

TABLE 1. Diabetes logbook: blood glucose (BG) given in millimolars mM, carbohydrates (CHO), protein (Pro), and fat in grams; Sanofi Apidra as fast-acting insulin analog (Ins) in international units IU.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
21-12-1999	00:00	4.5					2
	02:00	4.5					3
	04:00	4.5					4
	06:00	4.5					5
							page test test page test test

TABLE 1. *cont.*[illegible]

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
13-01	06:00	4.5					1
	12:00	4.5					2
	22:00	4.5					3
	23:00	4.5					4
14-01-2000	00:00	4.5					5
	02:00	4.5					6
	04:00	4.5					7
	06:00	4.5					8
	12:00	4.5					9
	22:00	4.5					10
	23:00	4.5					11
	00:00	4.5					12
15-01-2000	02:00	4.5					13
	04:00	4.5					14
	06:00	4.5					15
	12:00	4.5					16
	22:00	4.5					17
	23:00	4.5					18
	00:00	4.5					19
	02:00	4.5					20
16-01-2000	04:00	4.5					21
	06:00	4.5					22
	12:00	4.5					23
	22:00	4.5					24
	23:00	4.5					25
	00:00	4.5					26
	02:00	4.5					27
	04:00	4.5					28
17-01-2000	06:00	4.5					29
	12:00	4.5					30
	22:00	4.5					31
	23:00	4.5					32
	00:00	4.5					33
	02:00	4.5					34
	04:00	4.5					35
	06:00	4.5					36
18-01-2000	12:00	4.5					37
	22:00	4.5					38
	23:00	4.5					39
	00:00	4.5					40
	02:00	4.5					41
	04:00	4.5					42
	06:00	4.5					43
	01-02-2016	12:00	4.5	page test test page test test page test test page test test page test test page test test page test test test page test test page test test page test test page test test page test test page test test page test test page test te test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test 50			
	19:00	4.5					51
	23:00	4.5					52
	23:30	4.5					53single-entry day
04-02-2016	23:59	4.5	multirow single-entry day page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test te test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test page test test 60				
05-02-2016	00:00	4.5					61
	02:00	4.5					62
	04:00	4.5					63
	06:00	4.5					64
	12:00	4.5					65
	22:00	4.5					66
06-02-2016	23:00	4.5					67
	00:00	4.5					68
	02:00	4.5					69
	04:00	4.5					70
	06:00	4.5					71
	12:00	4.5					72
07-02-16	22:00	4.5					73
	23:00	4.5					74
	00:00	4.5					75
	02:00	4.5					76
	04:00	4.5					77
	06:00	4.5					78
	12:00	4.5					0

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
08-02-2016	22:00	4.5					1
	23:00	4.5					2
	00:00	4.5					3
	02:00	4.5					4
	04:00	4.5					5
	06:00	4.5					6
	12:00	4.5					7
	22:00	4.5					8
	23:00	4.5					9
	00:00	4.5					10
	02:00	4.5					11
	04:00	4.5					12
	06:00	4.5					13
	12:00	4.5					14
	22:00	4.5					15
	23:00	4.5					16
	00:00	4.5					17
	02:00	4.5					18
	04:00	4.5					19
	06:00	4.5					20
	12:00	4.5					21
	22:00	4.5					22
	23:00	4.5					23
09-02-2016	00:00	4.5					24
	02:00	4.5					25
	04:00	4.5					26
	06:00	4.5					27
	12:00	4.5					28
	22:00	4.5					29
	23:00	4.5					30
	00:00	4.5					31
	02:00	4.5					32
	04:00	4.5					33
	06:00	4.5					34
	12:00	4.5					35
	22:00	4.5					36
	23:00	4.5					37
	00:00	4.5					38
	02:00	4.5					39
	04:00	4.5					40
	06:00	4.5					41
	12:00	4.5					42
	22:00	4.5					43
	23:00	4.5					44
	00:00	4.5					45
	02:00	4.5					46
10-02-2016	04:00	4.5					47
	06:00	4.5					48
	12:00	4.5					49
	22:00	4.5					50
	23:00	4.5					51
	00:00	4.5					52
	02:00	4.5					53
	04:00	4.5					54
	06:00	4.5					55
	12:00	4.5					56
	22:00	4.5					57
	23:00	4.5					58
	00:00	4.5					59
	02:00	4.5					60
	04:00	4.5					61
	06:00	4.5					62
	12:00	4.5					63
	22:00	4.5					64
	23:00	4.5					65
	00:00	4.5					66
	02:00	4.5					67
	04:00	4.5					68
	06:00	4.5					69
	12:00	4.5					70
	22:00	4.5					71
	23:00	4.5					72
11-02-2016	00:00	4.5					73
	02:00	4.5					74
	04:00	4.5					75
	06:00	4.5					76
	12:00	4.5					77
	22:00	4.5					78
	23:00	4.5					0

