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

T	ime 00:00	BG 4.5	Ins	СНО	Pro	Fat	Remarks 2
	02:00	4.5					3
	04:00	4.5					4
0		4.5					5
66	06:00	4.5					page test test page test
Ť							test page test test page
21–12–1999							
<u> </u>	10.00	4.5					test test page test test
	12:00	4.5					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
0.1							test test page test test 12
-	00:00	4.5					13
22–12	00:00	4.5					14
(1	00:00	4.5					15
0							page test test page test test page test test page test test page test
23–12–1999							test page test test page test test page test test page test test page
Π.							test test page test test page test test page test test page test test
~	00:00	4.5					page test test page test te test test page test test page test test page test test
ကို							page test test page test test page test test page test test page test
N							test page test test page test test page test test page test test page
							test test page test test 22
0	00:00	4.5					23
66	00:00	4.5					24
T	00:00	4.5					25
12.	00:00	4.5					26
24-12-1999	00:00	4.5					27
5	00:00	4.5					28
	00:00	4.5					29
0	00:00	4.5					30
25–12–1999	00:00	4.5					31
T	00:00	4.5					32
12	00:00	4.5					33
Ţ	00:00	4.5					34
72	00:00	4.5					35
	00:00	4.5					36
0	00:00	4.5					37
66	00:00	4.5					38
T	00:00	4.5					39
26-12-1999	00:00	4.5					40
-9	00:00	4.5					41
7	00:00	4.5 4.5					42 43
	00:00	4.5					43
6	00:00	4.5					45
2–1999	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
27–1	00:00	4.5					49
• •	00:00	4.5					50
	00:00	4.5					51
28-12-1999	00:00	4.5					52
19	00:00	4.5					53
2-	00:00	4.5					54
T	00:00	4.5					55
28	00:00	4.5					56
	00:00	4.5					57
_	00:00	4.5					58
29–12–1999	00:00	4.5					59
19	00:00	4.5					60
2	00:00	4.5					61
7	00:00	4.5					62
29.	00:00	4.5					63
	00:00	4.5					64
_	00:00	4.5					65
66	00:00	4.5					66
.19	00:00	4.5					67
30-12-1999	00:00	4.5					68
Ī	00:00	4.5					69
30	00:00	4.5					70
	00:00	4.5					71
0.	00:00	4.5					72
366	00:00	4.5					73
-1,5	00:00	4.5					74
31–12–1999	00:00	4.5					75
	00:00	4.5					76
$^{\circ}$	00:00	4.5					77
	00:00	4.5					78
	00:00	4.5					0

	Time	BG	Ins	СНО	Pro	Fat	Remarks
8	00:00 00:00	4.5 4.5					2
<u> </u>	00:00	4.5					3
01-01-00	00:00	4.5 4.5					4 5
	00:00	4.5					6 7
8	00:00	4.5 4.5					8
02-01-2000	00:00	4.5					9
9	00:00	4.5 4.5					10 11
02	00:00	4.5					12
	00:00	4.5 4.5					13 14
00	00:00	4.5 4.5					15 16
1–2	00:00	4.5					17
03-01-2000	00:00	4.5 4.5					18 19
0	00:00	4.5					20
8	00:00	4.5 4.5					21 22
04-01-2000	00:00	4.5					23
Ċ	00:00	4.5 4.5					24 25
40	00:00	4.5					26 27
	00:00	4.5 4.5					27 28
8	00:00	4.5					29
05-01-2000	00:00	4.5 4.5					30 31
9	00:00	4.5					31 32
0	00:00	4.5 4.5					33 34
0	00:00	4.5					35
500	00:00	4.5 4.5					36 37
1-7	00:00	4.5					38 39
06-01-2000	00:00	4.5 4.5					39 40
O	00:00	4.5					41
0	00:00	4.5 4.5					42 43
-01-2000	00:00	4.5					44
Ċ -	00:00	4.5 4.5					45 46
-70	00:00 00:00	4.5					47
0	00:00	4.5 4.5					48 49
9	00:00	4.5					50
08-01-00	00:00	4.5 4.5					51 52
õ	00:00	4.5					53
8	00:00	4.5 4.5					54 55
09-01-00	00:00	4.5					56
)-60	00:00	4.5 4.5					57 58
_	00:00	4.5					59
8	00:00 00:00	4.5 4.5					60 61
-20	00:00	4.5					62
10-01-2000	00:00 00:00	4.5 4.5					63 64
9	00:00	4.5					65
	00:00	4.5 4.5					66 67
11-01-2000	00:00	4.5					68
1–2	00:00	4.5 4.5					69 70
1	00:00	4.5					71
_	00:00	4.5 4.5					72 73
0	00:00	4.5					74
1	00:00	4.5 4.5					75 76
12-01-00	00:00	4.5					77
_	00:00 00:00	4.5 4.5					78 0

