Diabetes Logbook p. 1

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	00:00	BG 4.5	Ins	СНО	Pro	Fat	Remarks 2
	00:00	4.5					3 4
	00:00	4.5 4.5					5
19	00.00	4.5					page test test page test test page test test page test test page test
01.02.19	00:00	4.5					test page test test p
2.	00:00	4.5					13
02.02.	00:00	4.5					14
0	00:00	4.5					15
03.02.19	00:00	4.5					page test test page t
	00:00	4.5					23
6	00:00	4.5					24
2.1	00:00	4.5					25
04.02.19	00:00	4.5					26 27
Ŏ	00:00	4.5 4.5					28
	00:00	4.5					29
	00:00	4.5					30
6	00:00	4.5					31
2.1	00:00	4.5					32
05.02.19	00:00	4.5					33
05	00:00	4.5 4.5					34 35
	00:00	4.5					36
	00:00	4.5					37
6	00:00	4.5					38
06.02.19	00:00	4.5					39
.02	00:00	4.5					40
90	00:00	4.5					41
	00:00	4.5 4.5					42 43
	00:00	4.5					44
6	00:00	4.5					45
02.19	00:00	4.5					46
	00:00	4.5					47
07.	00:00	4.5 4.5					48 49
	00:00	4.5					50
	00:00	4.5					51
6	00:00	4.5					52
08.02.19	00:00	4.5 4.5					53 54
8.0	00:00	4.5					55
0	00:00	4.5					56
	00:00	4.5					57
	00:00	4.5					58
19	00:00	4.5 4.5					59 60
32.	00:00	4.5					61
09.02.19	00:00	4.5					62
0	00:00	4.5					63
	00:00	4.5					64
	00:00	4.5					65
19	00:00	4.5 4.5					66 67
0.02.19	00:00	4.5					68
0.	00:00	4.5					69
	00:00	4.5					70
	00:00	4.5					71
	00:00	4.5 4.5					72 73
11.02.19	00:00	4.5					74
02.	00:00	4.5					75
Ξ	00:00	4.5					76
	00:00	4.5					77
	00:00	4.5 4.5					78 0

Table 1. cont.

<u>Ti</u>	me	BG	Ins	CHO	Pro	Fat	Remarks
6	00:00 00:00	4.5 4.5					
12.02.19	00:00	4.5					2 3
2.0	00:00	4.5					4
12	00:00	4.5					5
	00:00	4.5					6
	00:00	4.5 4.5					7 8
13.02.19	00:00	4.5					9
02.	00:00	4.5					10
13.	00:00	4.5					11
	00:00	4.5					12
	00:00	4.5 4.5					13 14
^	00:00	4.5					15
19	00:00	4.5					16
14.02.19	00:00	4.5					17
14	00:00	4.5					18
	00:00	4.5 4.5					19 20
	00:00	4.5					21
6	00:00	4.5					22
2.1	00:00	4.5					23
15.02.19	00:00	4.5					24
] {	00:00	4.5 4.5					25 26
	00:00	4.5					27
	00:00	4.5					28
6	00:00	4.5					29
16.02.19	00:00	4.5					30
6.0	00:00	4.5 4.5					31 32
-	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
6	00:00	4.5					36
17.02.19	00:00 00:00	4.5 4.5					37 38
7.0	00:00	4.5					39
	00:00	4.5					40
	00:00	4.5					41
	00:00 00:00	4.5 4.5					42 43
8.02.19	00:00	4.5					44
.02	00:00	4.5					45
18	00:00	4.5					46
	00:00	4.5 4.5					47 48
•	00:00	4.5					49
19.02.19	00:00	4.5					50
.02	00:00	4.5					51
19	00:00	4.5					52
	00:00	4.5 4.5					53 54
6	00:00	4.5					55
)2.	00:00	4.5					56
20.02.19	00:00	4.5					57
CA	00:00 00:00	4.5 4.5					58 59
	00:00	4.5 4.5					60
6	00:00	4.5					61
21.02.19	00:00	4.5					62
0.	00:00	4.5					63
21	00:00 00:00	4.5 4.5					64 65
	00:00	4.5 4.5					66
	00:00	4.5					67
6	00:00	4.5					68
22.02.19	00:00	4.5					69
2.0	00:00 00:00	4.5 4.5					70 71
2	00:00	4.5					72
	00:00	4.5					73
_	00:00	4.5					74
23.02.19	00:00	4.5					75
.02	00:00 00:00	4.5 4.5					76 77
23.	00:00	4.5 4.5					78
	00:00	4.5					0

Table 1. cont.