TABLE 1. *cont.*

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
01-02	19:14		5	x	xx	xx	
	20:20		4	6-	55	120	
	23:00		14	25	40	100	
02-02-2019	01:41	2.7					
	03:48	4.0					
	13:50	15.8	14		80	80	
	15:14	10.0	4	5	40	90	
	16:39	3.5	7	13-	23-	55-	
	21:55	5.4	8				
	23:26	2.3	3	2	25	40	
03-02-2019	01:39		5	6	87	120	
	03:45	1.5					
	06:10	5.5					
	11:59	7.9	7				
	16:19	8.7	7				
	17:51	6.7	3				
	21:54	6.5	3				
04-02-19	02:17	6.3	3				
	06:26	6.5	3				
	16:17	2.6					
	21:30			++			
05-02-19	22:08	11.6	9				
	23:21	11.3	12				
	02:00				40	40	
	07:30	3.7			40	10	
06-02-19	15:58	6.7	3				
	19:18		5	7.5	64	190	
	20:30			1	13	26	
	00:40	5.6	3	1	26	52	
07-02-2019	04:00						
	08:21	11.0	12				
	17:42						
	22:15				40	20	
08-02-19	01:30			3	4	30	
	01:54	9.3	6				
	04:52		5				
	07:48	3.3					
	10:42			2.2	54	90	
	11:12		5	5.2	10	100	
	12:22		7	13	50	100	
09-02-2019	22:08	9.9	7				
	00:12	8.5	8				
	00:53				68	100	
	05:03	10.9	13				
	10:08	8.8	7				
	15:55	7.9	7		30	24	
	00:30	6.3	3				
10-02-19	02:22				40	40	
	03:13	6.5	3				
	05:25	10.8	12				
	13:04	8.6	6				
	15:59	6.4	2				
	20:07	9.2	7				
	21:49						
11-02-2019	03:04	4.3					
	06:28	7.9	6				
	08:41	5.8					
	12:20			3	3	30	
	13:21	8.9	11				
	20:42	4.8					
	04:06	3.7					
12-02-19	10:30	11.3	11				
	14:10	3.2					
	15:05			4	5	40	
	16:13	3.8					
	19:51	4.3					
	23:23	7.8	5				
	10:08	4.1					
13-02-2019	15:40	4.0				38	
	16:23		3	4	8	80	
	23:04			1	2	20	
	23:24						
	07:53	1.6		2			
	10:30			1.5			
	14:27			4.5			
	16:22	2.1		3			
	18:13			3			
	18:55	5.1		3	60	110	
	19:xx			5	10	100	

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
	20:45						
14-02-2019	05:03	5.5					
	07:00		3	4	42	70	
	08:35						
	11:38		4	4	42	70	
	13:51	3.0					
	17:49	4.9					
	18:33		5				
	20:17		7	19	25	180	
	20:50			6.7	16	55	
	21:24	1.8		3			
	23:15						
15-02-2019	00:22	4.8					
	05:38	10.7	11				
	07:50		4	2	18	45	
	09:08	1.9		3			
	14:54		4	x	75	120	
	17:05	4.0	8	13	23	50	
	23:21	8.9	5				
	07:15	13.1	12				
16-02-2019	08:55	9.5	7				
	10:50		4	3	27	65	
	13:55				50	50	
	14:46		3				
	17:34	7.8	5				
	18:52		4				
	20:56	5.2					
	23:27		8	13	23	50	
	01:00	7.4	5				
17-02-2019	07:20	9.0	6				
	10:00			1.5	14	30	
	11:23	7.8	5				
	14:38	5.0					
	15:15				37	37	
	16:13		2				
	17:42	8.2	7				
	21:50	3.3					
	01:10						
18-02	10:00	3.4					
	20:20			2	66	45	
	20:55		4	5.2	10	100	
19-02-19	00:03	6.0	3		33	15	
	09:52	8.1	6				
	11:45			10	40	120	
	13:14	4.1					
	15:14		2				
20-02-2019	19:54	5.1					
	00:xx				55	70	
	01:11	5.3					
	04:16	7.6	5				
	13:35				40	50	
	13:52	4.2					
	14:41		3				
	17:10				22	28	
	18:44	8.3	12	13	36	120	
21-02-2019	20:30		4	5	21	65	
	21:27	4.5					
	01:31	9.2	6				
	04:09		6	6.5	25	50	
	08:50	4.8					
	09:55		4	4	34	50	
	14:29	5.4	2				
	15:49		3	4	34	50	
	22:42	5.3	3	3	16	32	
22-02-19	02:49						
	03:35	5.3					
	10:40	3.8					
	17:31	4.7					
	20:32		7		57	160	
23-02-19	23:40		4	8	53	120	
	02:28						
	04:44	9.4	7				
	13:41	10.0	9				
	14:28	5.5		3.2	44	70	
	15:48	2.3					
	18:37	1.5		9			Hey, this is a link to first entry of 2000-01-07.