T	ime	BG	Ins	CHO	Pro	Fat	Remarks
	00:00 00:00	4.5 4.5					1 2
8	00:00	4.5					3
-50	00:00	4.5					4
13-01-2000	00:00	4.5					5
5	00:00	4.5 4.5					6 7
	00:00	4.5					8
0	00:00	4.5					9
00	00:00	4.5 4.5					10 11
1-2	00:00	4.5					12
14-01-2000	00:00	4.5					13
7	00:00	4.5					14 15
	00:00	4.5 4.5					16
8	00:00	4.5					17
15-01-2000	00:00	4.5					18
Ö	00:00	4.5 4.5					19 20
15-	00:00	4.5					21
	00:00	4.5					22
0	00:00	4.5 4.5					23 24
500	00:00	4.5					25
16-01-2000	00:00	4.5					26
9	00:00	4.5					27
_	00:00	4.5 4.5					28 29
	00:00	4.5					30
8	00:00	4.5					31
17-01-2000	00:00	4.5 4.5					32 33
9	00:00	4.5					34
17.	00:00	4.5					35
	00:00	4.5					36
	00:00 00:00	4.5 4.5					37 38
00	00:00	4.5					39
18-01-2000	00:00	4.5					40
Q	00:00	4.5 4.5					41 42
∞_	00:00	4.5					43
	00:00	4.5					44
	00:00 00:00	4.5 4.5					45 46
0	00:00	4.5					47
200	00:00	4.5					48
<u> </u>	00:00	4.5 4.5					49 50
19-01-2000	00:00	4.5					51
_	00:00	4.5					52
	00:00	4.5					53 page test test page test test page test test page test test page test
20-01-2000	00:00	4.5					test page test test p
. 1							test page test t
	00:00	4.5					61
	00:00	4.5					62
8	00:00	4.5 4.5					63 64
22-01-2000	00:00	4.5					65
- 1C	00:00	4.5					66
77	00:00	4.5 4.5					67 68
(A	00:00	4.5					69
C	00:00	4.5					70
23-01-2000	00:00	4.5 4.5					71 72
1-2	00:00	4.5					73
9	00:00	4.5					74
23	00:00	4.5					75 74
Ξ	00:00	4.5 4.5					76 77
24-01	00:00	4.5					78
2	00:00	4.5					0

