables, Football Additional Notes: Late breakfast After late breakfast Banana at 6.50pm played football 8.00 till 9.00 Before drive home Levemir 2 at 10.30pm Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 07/01/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Two Hours after Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.5 Time 07:35 Dose 2	Reading 7.5 Time 12:55 Dose 2	Reading 5.4 Time 20:23 Dose 4	Reading Time Dose	Reading 7.1 Time 23:35 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise, Apple, Chicken Bacon Cheese Vegetables Additional Notes: 2 Levemir before getting up Late evening meal Levemir 2 at 10pm
Tuesday	Reading 6.2 Time 07:25 Dose 2	Reading 5.2 Time 12:53 Dose 2	Reading 9.3 Time 17:35 Dose 5	Reading Time Dose	Reading 9.6 Time 23:30 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Crisps, Chicken Soup, Thins, Apple Additional Notes: Working on site in morning Early tea Levemir 2 at 10pm
Wednesday	Reading 6.9 Time 07:35 Dose 2	Reading 5.9 Time 12:57 Dose 2	Reading 9.7 Time 19:15 Dose 5	Reading Time Dose	Reading 7.5 Time 23:48 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise, Sardines In Sunflower Oil, Salmon, Potatoes, Apple Additional Notes: Just finished paper round A little higher than expected. Levemir 3 10pm
Thursday	Reading 7.6 Time 07:30 Dose 2	Reading 5.3 Time 12:55 Dose 2	Reading 6.0 Time 19:50 Dose 5	Reading Time Dose	Reading 10.2 Time 23:39 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Ham, Apple, Meat Pie, Sweet Potatoe Oven Chips Additional Notes: Levemir 2 at 10pm
Friday	Reading 7.1 Time 07:30 Dose 2	Reading 5.3 Time 12:50 Dose 2	Reading 6.2 Time 19:10 Dose 5	Reading Time Dose	Reading 7.8 Time 23:39 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Egg Mayonnaise, Sardines Thins, Chicken And Potatoe, Apple Additional Notes: Levemir 2 at 7.00am Ready meal Levemir 2 at 10pm
Saturday	Reading 7.5 Time 08:30 Dose 2	Reading 5.2 Time 13:00 Dose 2	Reading 6.1 Time 19:59 Dose 6	Reading Time Dose	Reading 12.1 Time 23:55 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Curry Additional Notes: 4 Levemir before getting up Levemir 3 10pm
Sunday	Reading 9.2 Time 09:15 Dose 2	Reading 7.8 Time 13:05 Dose 2	Reading 8.9 Time 17:35 Dose 4	Reading 5.3 Time 21:22 Dose N/A	Reading 4.6 Time 23:28 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Roast Beef, Small Glass Of Orange Juice Additional Notes: 4 Levemir before getting up Late breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humalog, Levemir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 14/01/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Two Hours after Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.1 Time 07:35 Dose 2	Reading 5.7 Time 12:55 Dose 2	Reading 5.2 Time 19:50 Dose 6	Reading Time Dose	Reading 9.2 Time 23:54 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Sweet Potatoe Chips, Chicken Strips In Breadcrumbs, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 7.9 Time 07:35 Dose 2	Reading 5.3 Time 12:55 Dose 2	Reading 8.7 Time 17:57 Dose 7	Reading Time Dose	Reading 6.8 Time 23:35 Dose N/A	Food Eaten: Porridge, Banana, Thins Chicken, Crisps, Curry Apple Additional Notes: 4 Levemir before getting up Microwaved from Saturday Levemir 3 10pm
Wednesday	Reading 7.2 Time 07:40 Dose 2	Reading 4.3 Time 12:30 Dose 2	Reading 5.6 Time 19:10 Dose 6	Reading Time Dose	Reading 10.8 Time 23:25 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Crisps, Pasta Bake Cheese And Bacon, Apple Additional Notes: Just finished paper round Levemir 3 10pm
Thursday	Reading 6.7 Time 07:40 Dose 2	Reading 4.4 Time 13:14 Dose 2	Reading 7.9 Time 19:22 Dose 5	Reading Time Dose	Reading 5.6 Time 23:45 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Crisps, Hunter Chicken Potatoes Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 6.6 Time 07:40 Dose 2	Reading Time Dose	Reading 7.1 Time 18:15 Dose 5	Reading Time Dose	Reading 9.4 Time 23:55 Dose 2	Food Eaten: Porridge, Banana, McDonalds Additional Notes: 4 Levemir before getting up New Humilog pen started Levemir 2 at 10pm
Saturday	Reading 6.8 Time 09:00 Dose 2	Reading 5.8 Time 12:30 Dose 2	Reading 5.2 Time 18:10 Dose 4	Reading Time Dose	Reading 5.9 Time 22:21 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Beef, Ham Egg Chips Apple Additional Notes: 4 Levemir before getting up Late breakfast Early lunch Levemir 2 at 10pm
Sunday	Reading 6.5 Time 09:35 Dose 2	Reading 6.4 Time 12:41 Dose 2	Reading 6.3 Time 17:15 Dose 4	Reading 6.1 Time 21:24 Dose N/A	Reading 6.0 Time 23:27 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Cheese, Goats Cheese Salad With Bread Additional Notes: 4 Levemir before getting up Late breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 21/01/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.9 Time 07:40 Dose 2	Reading Time Dose	Reading 4.8 Time 20:10 Dose 5	Reading 4.9 Time 23:46 Dose 2	Food Eaten: Porridge, Banana, BBQ Ribs, Oven Chips, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm Low Reading had small glass of orange juice
Tuesday	Reading 6.4 Time 07:34 Dose 2	Reading 5.3 Time 13:30 Dose 2	Reading 5.4 Time 18:00 Dose 4	Reading 7.4 Time 23:52 Dose 2	Food Eaten: Porridge, Banana, Subway, Goats Cheese Salad With Bread Apple Additional Notes: 4 Levemir before getting up Print ware show Levemir 2 at 10pm
Wednesday	Reading 7.1 Time 07:39 Dose 2	Reading 5.1 Time 13:00 Dose 2	Reading 6.6 Time 19:30 Dose 5	Reading 5.8 Time 23:21 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise Sardines, Sweet Chilli Beef Rice And Apple Additional Notes: 4 Levemir before getting up Little Chesterford paper round before lunch Great Chesterford paper round after lunch Levemir 2 at 10pm
Thursday	Reading 7.4 Time 07:50 Dose 2	Reading 3.8 Time 13:00 Dose 2	Reading 5.3 Time 19:35 Dose 4	Reading 9.0 Time 23:40 Dose 2	Food Eaten: Porridge Kiwi Fruit, Seeded Bread Egg Mayonnaise Sardines Crisps Apple, Baked Potatoe Beans Cheese Additional Notes: 4 Levemir before getting up Lower Reading than expected. Not particularly active Levemir 2 at 10pm
Friday	Reading 7.2 Time 07:35 Dose 2	Reading 4.3 Time 12:55 Dose 2	Reading 6.6 Time 19:00 Dose 5	Reading 10.9 Time 23:43 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Seeded Bread, Egg Mayonnaise, Chicken, Crisps, Apple, Pastry Parcels, Potatoes, Peas Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 7.0 Time 08:20 Dose 2	Reading 5.2 Time 12:40 Dose 2	Reading 4.3 Time 20:01 Dose 5	Reading 11.6 Time 23:49 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Seeded Bread Pate Chicken Crisps, Avocado Chicken Salad Starter, Steak, Sweet Potato Chips Additional Notes: 2 Levemir before getting up Meal out Wood Grill Stansted. 3 Levemir 11.30
Sunday	Reading 8.9 Time 09:30 Dose 2	Reading Time Dose	Reading 4.7 Time 17:40 Dose 4	Reading 5.6 Time 23:35 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Sausages And Mash Additional Notes: 4 Levemir before getting up Late breakfast Sciatica sore in morning No football sciatica Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