	īme	BG	Ins	CHO	Pro	Fat	Remarks
	00:00	4.5					
	00:00	4.5					2
24.02.19	00:00	4.5 4.5					3 4
)2.	00:00	4.5					5
4.0	00:00	4.5					6
2	00:00	4.5					7
	00:00	4.5					8
	00:00	4.5					9
•	00:00	4.5					10
25.02.19	00:00	4.5					11
.02	00:00	4.5					12
25.	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
	00:00	4.5					16
19	00:00	4.5 4.5					17 18
2.	00:00	4.5					19
26.02.19	00:00	4.5					20
2	00:00	4.5					21
	00:00	4.5					22
	00:00	4.5					23
6	00:00	4.5					24
-:	00:00	4.5					25
27.02.19	00:00	4.5					26
27	00:00	4.5					27
	00:00	4.5					28
	00:00	4.5					29
	00:00	4.5					30
19	00:00	4.5 4.5					31 32
28.02.19	00:00	4.5					33
8.0	00:00	4.5					34
2	00:00	4.5					35
	00:00	4.5					36
	00:00	4.5					37
	00:00	4.5					38
6	00:00	4.5					39
29.02.19	00:00	4.5					40
Ö.	00:00	4.5					41
29	00:00	4.5					42
	00:00	4.5 4.5					43 44
	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
19	00:00	4.5					48
01.03.19	00:00	4.5					49
0.	00:00	4.5					50
0	00:00	4.5					51
	00:00	4.5					52 53
	00:00	4.5					page test test page test
02.03.19	00:00	4.5					test page test test p
	00:00	1.5					test test page test test 60
	00:00	4.5 4.5					61 62
	00:00	4.5					63
0	00:00	4.5					64
04.03.19	00:00	4.5					65
.03	00:00	4.5					66
04	00:00	4.5					67
	00:00	4.5					68
	00:00	4.5					69
	00:00	4.5					70 71
19	00:00 00:00	4.5 4.5					71 72
05.03.19	00:00	4.5					73
5.(	00:00	4.5					74
0	00:00	4.5					75
	00:00	4.5					76
33.	00:00	4.5					77
06.03.	00:00	4.5					78
0	00:00	4.5					0

Table 1. cont.

T	ime	BG	Ins	СНО	Pro	Fat	Remarks
33.	00:00 00:00	4.5 4.5					1 2
06.03.	00:00	4.5					3
Ŭ	00:00	4.5					4
^	00:00 00:00	4.5 4.5					5 6
07.03.19	00:00	4.5					7
7.0	00:00 00:00	4.5 4.5					8 9
O	00:00	4.5					10
	00:00	4.5					11
_	00:00 00:00	4.5 4.5					12 13
08.03.19	00:00	4.5					14
3.03	00:00	4.5 4.5					15 16
õ	00:00	4.5					17
	00:00	4.5					18
_	00:00 00:00	4.5 4.5					19 20
09.03.19	00:00	4.5					21
9.0	00:00 00:00	4.5					22 23
ő	00:00	4.5 4.5					24
	00:00	4.5					25
	00:00 00:00	4.5 4.5					26 27
10.03.19	00:00	4.5					28
0.03	00:00 00:00	4.5 4.5					29 30
]	00:00	4.5					31
	00:00	4.5					32
	00:00 00:00	4.5 4.5					33 34
11.03.19	00:00	4.5					35
.03	00:00	4.5					36
-	00:00 00:00	4.5 4.5					37 38
	00:00	4.5					39
	00:00 00:00	4.5 4.5					40 41
12.03.19	00:00	4.5					42
2.03	00:00 00:00	4.5 4.5					43 44
7	00:00	4.5					45
	00:00	4.5					46
_	00:00 00:00	4.5 4.5					47 48
3.03.19	00:00	4.5					49
3.03	00:00 00:00	4.5 4.5					50 51
<u> </u>	00:00	4.5					52
	00:00	4.5					53
_	00:00 00:00	4.5 4.5					54 55
3.19	00:00	4.5					56
14.03.19	00:00	4.5 4.5					57 58
-	00:00	4.5					59
	00:00 00:00	4.5					60 61
0	00:00	4.5 4.5					62
5.03.19	00:00	4.5					63
5.0	00:00 00:00	4.5 4.5					64 65
	00:00	4.5					66
	00:00 00:00	4.5 4.5					67 68
6	00:00	4.5					69
16.03.19	00:00	4.5					70
6.0	00:00	4.5 4.5					71 72
	00:00	4.5					73
	00:00 00:00	4.5 4.5					74 75
.19	00:00	4.5					76
17.03.19	00:00	4.5					77
17	00:00 00:00	4.5 4.5					78 0
	-00.00	т.Ј					