T	ime	BG	Ins	СНО	Pro	Fat	Remarks
24-01	00:00 00:00	4.5 4.5					1 2
24	00:00 00:00	4.5 4.5					3 4
0	00:00	4.5					5
200	00:00 00:00	4.5 4.5					6 7
25-01-2000	00:00 00:00	4.5 4.5					8
25-	00:00	4.5					10
	00:00	4.5 4.5					11 12
26-01-2000	00:00	4.5					13
1–2	00:00 00:00	4.5 4.5					14 15
0-91	00:00	4.5 4.5					16 17
(1	00:00	4.5					18
8	00:00 00:00	4.5 4.5					19 20
27-01-2000	00:00 00:00	4.5 4.5					21 22
9	00:00	4.5					23
27	00:00	4.5 4.5					24 25
0	00:00	4.5					26
200	00:00 00:00	4.5 4.5					27 28
28-01-2000	00:00 00:00	4.5 4.5					29 30
28	00:00	4.5					31 32
	00:00	4.5 4.5					32 33
000	00:00	4.5					34
1–2	00:00	4.5 4.5					35 36
29-01-2000	00:00	4.5 4.5					37
2	00:00	4.5					38 39
8	00:00	4.5 4.5					40 41
30-01-2000	00:00	4.5					42
5	00:00 00:00	4.5 4.5					43 44
30	00:00	4.5 4.5					45 46
0	00:00	4.5					47
31-01-2000	00:00	4.5 4.5					48 49
-10	00:00 00:00	4.5 4.5					50 51
31-	00:00	4.5					52
	00:00 00:00	4.5 4.5					53 54
000	00:00	4.5					55
01-02-2000	00:00 00:00	4.5 4.5					56 57
21-0	00:00 00:00	4.5 4.5					58 59
	00:00	4.5					60
9	00:00 00:00	4.5 4.5					61 62
02-02-2000	00:00	4.5 4.5					63 64
2-02	00:00	4.5					65
Ö	00:00 00:00	4.5 4.5					66 67
0	00:00	4.5					68 69
03-02-2000	00:00 00:00	4.5 4.5					70
-02-	00:00 00:00	4.5 4.5					71 72
03-	00:00	4.5					73
9	00:00 00:00	4.5 4.5					74 75
)2-0	00:00	4.5 4.5					76 77
04-05-00	00:00	4.5					78
	00:00	4.5					0

Т	ime	BG	Ins	СНО	Pro	Fat	Remarks
	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00 00:00	4.5 4.5					5
	00:00	4.5					6
00	00:00	4.5					7
05-02-2000	00:00	4.5					8
2	00:00	4.5					8 9
J.	00:00	4.5					10
ő	00:00	4.5					11
	00:00 00:00	4.5 4.5					12 13
	00:00	4.5					14
	00:00	4.5					15
_	00:00	4.5					16
06-02-2000	00:00	4.5					17
-5	00:00	4.5					18
02-	00:00	4.5					19
9	00:00	4.5 4.5					20 21
0	00:00	4.5					22
	00:00	4.5					23
8	00:00	4.5					24
-20	00:00	4.5					25
)2-	00:00	4.5					26
07-02-2000	00:00	4.5					27
0	00:00	4.5					28 29
	00:00	4.5 4.5					30
00	00:00	4.5					31
20	00:00	4.5					31 32
08-02-2000	00:00	4.5					33
9	00:00	4.5					34
ö	00:00	4.5					35
	00:00	4.5					36 37
	00:00	4.5 4.5					38
	00:00	4.5					39
	00:00	4.5					40
09-02-2000	00:00	4.5					41
-2	00:00	4.5					42
05	00:00	4.5					43
-6	00:00 00:00	4.5 4.5					44 45
0	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
	00:00	4.5					49
0	00:00	4.5					50
10-02-2000	00:00 00:00	4.5					51 52
2-2	00:00	4.5 4.5					53
9	00:00	4.5					54
10	00:00	4.5					55
	00:00	4.5					56
0	00:00	4.5					57
11-02-2000	00:00	4.5					58
<u>-2</u>	00:00 00:00	4.5 4.5					59 60
9	00:00	4.5					61
]	00:00	4.5					62
	00:00	4.5					63
0	00:00	4.5					64
8	00:00	4.5					65
12-02-2000	00:00	4.5					66
-02	00:00 00:00	4.5 4.5					67 68
12-	00:00	4.5					69
	00:00	4.5					70
	00:00	4.5					71
	02:00	4.5					72
	04:00	4.5					73
	06:00	4.5					74