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Week Commencing: 28/01/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Two Hours after Evening Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.8 Time 07:34 Dose 2	Reading 7.1 Time 12:59 Dose 2	Reading Time Dose	Reading 5.9 Time 20:25 Dose 5	Reading Time Dose	Reading 7.7 Time 23:36 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Seeded Bread Pate, Fish Fingers Apple Additional Notes: 4 Levemir before getting up Late tea Levemir 2 at 10pm
Tuesday	Reading 7.2 Time 07:30 Dose 2	Reading 5.8 Time 13:00 Dose 2	Reading Time Dose	Reading 7.1 Time 17:35 Dose 4	Reading Time Dose	Reading 6.5 Time 23:22 Dose 2	Food Eaten: Porridge, Banana, , Seeded Bread Sausage Sandwich, Apple, Beef And Vegetable Soup, Bread Additional Notes: 4 Levemir before getting up Have cold Fit lettering to van Levemir 2 at 10pm
Wednesday	Reading 6.1 Time 07:30 Dose 2	Reading 5.3 Time 12:35 Dose 2	Reading Time Dose	Reading 9.7 Time 18:06 Dose 6	Reading Time Dose	Reading 8.7 Time 23:29 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise, Sausage, Crisps, McDonalds Additional Notes: 4 Levemir before getting up Have cold Cough and cold Levemir 3 10pm
Thursday	Reading 6.7 Time 07:35 Dose 2	Reading 5.1 Time 12:45 Dose 2	Reading 5.1 Time 19:30 Dose 6	Reading Time Dose	Reading Time Dose	Reading 4.6 Time 23:50 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Apple, Chicken Pie, Vegetables Additional Notes: Cough and cold 4 Levemir before getting up Working at home Levemir 2 at 10pm
Friday	Reading 7.8 Time 07:30 Dose 2	Reading 5.7 Time 12:44 Dose 2	Reading Time Dose	Reading 5.6 Time 19:30 Dose 5	Reading Time Dose	Reading 8.7 Time 23:55 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Apple, Fish Cakes, Sweet Potatoe Oven Chips Additional Notes: Cough and cold 4 Levemir before getting up Cough and cold Beer with the boys Levemir 2 at 10pm Beer with the boys
Saturday	Reading 5.6 Time 08:39 Dose 2	Reading 3.4 Time 13:01 Dose 2	Reading Time Dose	Reading 4.4 Time 18:30 Dose 6	Reading Time Dose	Reading 8.8 Time 23:38 Dose N/A	Food Eaten: Porridge, Banana, Thins, Chicken, Egg Mayonsise, Spaghetti Meat Balls, Apple Additional Notes: 4 Levemir before getting up Late breakfast Levemir 3 10pm
Sunday	Reading 6.8 Time 09:05 Dose 2	Reading 5.1 Time 13:00 Dose 2	Reading Time Dose	Reading 10.1 Time 17:40 Dose 4	Reading 5.9 Time 21:18 Dose N/A	Reading 5.4 Time 23:34 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Thins, Spam, Crisps, Cauliflower Cheese, Potatoe Additional Notes: Late breakfast 4 Levemir before getting up Football at 8pm After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 04/02/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.9 Time 07:30 Dose 2	Reading 6.2 Time 12:50 Dose 2	Reading Time Dose	Reading Time Dose	Reading 6.3 Time 23:52 Dose 2	Food Eaten: Porridge, Banana, Thins, Chicken, Spam Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 7.3 Time 07:29 Dose 2	Reading 4.9 Time 12:55 Dose 2	Reading 6.1 Time 17:33 Dose 6	Reading Time Dose	Reading 8.1 Time 23:34 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Apple Crisps, Spaghetti Meat Balls Additional Notes: Cough and cold Levemir 4 before getting up Working on site swb Transit. Early tea Levemir 2 at 10pm
Wednesday	Reading 6.5 Time 07:40 Dose 2	Reading 4.3 Time 12:50 Dose 2	Reading 7.9 Time 18:45 Dose 5	Reading Time Dose	Reading 9.7 Time 23:44 Dose 2	Food Eaten: Porridge, Banana, , Thins, Egg Mayonaise, Crisps, Apple , Cheese Dippers, Chips Additional Notes: 2 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 7.4 Time 07:30 Dose 2	Reading 5.6 Time 12:45 Dose 2	Reading 6.9 Time 19:25 Dose 4	Reading Time Dose	Reading 5.6 Time 23:43 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise, Apple, Stir Fry Chicken With Bean Shoots Additional Notes: 4 Levemir before getting up Working at home Levemir 2 at 10pm
Friday	Reading 6.0 Time 07:35 Dose 2	Reading 5.5 Time 12:30 Dose 2	Reading 5.1 Time 19:52 Dose 7	Reading Time Dose	Reading 11.6 Time 23:23 Dose 3	Food Eaten: Porridge, Banana, , Thins Chicken, Crisps, Curry Additional Notes: 4 Levemir before getting up Working on site in morning Curry at Mogul Levemir 3 10pm
Saturday	Reading 10.8 Time 08:50 Dose 2	Reading 4.6 Time 12:55 Dose 2	Reading 5.9 Time 19:08 Dose 5	Reading Time Dose	Reading 6.4 Time 23:53 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Egg Mayonaise , Hunter Chicken Potatoes Apple Additional Notes: Curry night before Levemir 4 before getting up Late breakfast Levemir 2 at 10pm
Sunday	Reading 6.9 Time 09:20 Dose 2	Reading 8.1 Time 12:55 Dose 2	Reading 5.1 Time 17:30 Dose 4	Reading 7.1 Time 21:20 Dose N/A	Reading 6.2 Time 23:49 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Egg Mayonaise , Roast Pork Additional Notes: Late breakfast Not surprised at reading, late breakfast After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir , Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 11/02/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.8 Time 07:30 Dose 2	Reading 4.9 Time 12:55 Dose 2	Reading 5.8 Time 20:00 Dose 5	Reading Time Dose	Reading 10.7 Time 23:55 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Egg Mayonaise , Fish, Oven Sweet Potatoe Chips, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 6.9 Time 07:33 Dose 2	Reading 4.0 Time 12:50 Dose 2	Reading 8.3 Time 17:31 Dose 4	Reading Time Dose	Reading 8.7 Time 23:50 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Chicken, Egg Mayonaise, Apple, Roast Pork Additional Notes: 4 Levemir before getting up Fit lettering to van at home Levemir 2 at 10pm
Wednesday	Reading 7.4 Time 07:30 Dose 2	Reading 4.6 Time 12:35 Dose 2	Reading 6.8 Time 18:45 Dose 2	Reading Time Dose	Reading 5.8 Time 23:36 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Egg Mayonaise Crisps, Chargrilled Chicken, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Thursday	Reading 7.3 Time 07:30 Dose 2	Reading 5.4 Time 12:50 Dose 2	Reading 5.8 Time 19:22 Dose 4	Reading Time Dose	Reading 7.3 Time 23:54 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Ham, Egg Mayonaise, Apple, Cauliflower Cheese, Potatoe Additional Notes: 4 Levemir before getting up Levemir 2 before bed
Friday	Reading 7.0 Time 07:30 Dose 2	Reading 5.2 Time 12:55 Dose 2	Reading 4.9 Time 18:55 Dose 5	Reading Time Dose	Reading 9.3 Time 23:33 Dose 2	Food Eaten: Porridge, Banana, , Thins, Ham, Egg Mayonaise, Apple, Baked Potatoe Chilli Additional Notes: 4 Levemir before getting up Large potato Canned chilli Levemir 2 at 10pm
Saturday	Reading 7.0 Time 07:35 Dose 2	Reading 5.7 Time 13:00 Dose 2	Reading 6.4 Time 18:50 Dose 5	Reading Time Dose	Reading 8.1 Time 23:56 Dose 2	Food Eaten: Porridge, Banana, , Thins, Ham, Egg Mayonaise, Apple, Steak, Home Made Oven Chips Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 7.3 Time 09:27 Dose 2	Reading 6.2 Time 13:05 Dose 2	Reading 7.2 Time 17:35 Dose 5	Reading 8.5 Time 21:23 Dose N/A	Reading 8.4 Time 23:55 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thin, Sourdough Bread, Ham, McDonalds Additional Notes: 4 Levemir before getting up Late breakfast Football Ister After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Hu, Levemir , Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 18/02/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.7 Time 07:35 Dose 2	Reading 5.2 Time 12:19 Dose 2	Reading Time Dose	Reading Time Dose	Reading 8.3 Time 23:38 Dose 2	Food Eaten: Porridge, Banana, Thins, Ham, Egg Mayonaise, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 6.6 Time 07:30 Dose 2	Reading 5.1 Time 12:50 Dose 2	Reading 7.5 Time 18:00 Dose 5	Reading Time Dose	Reading 6.5 Time 23:45 Dose 2	Food Eaten: Porridge, Banana, , Thins Egg Mayonaise Sardines Apple, Bacon Eggs Sweet Potatoe Oven Chips Additional Notes: Levemir 2 at 10pm
Wednesday	Reading 6.6 Time 07:30 Dose 2	Reading 4.6 Time 12:30 Dose 2	Reading 5.7 Time 19:00 Dose 6	Reading Time Dose	Reading 10.4 Time 23:55 Dose 3	Food Eaten: Porridge, Banana, , Egg Sardines Thins, Curry At Yuva Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 3 10pm
Thursday	Reading 6.4 Time 07:35 Dose 2	Reading 4.1 Time 12:50 Dose 2	Reading 6.9 Time 18:30 Dose 5	Reading Time Dose	Reading 9.4 Time 23:35 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins, Egg Mayonaise, Crisps, Meat Pie, Vegetables, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 6.9 Time 07:35 Dose 2	Reading Time Dose	Reading 4.7 Time 18:27 Dose 5	Reading Time Dose	Reading 12.8 Time 23:49 Dose 2	Food Eaten: Porridge, Kiwi Fruit, McDonalds Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 7.8 Time 08:00 Dose 2	Reading 4.2 Time 13:00 Dose 2	Reading 5.7 Time 18:35 Dose 6	Reading Time Dose	Reading 14.2 Time 23:57 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Chicken, Pate, Paella Home Made Additional Notes: Late breakfast Levemir 4 before getting up Lower than expected Reading high, extra 2 units of Levemir before bed
Sunday	Reading 7.3 Time 08:30 Dose 2	Reading 4.1 Time 12:55 Dose 2	Reading 6.9 Time 17:21 Dose 4	Reading 5.1 Time 21:22 Dose N/A	Reading 8.1 Time 23:49 Dose 2	Food Eaten: Porridge, Kiwi Fruit, Thins Pate, Crisps, Roast Pork Additional Notes: 4 Levemir before getting up Late breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 25/02/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.6 Time 07:35 Dose 2	Reading 4.5 Time 13:00 Dose 2	Reading 5.2 Time 20:00 Dose 6	Reading Time Dose	Reading 11.6 Time 23:57 Dose N/A	Food Eaten: Porridge, Kiwi Fruit, Thins, Ham, Apple, Pizza, Garlic Bread Additional Notes: 4 Levemir before getting up Working on site in morning 3 Levemir 8.00pm
Tuesday	Reading 8.4 Time 07:40 Dose 2	Reading 5.1 Time 12:50 Dose 2	Reading 4.9 Time 17:25 Dose 5	Reading Time Dose	Reading 6.5 Time 23:47 Dose 3	Food Eaten: Porridge, Kiwi Fruit, Thins Chicken, Apple, Paella Home Made Additional Notes: 4 Levemir before getting up Levemir 3 10pm
Wednesday	Reading 6.2 Time 07:40 Dose 2	Reading 4.1 Time 12:39 Dose 2	Reading 5.6 Time 19:05 Dose 4	Reading Time Dose	Reading 6.8 Time 23:49 Dose 2	Food Eaten: Porridge, Banana, , Thins, Chicken, Egg Mayonaise, Salmon, Potatoes, Apple Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Great Chesterford paper round after lunch Levemir 2 at 10pm
Thursday	Reading 5.9 Time 07:40 Dose 2	Reading 4.8 Time 12:50 Dose 2	Reading 7.2 Time 19:16 Dose 5	Reading Time Dose	Reading 7.4 Time 23:38 Dose 2	Food Eaten: Porridge, Banana, , Thins, Chicken, Egg Mayonaise, Crisps, Hunter Chicken Potatoes Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 6.4 Time 07:30 Dose 2	Reading 5.3 Time 12:45 Dose 2	Reading 6.3 Time 19:00 Dose 5	Reading Time Dose	Reading 8.8 Time 23:59 Dose 2	Food Eaten: Porridge, Banana, , Thins, Chicken, Egg Mayonaise, Meat Pie, Sweet Potatoe Oven Chips, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm Beer with the boys
Saturday	Reading 6.2 Time 07:50 Dose 2	Reading 4.8 Time 12:40 Dose 2	Reading 8.0 Time 19:30 Dose 7	Reading Time Dose	Reading 11.8 Time 23:59 Dose 3	Food Eaten: Porridge, Banana, /Thins, Cheese, Egg, Crisps, /Curry, Apple Additional Notes: 4 Levemir before getting up Take away curry Levemir 3 10pm
Sunday	Reading 8.4 Time 08:40 Dose 2	Reading 4.8 Time 12:40 Dose 2	Reading 6.8 Time 17:30 Dose 2	Reading 10.3 Time 21:25 Dose N/A	Reading 8.4 Time 23:59 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Thins, Ham, /Thins Pate Additional Notes: Late breakfast 4 Levemir before getting up Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 3 10pm