Table 1. cont.

Company	T	ime	BG	Ins	CHO	Pro	Fat	Remarks
1		00:00						
Section   Sect		00:00	4.5					3
Section   Sect		00:00						
Compose   Comp		00:00						
Section   Sect		00:00	4.5					6
Control   AS	19	00:00						7
Control   AS	33.							9
Control   AS	8.(	00:00	4.5					10
0000 45		00:00	4.5					
14		00:00						
0000 4.5   16   16   16   16   16   16   16   1		00:00						14
Dec		00:00	4.5					
18								
Company   Comp	.19	00:00						
Company   Comp	.03	00:00	4.5					19
0000	19							
0000		00:00	4.5 4.5					21
Company   Comp		00:00	4.5					23
00000	6	00:00	4.5					
00000	33.	00:00						
00000	20.0	00:00	4.5					27
0.000	CA	00:00	4.5					28
80 00.00								
1	0	00:00	4.5					
00:00	3.15	00:00	4.5					32
00:00	0.							
00.00	2	00:00	4.5 4.5					35
00:00		00:00	4.5					36
00:00		00:00	4.5					37
0.000		00:00						
8								
00:00 4.5 46 00:00 4.5 48 00:00 4.5 48 00:00 4.5 49 00:00 4.5 50 00:00 4.5 50 00:00 4.5 50 00:00 4.5 50 00:00 4.5 51 00:00 4.5 52 00:00 4.5 52 00:00 4.5 55 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 65 00:00 4.5 68 00:00 4.5 68 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 68 00:00	6	00:00	4.5					
00:00 4.5 46 00:00 4.5 46 00:00 4.5 48 00:00 4.5 48 00:00 4.5 49 00:00 4.5 55 00:00 4.5 66 00:00 4.5 67 00:00 4.5 68 00:00	3.1							42
00:00 4.5 46 00:00 4.5 48 00:00 4.5 48 00:00 4.5 49 00:00 4.5 50 00:00 4.5 50 00:00 4.5 50 00:00 4.5 50 00:00 4.5 51 00:00 4.5 52 00:00 4.5 52 00:00 4.5 55 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 60 00:00 4.5 65 00:00 4.5 68 00:00 4.5 68 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 69 00:00 4.5 68 00:00	22.0	00:00						
00:00	(1	00:00	4.5					45
00:00		00:00						
00:00		00:00	4.5 4.5					
8 00:00 4.5 52 00:00 4.5 53 00:00 4.5 55 00:00 4.5 55 00:00 4.5 55 00:00 4.5 55 00:00 4.5 55 00:00 4.5 56 00:00 4.5 57 00:00 4.5 59 00:00 4.5 62 00:00 4.5 62 00:00 4.5 65 00:00 4.5 65 00:00 4.5 65 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 4.5 66 00:00 5.5 66 00:		00:00	4.5					49
52 00:00 4.5 00:00 4.5 00:00 4.5 00:00 4.5 00:00 4.5 55 00:00 4.5 56 00:00 4.5 57 00:00 4.5 58 00:00 4.5 58 00:00 4.5 61 00:00 4.5 61 00:00 4.5 62 00:00 4.5 63 00:00 4.5 64 00:00 4.5 65 64 00:00 4.5 66 00:00 4.5 67 00:00 4.5 68 00:00 4.5 68 00:00 4.5 68 00:00 4.5 69 00:00 4.5 68 00:00 4.5 68 00:00 4.5 68 00:00 4.5 68 00:00 4.5 68 00:00 4.5 68 00:00 4.5 69 00:00 4.5 69 00:00 4.5 68 00:00		00:00	4.5					
00:00	19	00:00						
00:00	.03	00:00	4.5					53
00:00     4.5     56       00:00     4.5     57       60:00     4.5     58       00:00     4.5     59       00:00     4.5     60       00:00     4.5     61       00:00     4.5     62       00:00     4.5     63       00:00     4.5     64       60:00     4.5     65       60:00     4.5     66       60:00     4.5     66       60:00     4.5     68       00:00     4.5     68       00:00     4.5     69       00:00     4.5     69       00:00     4.5     69       00:01     4.5     70       00:02     00:03     3     5     22     45       00:01     19:14     5     x     xx     xx       00:02     20:20     4     6-     55     120       03:14     2.5     40     100       01:41     2.7     03:48     4.0       01:41     2.7     03:48     4.0       01:41     2.7     03:48     4.0       02:40     03:48     4.0     03:48       00:00     03:48     00:4	23.	00:00	4.5					54