Time	BG Ins CHO Pro Fat	Remarks
		page test test page test
01-02-2018		test page test test page
7		test test page test test
Ö 12:00	4.5	page test test page test te test page test test page test test page test test
		page test test page test test page test test page test test page test
O		test page test t
00:00	4.5	8
00:00 00:00 00:00	4.5	9
00:00	4.5	10
		page test test page test test page test test page test test page test
03-02-2016		test page test test page test test page test test page test test page
01 00:00	4.5	test test page test test page test test page test test page test test
00:00	4.5	page test test page test te test page test test pag
03		test page test test page
		test test page test test 17
00:00	4.5	18
00:00	4.5	19
00:00 00:00 00:00 00:00	4.5	20
00:00	4.5 4.5	21 22
00:00	4.5	23
00:00	4.5	24
00:00	4.5	25
00:00	4.5	26
00:00	4.5	27
00:00 00:00 00:00 00:00 00:00	4.5	28
00:00	4.5 4.5	29 30
00:00	4.5	31
00.00	4.5	32
00:00	4.5	33
00:00	4.5	34
00:00 00:00 00:00 00:00 00:00	4.5	35
00:00	4.5	36
00:00	4.5 4.5	37 38
00.00	4.5	39
00:00 00:00 00:00 00:00 00:00	4.5	40
유 00:00	4.5	41
00:00	4.5	42
00:00	4.5	43
00:00	4.5 4.5	44 45
00.00	4.5	46
00:00 00:00 00:00 00:00 00:00	4.5	47
Q 00:00	4.5	48
00:00	4.5	49
00:00	4.5	50
00:00	4.5 4.5	51 52
00.00	4.5	53
9 00:00	4.5	54
8 00:00	4.5	55
00:00	4.5	56
00:00	4.5	57
00:00	4.5 4.5	58 59
00.00	4.5	60
9 00:00	4.5	61
00:00	4.5	62
00:00 00:00 00:00 00:00 00:00	4.5	63
9 00:00	4.5	64
00:00	4.5 4.5	65 66
00.00	4.5	67
9 00:00	4.5	68
Q 00:00	4.5	69
00:00	4.5	70
00:00 00:00 00:00 00:00 00:00	4.5	71
00:00	4.5 4.5	72 73
00.00	4.5	73
90:00	4.5	75
00:00	4.5	76
00:00 00:00 00:00 00:00	4.5	77
	4.5	78
00:00	4.5	0

T	ime	BG	Ins	CHO	Pro	Fat	Remarks
	00:00	4.5					
9	00:00 00:00	4.5 4.5					2 3
13-02-2016	00:00	4.5					4
)2-	00:00	4.5					5
9	00:00 00:00	4.5 4.5					6 7
_	00:00	4.5					8
٠.0	00:00	4.5					9
216	00:00	4.5					10
7-2	00:00	4.5 4.5					11 12
14-02-2016	00:00	4.5					13
4	00:00	4.5					14
	00:00	4.5					15
9	00:00	4.5 4.5					16 17
20	00:00	4.5					18
72-	00:00	4.5					19
15-02-2016	00:00	4.5 4.5					20
_	00:00	4.5					21 22
> 0	00:00	4.5					23
0	00:00	4.5					24
2–2	00:00	4.5 4.5					25 26
16-02-2016	00:00	4.5					27
9	00:00	4.5					28
	00:00	4.5 4.5					29
16	00:00 00:00	4.5					30 31
17-02-2016	00:00	4.5					32
02-	00:00	4.5					33
1	00:00 00:00	4.5 4.5					34 35
_	00:00	4.5					36
~	00:00	4.5					36 37
0	00:00	4.5					38
18-02-2016	00:00	4.5 4.5					39 40
9	00:00	4.5					41
8	00:00	4.5					42
٠.0	00:00	4.5 4.5					43 44
-02-16	00:00	4.5					45
-02	00:00	4.5					46
19_	00:00	4.5					47
	00:00	4.5 4.5					48 49
20-02-16	00:00	4.5					50
)2-	00:00	4.5					51
Ö	00:00	4.5 4.5					52 53
(N	00:00	4.5					54
2	00:00	4.5					55
016	00:00	4.5					56
2-2	00:00 00:00	4.5 4.5					57 58
21-02-2016	00:00	4.5					59
21	00:00	4.5					60
	00:00	4.5 4.5					61 62
16	00:00	4.5					63
22-02-2016	00:00	4.5					64
02-	00:00	4.5					65
22-	00:00	4.5 4.5					66 67
. 4	00:00	4.5					68
9	00:00	4.5					69
201	00:00 00:00	4.5 4.5					70 71
2-2	00:00	4.5					72
23-02-2016	00:00	4.5					73
23	00:00	4.5					74 75
	00:00	4.5 4.5					75 76
24-02	00:00	4.5					77
24	00:00	4.5					78
	00:00	4.5					0