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 04/03/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.4 Time 07:30 Dose 2	Reading 4.4 Time 13:05 Dose 2	Reading 5.1 Time 20:21 Dose 5	Reading Time Dose	Reading 10.3 Time 23:46 Dose 3	Food Eaten: Porridge Kiwi Fruit, /BLT Sandwich From Cafe At Hospital, /Chicken Nuggets, Oven Chips Apple Additional Notes: 4 Levemir before getting up Waiting for diabetic review at Addenbrooks HBA1C = 56 Late evening meal Levemir 3 10pm
Tuesday	Reading 6.8 Time 07:35 Dose 3	Reading 5.5 Time 12:45 Dose 2	Reading 6.7 Time 17:58 Dose 7	Reading Time Dose	Reading 7.8 Time 23:24 Dose 3	Food Eaten: Porridge, Banana, Thins Chicken, Apple, /Curry Additional Notes: 4 Levemir before getting up Curry from Saturday Levemir 3 10pm
Wednesday	Reading 6.9 Time 07:30 Dose 2	Reading 4.8 Time 12:25 Dose 2	Reading 6.3 Time 18:30 Dose 4	Reading Time Dose	Reading 6.4 Time 23:18 Dose 2	Food Eaten: Porridge, Banana, /Thins, Egg, Sardines, Apple, /Sausages And Mash Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 6.6 Time 07:35 Dose 2	Reading 4.2 Time 13:00 Dose 2	Reading 7.3 Time 19:36 Dose 5	Reading Time Dose	Reading 8.4 Time 23:36 Dose 3	Food Eaten: Porridge, Banana, Thins Egg Mayonaise Sardines Apple, Baked Potatoe Chilli Additional Notes: 4 Levemir before getting up Levemir 3 10pm
Friday	Reading 7.2 Time 07:30 Dose 2	Reading Time Dose	Reading 4.2 Time 20:00 Dose 5	Reading Time Dose	Reading 9.2 Time 23:58 Dose 2	Food Eaten: Porridge Kiwi Fruit, Salmon, Potatoes, Vegetables Additional Notes: 4 Levemir before getting up Meal out Levemir 2 at 10pm
Saturday	Reading 7.3 Time 08:00 Dose 2	Reading Time Dose	Reading 4.1 Time 18:00 Dose 5	Reading Time Dose	Reading 7.8 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Meat Pie, Vegetables, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 7.6 Time 09:30 Dose 2	Reading Time Dose	Reading 5.1 Time 17:45 Dose 2	Reading 5.3 Time 21:32 Dose N/A	Reading 6.5 Time 23:50 Dose 2	Food Eaten: Porridge Kiwi Fruit, Roast Beef Additional Notes: 4 Levemir before getting up Late breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 11/03/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.3 Time 07:35 Dose 2	Reading 4.9 Time 12:50 Dose 2	Reading 5.4 Time 19:53 Dose 4	Reading Time Dose	Reading 6.3 Time 23:39 Dose 2	Food Eaten: Porridge, Banana, Thins Cheese, Roast Beef Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 6.1 Time 07:30 Dose 2	Reading 4.6 Time 12:33 Dose 2	Reading 5.9 Time 18:00 Dose 4	Reading Time Dose	Reading 5.9 Time 23:43 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, Vegetable Soup Additional Notes: Levemir 2 at 7.00am Levemir 2 at 10pm
Wednesday	Reading 5.9 Time 07:35 Dose 2	Reading 3.7 Time 12:30 Dose 2	Reading 6.8 Time 19:07 Dose 5	Reading Time Dose	Reading 7.2 Time 23:41 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Apple, Crisps , Sausage Plait, Potatoes, Peas Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 before bed
Thursday	Reading 6.1 Time 07:35 Dose 2	Reading Time Dose	Reading 6.3 Time 19:20 Dose 5	Reading Time Dose	Reading 7.3 Time 23:57 Dose 2	Food Eaten: Porridge Kiwi Fruit, Hunter Chicken Potatoes Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 8.6 Time 07:35 Dose 2	Reading Time Dose	Reading 6.9 Time 18:50 Dose 4	Reading Time Dose	Reading 5.8 Time 23:15 Dose 2	Food Eaten: Porridge Kiwi Fruit, Casserole, Potatoe Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 6.3 Time 06:35 Dose 2	Reading 5.0 Time 13:05 Dose 2	Reading 6.6 Time 19:53 Dose 5	Reading Time Dose	Reading 6.6 Time 23:58 Dose 2	Food Eaten: Porridge, Banana, Subway, Smash Burger And Chips Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 7.3 Time 09:30 Dose 3	Reading 6.6 Time 14:15 Dose 2	Reading 11.2 Time 17:22 Dose 4	Reading 9.3 Time 21:19 Dose N/A	Reading 6.9 Time 23:50 Dose 2	Food Eaten: Traditional English Breakfast, Sandwich, Thins, Ham, Egg Mayonaise Additional Notes: 4 Levemir before getting up Late breakfast Blyth services coming home New Humilog After football, before drive ...