00:00       4.5       57         00:00       4.5       58         00:00       4.5       60         7       00:00       4.5       60         00:00       4.5       62         00:00       4.5       63         00:00       4.5       65         00:00       4.5       66         00:00       4.5       66         00:00       4.5       67         00:00       4.5       68         00:00       4.5       69         00:00       4.5       69         00:00       4.5       70         00:35       3       5       22       45         00       30:11       6.6       2       2       20:20       4       6-       55       120         23:00       14       25       40       100       101:41       2.7       20:48       4.0       80       80		00:00						
6       00:00       4.5       58         00:00       4.5       60         8       00:00       4.5       61         00:00       4.5       62         00:00       4.5       63         00:00       4.5       65         00:00       4.5       65         00:00       4.5       66         00:00       4.5       67         00:00       4.5       68         00:00       4.5       68         00:00       4.5       69         00:00       4.5       69         00:035       3       5       22       45         00       03:11       6.6       2       2         19:14       5       x       xx       xx         20:20       4       6-       55       120         23:48       4.0       23:48       4.0         20:13:50       15.8       14       80       80		00:00						57
00:00	6	00:00	4.5					58
00:00	3.1	00:00						
00:00	24.0							
00:00       4.5       64         00:00       4.5       65         00:00       4.5       66         00:00       4.5       67         00:00       4.5       68         00:00       4.5       69         00:01       6.6       2         19:14       5       x       xx         20:20       4       6-       55       120         23:00       14       25       40       100         01:41       2.7       03:48       4.0         13:50       15.8       14       80       80	CA	00:00	4.5					62
6 00:00       4.5       65         00:00       4.5       66         00:00       4.5       67         00:00       4.5       68         00:00       4.5       69         00:00       4.5       70         00:35       3       5       22       45         00:01       19:14       5       x       xx       xx         20:20       4       6-       55       120         23:00       14       25       40       100         01:41       2.7         03:48       4.0         20:13:50       15.8       14       80       80		00:00						
1. 00:00       4.5       66         1. 00:00       4.5       67         1. 00:00       4.5       68         1. 00:00       4.5       69         1. 00:00       4.5       70         1. 00:00       3       5       22       45         1. 11       5       x       xx       xx         1. 11       5       x       xx       xx         1. 20:20       4       6-       55       120         23:00       14       25       40       100         10:41       2.7       2.7       33:48       4.0         13:50       15.8       14       80       80	^	00:00						
00:00 4.5 69 00:00 4.5 70  00:35 3 5 22 45  00:03:11 6.6 2  19:14 5 x xx xx 20:20 4 6- 55 120 23:00 14 25 40 100  01:41 2.7  03:48 4.0  21:00:00:00:00:00:00:00:00:00:00:00:00:00	3.19	00:00	4.5					66
00:00 4.5 00:00 4.5 00:35 3 5 22 45 00:03:11 6.6 2 19:14 5 x xx xx 20:20 4 6- 55 120 23:00 14 25 40 100 01:41 2.7 03:48 4.0 21:00:00 15.8 14 80 80	5.03	00:00						
00:00	25	00:00						
00:35		00:00						70
23:00	0	00:35		3	5	22	45	
23:00	0.0		6.6	2		VV	VV	
23:00	[.	20:20			6-	55		
C     03:48     4.0       C     13:50     15.8     14     80     80	0	23:00			25	40	100	
S 13:50 15.8 14 80 80 15:14 10.0 4 5 40 90	0.							
15:14 10.0 4 5 40 90	12.1			14		80	80	
	0	15:14	10.0	4	5	40	90	