1	ime	BG Ir	ns CHO	Pro Fat	Remarks
24-02	00:00	4.5			1
24-	00:00	4.5			2
	00:00 00:00	4.5 4.5			3 4
25-02-2016	00:00	4.5			5
-20	00:00	4.5			6
22-	00:00	4.5			7
5–7	00:00	4.5 4.5			8
0	00:00	4.5			10
	00:00	4.5			11
26-02-2016	00:00	4.5			12
-2	00:00	4.5			13
02	00:00	4.5 4.5			14 15
- 56-	00:00	4.5			16
	00:00	4.5			17
~	00:00	4.5			18
0	00:00	4.5			19
7–2	00:00	4.5 4.5			20 21
0	00:00	4.5			22
27-02-2016	00:00	4.5			23
	00:00	4.5			24
9	00:00	4.5			25
28-02-2016	00:00	4.5 4.5			26 27
7-2	00:00	4.5			28
9	00:00	4.5			29
28	00:00	4.5			30
	00:00	4.5			31
	00:00	4.5			32
9	00:00	4.5 4.5			33 34
29-02-2016	00:00	4.5			35
2-2	00:00	4.5			36
9	00:00	4.5			37
29	00:00	4.5			38
	00:00	4.5			39
	00:00	4.5 4.5			40 41
9	00:00	4.5			42
0	00:00	4.5			43
3-2	00:00	4.5			44
-03-2016	00:00	4.5			45
0	00:00	4.5 4.5			46 47
	00:00	4.5			48
02-03-2016	00:00	4.5			page test test page t
	00:00	4.5			56
	00:00	4.5			57
9	00:00	4.5			58 59
04-03-2016	00:00	4.5 4.5			60
3–7	00:00	4.5			61
9	00:00	4.5			62
0	00:00	4.5			63
	00:00	4.5			64
9	00:00	4.5			65
201	00:00	4.5 4.5			66 67
3-7	00:00	4.5			68
05-03-2016	00:00	4.5			69
05	00:00	4.5			70
	00:00	4.5			71
9	00:00	4.5			72
06-03-2016	00:00	4.5 4.5			73 74
3-2	00:00	4.5			75
Ŏ	00:00	4.5			76
90	00:00	4.5			77
	00:00	4.5			78
	00:00	4.5			0

Т	īme	BG	Ins	CHO	Pro	Fat	Remarks
9	00:00	4.5					
07-03-16	00:00 00:00	4.5 4.5					2 3
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T	ime	BG	Ins	СНО	Pro	Fat	Remarks
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33	00:00	4.5					28
21-03-2016	00:00	4.5					29
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16	00:00	4.5					36
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22-03-2016	00:00	4.5					40
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25-03-2016	00:00	4.5					63
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33	15:14	10.0	4	5	40	90	
7	16:39	3.5	7	13–	23-	55–	
2	21:55	5.4	8				
	23:26	2.3	3	2	25	40	
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	ime	BG	Ins	СНО	Pro	Fat	Remarks
28-03-16	06:10 11:59	5.5 7.9 8.7	7				
8	16:19 17:51	6.7	7				
	21:54 02:17	6.5	3 3 3				
19	06:26 16:17	6.3 6.5 2.6	3				
29-03-16	21:30			++			
7	22:08 23:21	11.6 11.3	9 12				
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693	15:58 19:18	6.7	3 5	7.5	64	190	
30	20:30			1	13	26	
3–16	00:40 04:00	5.6	3	1	26	52	
31-03-16 30-03-16	08:21 17:42	11.0	12				
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16	01:54	9.3	6 5	3	4	30	
H-20	04:52 07:48	3.3	5				
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03-04-2016	02:22 03:13	6.5	3 12		40	40	
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Table 1. cont.

No.	Т	ime	BG	Ins	СНО	Pro	Fat	Remarks
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