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 18/03/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	After Football	Food Eaten / Additional Notes
Monday	Reading 6.1 Time 07:35 Dose 2	Reading 5.4 Time 13:00 Dose 2	Reading 6.8 Time 20:32 Dose 5	Reading 10.1 Time 20:33 Dose 2	Reading Time Dose	Food Eaten: Porridge, Banana, , Thins, Ham, Apple, Sausage Plait, Sweet Potatoe Chips Additional Notes: 4 Levemir before getting up Late tea Levemir 2 at 10pm
Tuesday	Reading 7.3 Time 07:15 Dose 2	Reading 3.9 Time 12:59 Dose 2	Reading 5.7 Time 18:40 Dose 5	Reading 8.7 Time 23:42 Dose 2	Reading Time Dose	Food Eaten: Porridge, Banana, Thins Chicken, Apple, McDonalds Additional Notes: 4 Levemir before getting up New Humilog pen started Working onsite Onsite Alleycat Rentals Luton van. Very active Levemir 2 at 10pm
Wednesday	Reading 6.4 Time 07:35 Dose 2	Reading 3.9 Time 12:35 Dose 2	Reading 5.1 Time 18:45 Dose 5	Reading 5.8 Time 23:41 Dose 2	Reading Time Dose	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple Crisps, Fish In Cheese Sauce, Potatoe Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 6.4 Time 07:35 Dose 2	Reading 4.6 Time 12:54 Dose 2	Reading 6.3 Time 19:20 Dose 6	Reading 10.6 Time 23:41 Dose 3	Reading Time Dose	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, Pie And Chips Additional Notes: 4 Levemir before getting up From chip shop Levemir 3 10pm
Friday	Reading 6.9 Time 07:20 Dose 2	Reading 4.1 Time 12:50 Dose 2	Reading 5.9 Time 18:55 Dose 5	Reading 7.1 Time 23:16 Dose 2	Reading Time Dose	Food Eaten: Porridge Kiwi Fruit, Thins, Chicken, Egg Mayonaise, Crisps, Meat Pie, Vegetables Additional Notes: 4 Levemir before getting up Working on van at home Levemir 2 at 10pm
Saturday	Reading 6.8 Time 07:55 Dose 2	Reading Time Dose	Reading 4.5 Time 18:35 Dose 6	Reading 7.6 Time 23:59 Dose 2	Reading Time Dose	Food Eaten: Porridge Kiwi Fruit, Spaghetti Meat Balls Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 6.7 Time 09:25 Dose 2	Reading 5.7 Time 12:44 Dose 2	Reading 3.1 Time 17:30 Dose 3	Reading 6.3 Time 23:37 Dose 2	Reading 7.1 Time 21:17 Dose N/A	Food Eaten: Porridge Kiwi Fruit, Thins Salmon, Roast Pork Additional Notes: 4 Levemir before getting up Late breakfast Active afternoon in garden Football at 8.00pm After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 25/03/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.2 Time 07:35 Dose 2	Reading 4.1 Time 12:50 Dose 2	Reading 6.7 Time 18:58 Dose 5	Reading Time Dose	Reading 8.3 Time 23:56 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Ham, Meat Pie, Vegetables Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm Was a little low at 9.30 so had orange juice and biscuit
Tuesday	Reading 9.2 Time 07:30 Dose 2	Reading 5.8 Time 12:55 Dose 2	Reading 7.8 Time 17:20 Dose 4	Reading Time Dose	Reading 9.7 Time 23:25 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Apple, Roast Pork Additional Notes: 4 Levemir before getting up Bit low night before had orange juice and biscuit Levemir 2 at 10pm
Wednesday	Reading 7.9 Time 07:35 Dose 2	Reading 3.9 Time 12:28 Dose 2	Reading 4.8 Time 19:25 Dose 4	Reading Time Dose	Reading 6.9 Time 23:50 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Pork Crisps, Cold Pork, Mash, Apple Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 6.2 Time 07:35 Dose 2	Reading 5.3 Time 12:45 Dose 2	Reading 5.0 Time 19:30 Dose 5	Reading Time Dose	Reading 6.0 Time 23:30 Dose 2	Food Eaten: Porridge, Banana, Thins, Ham, Apple, Meat Pie, Vegetables Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 5.8 Time 07:35 Dose 2	Reading 5.9 Time 12:45 Dose 2	Reading 6.2 Time 18:35 Dose 6	Reading Time Dose	Reading 8.3 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Ham, Egg Mayonnaise, Small Pizza, Garlic Bread Additional Notes: 4 Levemir before getting up Beer with boys 8.30pm Levemir 2 at 10pm
Saturday	Reading 6.9 Time 08:15 Dose 2	Reading 5.2 Time 13:00 Dose 2	Reading 4.6 Time 20:33 Dose 6	Reading Time Dose	Reading 13.4 Time 23:58 Dose 2	Food Eaten: Porridge, Banana, Sourdough Bread With Ham And Egg Mayonnaise, Shop Curry, Whole Grain Rice, Sourdough Bread Additional Notes: Later breakfast Late evening meal Levemir 2 at 10pm
Sunday	Reading 8.6 Time 09:20 Dose 2	Reading 4.2 Time 13:20 Dose 2	Reading 5.1 Time 17:35 Dose 4	Reading 9.7 Time 21:18 Dose N/A	Reading 6.9 Time 23:49 Dose 3	Food Eaten: Porridge Kiwi Fruit, Sourdough Bread With Egg Mayonnaise Pate, McDonalds Additional Notes: 4 Levemir before getting up Late breakfast Clocks went forward Late lunch Banana at 6.50pm played football 8.00 till 9.00 After football, before drive ...

Insulin Used: N/A, Humalog, Levimir, Levemir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 01/04/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	After Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.6 Time 07:05 Dose 2	Reading Time Dose	Reading 5.4 Time 12:50 Dose 2	Reading 4.9 Time 20:25 Dose 5	Reading 5.3 Time 23:06 Dose 2	Food Eaten: Porridge, Banana, Sourdough Bread Toast, Ham, Chargrilled Chicken, Apple Additional Notes: 4 Levemir before getting up Earlier breakfast Late tea Levemir 2 at 10pm
Tuesday	Reading 7.9 Time 07:10 Dose 2	Reading Time Dose	Reading 7.5 Time 13:00 Dose 2	Reading 7.9 Time 18:08 Dose 3	Reading 7.6 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Subway, Sourdough Bread Toast, Spam Additional Notes: At sign show in Birmingham Levemir 2 at 10pm
Wednesday	Reading 8.0 Time 07:45 Dose 2	Reading Time Dose	Reading 4.8 Time 12:34 Dose 2	Reading 6.4 Time 18:10 Dose 4	Reading 6.7 Time 23:12 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Chicken, Egg Mayonaise, Crisps, Beef And Vegetable Soup, Bread Apple Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 6.4 Time 07:40 Dose 2	Reading Time Dose	Reading 4.3 Time 19:05 Dose 2	Reading 6.0 Time 19:05 Dose 5	Reading 6.1 Time 23:37 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Apple, Hunter Chicken Potatoes Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 6.7 Time 07:30 Dose 2	Reading Time Dose	Reading 5.4 Time 13:00 Dose 2	Reading 5.1 Time 19:15 Dose 5	Reading 10.9 Time 23:57 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Crisps, Steak And Chips Additional Notes: 4 Levemir before getting up Pub meal Levemir 2 at 10pm
Saturday	Reading Time Dose	Reading 8.6 Time 08:30 Dose 2	Reading 6.3 Time 12:35 Dose 2	Reading 4.3 Time 18:25 Dose 5	Reading 7.8 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, Shepherds Pie Home Made With Sourdough Bread Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 7.4 Time 09:05 Dose 2	Reading Time Dose	Reading 6.4 Time 12:49 Dose 2	Reading 6.8 Time 17:45 Dose 5	Reading 6.8 Time 23:24 Dose 2	Food Eaten: Porridge Kiwi Fruit, Subway, Chicken Nuggets, Oven Sweet Potatoe Chips Additional Notes: 4 Levemir before getting up Late breakfast New Humilog Levemir 2 at 10pm No football

Insulin Used: Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 08/04/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.1 Time 07:40 Dose 2	Reading 5.6 Time 12:45 Dose 2	Reading 5.6 Time 20:50 Dose 5	Reading Time Dose	Reading 6.6 Time 23:42 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Cheese, Mousaka Additional Notes: 4 Levemir before getting up Late evening meal Levemir 2 at 10pm
Tuesday	Reading 7.4 Time 07:10 Dose 2	Reading 4.6 Time 13:02 Dose 2	Reading Time Dose	Reading Time Dose	Reading 6.5 Time 23:28 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Apple, Crisps Additional Notes: 4 Levemir before getting up Working onsite active morning Onsite Alleycat Rentals Levemir 2 at 10pm
Wednesday	Reading 7.0 Time 07:35 Dose 2	Reading 4.7 Time 12:40 Dose 2	Reading 5.6 Time 19:28 Dose 5	Reading Time Dose	Reading 8.4 Time 23:11 Dose 2	Food Eaten: Porridge, Banana, Thins, Chicken, Egg Mayonnaise, Crisps, Meat Pie, Vegetables Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 8.0 Time 07:45 Dose 2	Reading 5.4 Time 13:00 Dose 2	Reading 6.2 Time 20:10 Dose 4	Reading Time Dose	Reading 8.1 Time 23:15 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Egg Mayonnaise on, /Crispy Duck And Pancakes Additional Notes: 4 Levemir before getting up New testing meter Late evening meal Levemir 2 at 10pm
Friday	Reading 6.3 Time 07:35 Dose 2	Reading 5.5 Time 13:00 Dose 2	Reading 6.2 Time 20:40 Dose 4	Reading Time Dose	Reading 10.0 Time 23:40 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Egg Mayonnaise, Apple, /Beef Stew, Additional Notes: 4 Levemir before getting up, Working at home swb Transit. Radwinter play Levemir 2 at 10pm
Saturday	Reading 7.3 Time 07:35 Dose 2	Reading 5.9 Time 12:45 Dose 2	Reading 6.3 Time 19:30 Dose 6	Reading Time Dose	Reading 14.3 Time 23:39 Dose 3	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, Curry Additional Notes: Take away curry Levemir 3 10pm Higher reading than expected
Sunday	Reading 8.7 Time 08:40 Dose 2	Reading 4.5 Time 12:45 Dose 2	Reading 10.0 Time 17:30 Dose 5	Reading 10.5 Time 21:24 Dose N/A	Reading 6.5 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Ham, Meat Pudding, Vegetables Additional Notes: 4 Levemir before getting up Late breakfast Foot at 8.00pm Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 15/04/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 8.0 Time 07:40 Dose 2	Reading 5.8 Time 12:50 Dose 2	Reading 5.3 Time 19:55 Dose 5	Reading Time Dose	Reading 8.4 Time 23:40 Dose 2	Food Eaten: Porridge, Banana, /Thins Ham Cheese, /Chargrilled Chicken, Sweet Potatoe Oven Chips Additional Notes: 4 Levemir before getting up Working on site in morning Levemir 2 at 10pm
Tuesday	Reading 8.3 Time 07:15 Dose 2	Reading 4.8 Time 12:48 Dose 2	Reading 6.5 Time 17:30 Dose 6	Reading Time Dose	Reading 9.5 Time 23:32 Dose 3	Food Eaten: Porridge, Banana, /Brown Bread, Chicken, Crisps, Apple, Curry Additional Notes: 4 Levemir before getting up Working onsite active morning Working on site in morning, active Work in evening Levemir 3 10pm
Wednesday	Reading 7.2 Time 07:40 Dose 2	Reading 4.2 Time 12:25 Dose 2	Reading 6.5 Time 19:05 Dose 4	Reading Time Dose	Reading 8.2 Time 23:26 Dose 2	Food Eaten: Porridge, Banana, /Brown Bread, Sardines, Egg Mayonaise, Crisps, Apple, /Shepherds Pie Home Made Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Levemir 2 at 10pm
Thursday	Reading 7.2 Time 07:35 Dose 2	Reading Time Dose	Reading 6.2 Time 19:21 Dose 6	Reading Time Dose	Reading 16.6 Time 23:59 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Curry Night At Tem. Jalfrezzi Additional Notes: 4 Levemir before getting up Very high, had additional 3 humilog
Friday	Reading 8.8 Time 07:40 Dose 2	Reading 5.8 Time 12:55 Dose 2	Reading 5.3 Time 19:00 Dose 2	Reading Time Dose	Reading 11.2 Time 23:58 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Brown Bread, Chicken, Apple, /Pasta Bake Cheese And Bacon, Additional Notes: Curry night before Levemir 4 before getting up Levemir 2 at 10pm
Saturday	Reading 8.3 Time 08:04 Dose 2	Reading 5.8 Time 12:55 Dose 2	Reading 4.6 Time 18:50 Dose 6	Reading Time Dose	Reading 12.7 Time 23:39 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Brown Bread, Ham, Egg Mayonnaise, Apple, /Curry, Home Made And Sourdough Bread Additional Notes: 4 Levemir before getting up Very high, had additional 3 humilog
Sunday	Reading 7.4 Time 08:40 Dose 2	Reading 8.0 Time 12:45 Dose 2	Reading 6.0 Time 18:50 Dose 4	Reading 5.5 Time 21:21 Dose N/A	Reading 8.3 Time 23:52 Dose 2	Food Eaten: Porridge Kiwi Fruit, /toasted Sourdough Bread, Ham, /Roast Pork Additional Notes: Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 22/04/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	After Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.0 Time 08:05 Dose 2	Reading Time Dose	Reading 5.1 Time 12:52 Dose 2	Reading 5.7 Time 18:05 Dose 6	Reading 8.0 Time 23:17 Dose 2	Food Eaten: Porridge, Banana, /Brown Bread, Egg Mayonaise, Crisps, /Curry Home Made, Small Beer Additional Notes: Later breakfast Boots meal deal Levemir 2 before bed 11.15
Tuesday	Reading 7.2 Time 07:40 Dose 2	Reading Time Dose	Reading 6.2 Time 12:51 Dose 2	Reading 5.7 Time 19:45 Dose 7	Reading 11.8 Time 23:26 Dose 2	Food Eaten: Porridge, Banana, /toasted Sourdough Bread, Salmon, /Sourdough Pizza Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Wednesday	Reading 7.8 Time 07:35 Dose 2	Reading Time Dose	Reading 5.5 Time 12:55 Dose 2	Reading 5.9 Time 18:35 Dose 4	Reading 7.2 Time 23:15 Dose 2	Food Eaten: Porridge, Banana, /Brown Bread, Chicken, Pate, Apple, /Chicken Soup, Sourdough Bread, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Thursday	Reading 6.9 Time 07:35 Dose 2	Reading Time Dose	Reading 5.4 Time 12:30 Dose 2	Reading 8.7 Time 18:17 Dose 6	Reading 8.9 Time 23:59 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Sourdough Bread Toast, Chicken, Apple, /Fish Cakes, Sweet Potatoe Oven Chips Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch New Humilog Higher reading than expected Levemir 3 10pm
Friday	Reading 7.4 Time 07:34 Dose 2	Reading Time Dose	Reading 5.0 Time 12:45 Dose 2	Reading 6.8 Time 18:25 Dose 5	Reading 9.9 Time 23:59 Dose 2	Food Eaten: Porridge, Banana, Brown Bread, Chicken, Egg Mayonaise, Apple, Cottage Pie, Sweet Potatoe Oven Chips Additional Notes: 4 Levemir before getting up Beer with boys 8.30pm Levemir 2 at 10pm
Saturday	Reading Time Dose	Reading 6.5 Time 08:45 Dose 2	Reading 6.4 Time 12:45 Dose 2	Reading 7.8 Time 18:25 Dose 6	Reading 10.1 Time 23:59 Dose 3	Food Eaten: Porridge, Banana, Brown Bread, Sardines, Egg Mayonaise, Crisps, Apple, Curry Home Made, Apple Small Beer Additional Notes: Later breakfast 3 Levemir before getting up Levemir 3 10pm
Sunday	Reading 7.8 Time 08:50 Dose 2	Reading Time Dose	Reading 5.9 Time 12:50 Dose 2	Reading 6.3 Time 17:15 Dose 5	Reading 9.0 Time 23:42 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Brown Bread, Sardines, Egg Mayonaise, /McDonalds Additional Notes: Later breakfast 4 levimir before getting up No football Levemir 3 10pm

Insulin Used: Humilog, Levimir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 29/04/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Two Hours after Evening Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.7 Time 07:45 Dose 2	Reading 5.8 Time 12:55 Dose 2	Reading Time Dose	Reading 4.8 Time 20:10 Dose 7	Reading 13.0 Time 23:52 Dose 2	Food Eaten: Porridge, Banana, /Thins Cheese, /Pizza, Garlic Bread Additional Notes: 4 Levemir before getting up Working on van at home Supermarket pizza Levemir 3 10pm High Reading had extra 2 Humilog
Tuesday	Reading 7.7 Time 07:41 Dose 2	Reading 5.0 Time 12:35 Dose 2	Reading Time Dose	Reading 7.4 Time 18:25 Dose 6	Reading 12.5 Time 23:38 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins, Chicken, Egg Mayonaise, Apple, /Curry Home Made, Additional Notes: 4 Levemir before getting up See bedtime notes Felt low, had orange juice and biscuit at 8.30 2 Levemir at 10pm
Wednesday	Reading 8.9 Time 07:20 Dose 2	Reading 5.9 Time 12:30 Dose 2	Reading Time Dose	Reading 4.9 Time 19:15 Dose 5	Reading 8.5 Time 23:52 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Chicken, Ham, /Pitta Bread, Chicken And Vegetables, Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Thursday	Reading 7.3 Time 07:40 Dose 2	Reading 6.8 Time 12:40 Dose 2	Reading Time Dose	Reading 6.4 Time 19:50 Dose 4	Reading 6.1 Time 23:39 Dose 2	Food Eaten: Porridge, Banana, /Thins, Chicken, Pate, /Cauliflower Cheese Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 7.1 Time 07:40 Dose 2	Reading 6.0 Time 12:45 Dose 2	Reading 8.0 Time 19:59 Dose 6	Reading Time Dose	Reading 11.5 Time 23:42 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Thins Chicken, Apple, /Chicken Burger And Chips** Additional Notes: 4 Levemir before getting up Meal at the Tem. Reading taken 35 mins after meal 3 Levemir 11.30
Saturday	Reading 7.9 Time 07:40 Dose 2	Reading 6.0 Time 12:50 Dose 2	Reading Time Dose	Reading 7.8 Time 18:40 Dose 7	Reading 10.4 Time 23:59 Dose 3	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Lasagne Home Made Additional Notes: 4 Levemir before getting up High carb meal 3 Levemir 10.00
Sunday	Reading 7.3 Time 08:20 Dose 2	Reading 5.7 Time 12:55 Dose 2	Reading Time Dose	Reading 5.8 Time 17:30 Dose 4	Reading 7.9 Time 23:58 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins, Chicken, Chicken Pie, Vegetables Additional Notes: 4 Levemir before getting up No football Went for walk Levemir 2 at 10pm

Insulin Used: Humilog, Levimir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 06/05/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Two Hours after Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.3 Time 08:10 Dose 2	Reading 4.1 Time 13:00 Dose 2	Reading Time Dose	Reading 6.5 Time 18:50 Dose 4	Reading 7.9 Time 23:45 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken, Cheese, Sausages And Mash Apple Additional Notes: 4 Levemir before getting up Active morning Levemir 2 at 10pm
Tuesday	Reading 6.9 Time 07:40 Dose 2	Reading 6.9 Time 13:20 Dose 2	Reading Time Dose	Reading 6.3 Time 19:30 Dose 5	Reading 8.9 Time 23:53 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Chicken, /Paella From Aldi Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Wednesday	Reading 6.9 Time 07:30 Dose 2	Reading 6.1 Time 13:10 Dose 2	Reading Time Dose	Reading 9.9 Time 18:50 Dose 4	Reading 7.4 Time 23:40 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Sausage Egg Mayonnaise , /Vegetable Soup Additional Notes: 4 Levemir before getting up Working at home Higher reading than expected Levemir 2 at 10pm
Thursday	Reading 6.7 Time 07:30 Dose 2	Reading 5.4 Time 12:15 Dose 2	Reading 4.1 Time 13:37 Dose N/A	Reading 8.2 Time 18:07 Dose 6	Reading 7.3 Time 23:34 Dose 2	Food Eaten: Porridge, Banana, /Thins Chicken, Apple, /Fish Cakes, Sweet Potatoe Oven Chips Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Early lunch Low Reading had small glass of orange juice ...
Friday	Reading 7.3 Time 07:40 Dose 2	Reading 5.6 Time 12:45 Dose 2	Reading Time Dose	Reading 6.8 Time 18:50 Dose 5	Reading 6.9 Time 23:48 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins, Chicken, Egg Mayonnaise, /Salmon, Potatoes, Vegetables Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 7.5 Time 08:10 Dose 2	Reading 5.0 Time 12:45 Dose 2	Reading Time Dose	Reading 7.0 Time 18:40 Dose 6	Reading 10.7 Time 23:54 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Thins Chicken, Egg Mayonnaise on, /Curry Home Made, Small Beer Additional Notes: 4 Levemir before getting up 3 Levemir 10.00
Sunday	Reading 6.4 Time 08:06 Dose 2	Reading 4.2 Time 12:35 Dose 2	Reading Time Dose	Reading 7.5 Time 17:50 Dose 5	Reading 8.4 Time 23:36 Dose 2	Food Eaten: Porridge, Banana, Thins, Chicken, Egg Mayonnaise, Crisps, /Roast Beef Additional Notes: 4 Levemir before getting up No football Went for walk Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 13/05/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.7 Time 07:35 Dose 2	Reading 4.1 Time 12:45 Dose 2	Reading 4.6 Time 20:15 Dose 4	Reading Time Dose	Reading 6.3 Time 23:53 Dose 2	Food Eaten: Porridge, Banana, Thins Chicken Apple, Cauliflower Cheese Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 7.0 Time 07:40 Dose 2	Reading 5.9 Time 12:55 Dose 2	Reading 7.7 Time 17:20 Dose 6	Reading Time Dose	Reading 9.3 Time 23:38 Dose 2	Food Eaten: Porridge, Banana, Granery Bread Sardines Egg Mayonaise , Curry Home Made Additional Notes: 4 Levemir before getting up 3 Levemir 11.30
Wednesday	Reading 6.2 Time 07:35 Dose 2	Reading 4.6 Time 12:45 Dose 2	Reading 5.8 Time 19:10 Dose 6	Reading Time Dose	Reading 8.6 Time 23:53 Dose 3	Food Eaten: Porridge, Banana, /Granery Bread Sardines Egg Mayonaise , /Chicken Kebab Few Chips Additional Notes: 4 Levemir before getting up Paper rounds after lunch 3 Levemir 10.00
Thursday	Reading 6.0 Time 07:30 Dose 2	Reading Time Dose	Reading 7.3 Time 18:25 Dose 7	Reading Time Dose	Reading 13.7 Time 23:24 Dose 3	Food Eaten: Porridge, Banana, /Curry At Yuva Additional Notes: 4 Levemir before getting up Very high, had additional 2 Humilog
Friday	Reading 7.5 Time 07:35 Dose 2	Reading 4.8 Time 12:50 Dose 2	Reading 7.5 Time 19:20 Dose 5	Reading Time Dose	Reading 9.4 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken Egg Mayonnaise , /Meat Pie, Vegetables Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 7.3 Time 08:05 Dose 2	Reading Time Dose	Reading 6.5 Time 17:42 Dose 6	Reading Time Dose	Reading 11.4 Time 23:59 Dose 2	Food Eaten: Porridge, Banana, /Burger And Chips At Mildenhall Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 8.5 Time 08:05 Dose 2	Reading 8.4 Time 13:05 Dose 2	Reading 6.5 Time 17:20 Dose 5	Reading 7.7 Time 21:19 Dose N/A	Reading 7.7 Time 23:51 Dose 2	Food Eaten: Porridge Kiwi Fruit, Granery Bread Chicken, /mushroom Parcels Additional Notes: 4 Levemir before getting up Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 20/05/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.9 Time 07:35 Dose 2	Reading 4.7 Time 12:50 Dose 2	Reading 6.7 Time 20:01 Dose 6	Reading Time Dose	Reading 7.7 Time 23:53 Dose 3	Food Eaten: Porridge Kiwi Fruit, Granery Bread Chicken, Curry Home Made, Small Beer Additional Notes: 4 Levemir before getting up 3 Levemir 10.00
Tuesday	Reading 6.4 Time 07:45 Dose 2	Reading 4.6 Time 13:06 Dose 2	Reading 5.4 Time 18:27 Dose 5	Reading Time Dose	Reading 7.9 Time 23:39 Dose 2	Food Eaten: Porridge, Banana, Granery Bread Chicken Apple, /mushroom Parcels Additional Notes: Fit lettering to van at home Levemir 2 at 10pm
Wednesday	Reading 6.8 Time 07:30 Dose 2	Reading 4.8 Time 12:35 Dose 2	Reading 7.9 Time 18:55 Dose 6	Reading Time Dose	Reading 9.2 Time 23:47 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken, Crisps, /Chicken Kebab (supermarket) Brown Rice Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Higher reading than expected Levemir 2 at 10pm
Thursday	Reading 7.5 Time 07:30 Dose 2	Reading 4.6 Time 12:15 Dose 2	Reading 5.5 Time 19:50 Dose 6	Reading Time Dose	Reading 8.5 Time 23:58 Dose 3	Food Eaten: Porridge, Banana, /Granery Bread Chicken Egg, Lasagne Home Made Oven Chips Additional Notes: Working on site in morning, van 3 Levemir 10.00
Friday	Reading 7.4 Time 07:30 Dose 2	Reading 4.5 Time 12:50 Dose 2	Reading 5.4 Time 18:55 Dose 5	Reading Time Dose	Reading 6.8 Time 23:39 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken Egg, /Burger Home Made Oven Chips Additional Notes: 4 Levemir before getting up Levemir 2 at 11.30
Saturday	Reading 7.2 Time 07:45 Dose 2	Reading 5.0 Time 12:40 Dose 2	Reading 5.0 Time 19:32 Dose 5	Reading Time Dose	Reading 7.0 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken Egg, /Sea Bass At Dog & Duck Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 6.8 Time 08:40 Dose 2	Reading 6.9 Time 12:35 Dose 2	Reading 5.0 Time 17:15 Dose 5	Reading 7.0 Time 21:30 Dose N/A	Reading 8.2 Time 23:57 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken Egg, McDonalds, After Football Additional Notes: 4 Levemir before getting up Banana at 6.50pm played football 8.00 till 9.00 Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 27/05/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.3 Time 07:50 Dose 2	Reading 5.2 Time 12:50 Dose 2	Reading 4.8 Time 18:55 Dose 5	Reading Time Dose	Reading 7.2 Time 23:58 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Ham Egg Apple, /Roast Vegetables Chicken Small Pitta Bread Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 6.3 Time 07:00 Dose 2	Reading 5.8 Time 12:50 Dose 2	Reading 4.8 Time 19:19 Dose 5	Reading Time Dose	Reading 11.7 Time 23:42 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, /Baked Potatoe Chilli Small Beer Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm Higher than expected
Wednesday	Reading 8.9 Time 07:35 Dose 2	Reading 4.3 Time 11:55 Dose 2	Reading 8.0 Time 18:15 Dose 5	Reading Time Dose	Reading 9.5 Time 23:47 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Chicken, Apple, /Chicken Vegetable Soup Thin Additional Notes: Early lunch Later taking insulin Levemir 2 at 10pm
Thursday	Reading 6.7 Time 07:25 Dose 2	Reading 5.2 Time 13:10 Dose 2	Reading 7.6 Time 18:50 Dose 6	Reading Time Dose	Reading 8.1 Time 23:55 Dose 2	Food Eaten: Porridge, Banana, /Thins Tuna, /Pasta Bake Cheese And Bacon, Additional Notes: 4 Levemir before getting up Paper round, Little Chesterford before lunch Great Chesterford after lunch Early lunch Pasta and cheese Levemir 2 at 10pm
Friday	Reading 7.5 Time 07:30 Dose 2	Reading 7.5 Time 12:45 Dose 2	Reading 8.6 Time 18:35 Dose 5	Reading Time Dose	Reading 7.3 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Thins Chicken, Apple, Fish Fingers Additional Notes: 4 Levemir before getting up Beer with boys 8.30pm Levemir 2 at 10pm
Saturday	Reading 6.4 Time 08:05 Dose 2	Reading Time Dose	Reading 6.2 Time 19:05 Dose 7	Reading Time Dose	Reading 15.0 Time 23:59 Dose 3	Food Eaten: Porridge, Banana, /Curry Take-away Additional Notes: 4 Levemir before getting up Very high, had additional 2 humilog
Sunday	Reading 7.8 Time 09:05 Dose 2	Reading 6.4 Time 12:44 Dose 2	Reading Time Dose	Reading 6.7 Time 21:21 Dose N/A	Reading 7.9 Time 23:58 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Ham Pate Additional Notes: New Humilog pen Banana at 6.50pm played football 8.00 till 9.00 Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 03/06/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	Before Bed	Food Eaten / Additional Notes
Monday	Reading 5.8 Time 07:30 Dose 2	Reading 4.7 Time 13:30 Dose 2	Reading 7.0 Time 20:57 Dose 3	Reading 9.5 Time 23:38 Dose 2	Food Eaten: Porridge, Banana, Salmon Sandwich, Thins Ham Egg Mayonnaise Apple Additional Notes: 4 Levemir before getting up Newcastle Late evening meal Levemir 2 at 10pm
Tuesday	Reading 8.1 Time 07:05 Dose 2	Reading 5.2 Time 12:49 Dose 2	Reading 5.7 Time 17:55 Dose 6	Reading 6.5 Time 23:39 Dose 3	Food Eaten: Porridge Kiwi Fruit, Thins Ham Apple, Curry Additional Notes: 4 Levemir before getting up Working on site in morning, van 3 Levemir 10.00
Wednesday	Reading 5.7 Time 07:15 Dose 2	Reading 5.3 Time 12:40 Dose 2	Reading 4.6 Time 18:32 Dose 5	Reading 9.9 Time 23:49 Dose 2	Food Eaten: Porridge, Banana, /Thins Ham Apple, /Roast Beef Vegetables Rhubarb And Diabetic Ice Cream Additional Notes: 4 Levemir before getting up Both paper rounds after lunch Levemir 2 at 10pm
Thursday	Reading 6.9 Time 07:25 Dose 2	Reading 5.3 Time 12:35 Dose 2	Reading 6.5 Time 19:31 Dose 5	Reading 9.2 Time 23:57 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Pitta Bread Chicken Apple, /Caesar Salad Home Made Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 7.5 Time 07:05 Dose 2	Reading 5.3 Time 13:31 Dose 2	Reading 5.9 Time 18:45 Dose 5	Reading 7.5 Time 23:57 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Pitta Bread Ham, /Oven Fish And Chips Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 6.9 Time 08:25 Dose 2	Reading 4.8 Time 12:20 Dose 2	Reading 5.8 Time 18:45 Dose 5	Reading 7.7 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, Pitta Bread Ham, /Caesar Salad Banana Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Sunday	Reading 6.9 Time 08:30 Dose 2	Reading 5.3 Time 13:00 Dose 2	Reading 6.1 Time 16:39 Dose 7	Reading 11.7 Time 23:55 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Thins, Ham, Egg Mayonnaise, /Nines Additional Notes: 4 Levemir before getting up Early evening meal 3 Levemir 10.00

Insulin Used: Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 10/06/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.4 Time 07:20 Dose 2	Reading 5.4 Time 12:46 Dose 3	Reading 4.7 Time 20:38 Dose 4	Reading Time Dose	Reading 8.3 Time 23:59 Dose 2	Food Eaten: /Sandwich Meal Deal, /Pitta Bread Ham Additional Notes: 4 Levemir before getting up Service station enroute to Newcastle Late evening Levemir 2 at 10pm
Tuesday	Reading 8.3 Time 07:11 Dose 2	Reading 8.4 Time 12:50 Dose 2	Reading 10.0 Time 17:25 Dose 5	Reading Time Dose	Reading 8.8 Time 23:12 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Egg Mayonaise Sardines, Chicken And Vegetable Soup Apple Additional Notes: 4 Levemir before getting up, Higher reading than expected Low at 8.30 had glucose tablet Levemir 2 at 10.00
Wednesday	Reading 7.0 Time 07:10 Dose 2	Reading 5.7 Time 12:30 Dose 2	Reading 7.3 Time 19:44 Dose 5	Reading Time Dose	Reading 6.8 Time 23:58 Dose 2	Food Eaten: Porridge, Banana, Thins, Chicken, Egg Mayonaise Apple, /Chicken Vegetables Additional Notes: 4 Levemir before getting up Late tea Levemir 2 at 10pm
Thursday	Reading 6.9 Time 07:20 Dose 2	Reading 8.3 Time 13:00 Dose 2	Reading 7.8 Time 19:21 Dose 5	Reading Time Dose	Reading 8.4 Time 23:41 Dose 2	Food Eaten: Porridge, Banana, Pitta Bread Chicken Egg Mayonnaise , Fish In Cheese Sauce, Potatoe Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Friday	Reading 7.6 Time 07:15 Dose 2	Reading 5.8 Time 12:55 Dose 2	Reading 8.2 Time 18:20 Dose 6	Reading Time Dose	Reading 10.0 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Thins Chicken, /Paella From Aldi Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 7.4 Time 08:15 Dose 2	Reading 6.0 Time 12:50 Dose 2	Reading 7.9 Time 19:01 Dose 6	Reading Time Dose	Reading 12.1 Time 23:59 Dose 3	Food Eaten: Porridge, Banana, Thins Egg Mayonaise, Chill Rice Bread Additional Notes: 4 Levemir before getting up, Levemir 3 10pm High Reading had extra 2 Humilog
Sunday	Reading 7.0 Time 08:45 Dose 2	Reading 5.4 Time 13:00 Dose 2	Reading 7.7 Time 17:30 Dose 5	Reading 12.0 Time 21:21 Dose N/A	Reading 8.7 Time 23:59 Dose 3	Food Eaten: Porridge Kiwi Fruit, Thins Egg Mayonaise, Mcdonalds Additional Notes: Later breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Higher than expected

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 17/06/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 7.5 Time 07:20 Dose 2	Reading 4.4 Time 12:50 Dose 2	Reading 5.2 Time 19:50 Dose 5	Reading Time Dose	Reading 6.4 Time 23:38 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Pitta Bread Cheese, /Chicken Kebab New Potatoes Applr Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Tuesday	Reading 6.2 Time 07:20 Dose 2	Reading 5.0 Time 12:55 Dose 2	Reading 8.0 Time 17:59 Dose 6	Reading Time Dose	Reading 8.9 Time 23:45 Dose 3	Food Eaten: Porridge, Banana, /Granery Bread Chicken Apple, /Chill, Rice Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Wednesday	Reading 6.6 Time 07:20 Dose 2	Reading Time Dose	Reading 7.8 Time 19:25 Dose 6	Reading Time Dose	Reading 7.3 Time 23:42 Dose 3	Food Eaten: Porridge Kiwi Fruit, /Burger Chips Additional Notes: 4 Levemir before getting up
Thursday	Reading 6.9 Time 07:20 Dose 2	Reading 5.8 Time 12:45 Dose 2	Reading 6.3 Time 19:30 Dose 6	Reading Time Dose	Reading 13.4 Time 23:48 Dose 3	Food Eaten: Porridge, Banana, /Granery Bread Sardines Egg Mayonnaise , /Pie And Chips Additional Notes: 4 Levemir before getting up From chip shop Very high, had additional 3 humilog
Friday	Reading 7.5 Time 07:30 Dose 2	Reading 3.8 Time 12:55 Dose 2	Reading 7.0 Time 18:21 Dose 4	Reading Time Dose	Reading 9.4 Time 23:59 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken Egg Mayonnaise Apple, /Scoth Broth Soup Bread Banana Additional Notes: 4 Levemir before getting up New Humilog Lower Reading than expected. Not particularly active Levemir 2 at 10pm
Saturday	Reading 7.7 Time 08:10 Dose 2	Reading 6.5 Time 13:52 Dose 0	Reading 5.5 Time 18:55 Dose 6	Reading Time Dose	Reading 7.5 Time 23:55 Dose 2	Food Eaten: Porridge, Banana, None, /Paella Home Made Additional Notes: 4 Levemir before getting up Missed mid day meal Walk round block after tea Levemir 2 at 10pm
Sunday	Reading 6.9 Time 08:54 Dose 2	Reading 6.4 Time 12:53 Dose 2	Reading 7.2 Time 17:37 Dose 4	Reading 8.2 Time 21:21 Dose N/A	Reading 7.8 Time 23:55 Dose 2	Food Eaten: Porridge, Banana, /Granery Bread Chicken, /Pork Loin Porchetta New Potatoes Additional Notes: 4 Levemir before getting up Late breakfast Banana at 6.50pm played football 8.00 till 9.00 After football, before drive Levemir 2 at 10pm

Insulin Used: N/A, Humilog, Levimir, None, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477

Week Commencing: 24/06/2019

Blood Glucose Targets (mmol/l): Pre-meal 4.0 - 7.0, Post-meal 7.0 - 12.0

	Before Breakfast	Before Midday Meal	Before Evening Meal	After Football	Before Bed	Food Eaten / Additional Notes
Monday	Reading 6.8 Time 07:30 Dose 2	Reading 5.0 Time 12:50 Dose 2	Reading 4.7 Time 20:19 Dose 5	Reading Time Dose	Reading 4.7 Time 23:47 Dose 2	Food Eaten: Porridge Kiwi Fruit, /Granery Bread Chicken, /Roast Vegetables Chicken Small Pitta Bread Small Beer Additional Notes: 4 Levemir before getting up Later tea Low Reading had small glass of orange juice
Tuesday	Reading 7.3 Time 07:30 Dose 2	Reading 5.4 Time 13:05 Dose 2	Reading 6.7 Time 18:10 Dose 6	Reading Time Dose	Reading 10.4 Time 23:51 Dose 2	Food Eaten: Porridge, Banana, /Thins Tuna Sweetcorn Apple, /Paella Home Made, Small Beer Additional Notes: 4 Levemir before getting up, Levemir 2 at 10pm
Wednesday	Reading 6.3 Time 07:30 Dose 2	Reading 7.0 Time 12:45 Dose 2	Reading 7.0 Time 19:30 Dose 5	Reading Time Dose	Reading 6.3 Time 23:24 Dose 2	Food Eaten: Porridge, Banana, , /Thins Egg Mayonaise, /scampi And Chips Additional Notes: 4 Levemir before getting up Both paper rounds before lunch Levemir 2 at 10pm
Thursday	Reading Time Dose	Reading 5.1 Time 12:45 Dose 2	Reading 10.1 Time 18:30 Dose 5	Reading 8.4 Time 21:20 Dose N/A	Reading 6.2 Time 23:48 Dose 2	Food Eaten: /Thins Tuna Sweetcorn Apple, /Meat Pie, Vegetables Additional Notes: Higher reading than expected After Thursday football Levemir 2 at 11. 30
Friday	Reading 6.4 Time 07:15 Dose 2	Reading 5.4 Time 13:00 Dose 2	Reading 5.1 Time 19:05 Dose 5	Reading Time Dose	Reading 7.4 Time 23:59 Dose 2	Food Eaten: Porridge, Banana, Thins Tuna Sweetcorn, /Pizza Slice Garlic Bread Apple Additional Notes: 4 Levemir before getting up Levemir 2 at 10pm
Saturday	Reading 5.8 Time 08:15 Dose 2	Reading 6.9 Time 13:05 Dose 2	Reading 8.5 Time 18:30 Dose 7	Reading Time Dose	Reading 8.9 Time 23:59 Dose 3	Food Eaten: Porridge, Banana, /Thins, Egg, Sardines, /Spaghetti Meat Balls Small Beer Additional Notes: 4 Levemir before getting up 3 Levemir 10.00
Sunday	Reading 6.9 Time 08:55 Dose 2	Reading 4.5 Time 13:05 Dose 2	Reading 10.5 Time 17:31 Dose 3	Reading Time Dose	Reading Time Dose	Food Eaten: Porridge, Banana, /Thins Egg Mayonaise Sardines, /Burger Additional Notes: 4 Levemir before getting up Active morning in garden Burger during afternoon fete Football at 8 banana at 6.50

Insulin Used: N/A, Humilog, Levimir, Levemir

Contact Name: Alan Drury

Contact Number: +447836678477