Table 1. cont.

T	ime	BG	Ins	CHO	Pro	Fat	Remarks
	16:39	3.5	7	13–	23–	55–	
02.10.	21:55	5.4	8 3		Q.F	40	
0	23:26 01:39	2.3	3 5	2 6	25 87	40 120	
0	03:45	1.5	J	· ·	5/	120	
0.0	06:10	5.5					
03.10.00	11:59	7.9 8.7	7 7				
ŏ	16:19 17:51	8./ 6.7	3				
	21:54	6.5	3 3 3				
	02:17	6.3	3				
04.10.00	06:26 16:17	6.5 2.6	3				
.10	21:30			++			
04	22:08	11.6	9				
	23:21	11.3	12		40	40	
8	02:00 07:30	3.7			40 40	40 10	
05.10.00	15:58	6.7	3				
05.	19:18		3 5	7.5	64	190	
	20:30	F /	2	1	13	26 52	
06.10.00	00:40 04:00	5.6	3	1	26	52	
10.	08:21	11.0	12				
06.	17:42						
	22:15 01:30			3	40 4	20 30	
	01:30	9.3	6	3	4	30	
8	04:52		6 5				
07.10.00	07:48	3.3		0.0	F .	00	
07.	10:42 11:12		5	2.2 5.2	54 10	90 100	
	12:22		7	5.2 13	50	100	
	22:08	9.9	7				
99	00:12	8.5	8		40	100	
08.10.00	00:53 05:03	10.9	13		68	100	
38.	10:08	8.8	7				
J	15:55	7.9	7		30	24	
	00:30	6.3	3		40	40	
8	02:22 03:13	6.5	3		40	40	
09.10.00	05:25	10.8	12				
19.1	13:04	8.6	6				
O	15:59 20:07	6.4 9.2	2 7				
	21:49						
	03:04	4.3					
10.10.00	06:28	7.9 5.8	6				
.10	08:41 12:20	5.8		3	3	30	
10	13:21	8.9	11	Jan Jan		30	
	20:42	4.8					
	04:06 10:30	3.7 11.3	11				
11.10.00	14:10	3.2					
01.	15:05			4	5	40	
Ξ	16:13	3.8					
	19:51 23:23	4.3 7.8	5				
C	10:08	4.1	J				
0.00	15:40	4.0				38	
12.10.00	16:23		3	4 1	8 2	80 20	
12	23:04 23:24				2	20	
	07:53	1.6		2			
	10:30			1.5 4.5			
13.10.00	14:27 16:22	2.1		4.5 3			
3.10	18:13	Ζ. Ι		3			
5	18:55	5.1		3	60	110	
	19:xx			5	10	100	
	20:45 05:03	5.5					
00	07:00	5.5	3	4	42	70	
14.10.00	08:35						
4.	11:38	2.0	4	4	42	70	
	13:51 17:49	3.0 4.9					
	17.47	4.7					

Diabetes Logbook p. 7

Table 1. cont.

<u>T</u>	ime	BG	Ins	CHO	Pro	Fat	Remarks
00	18:33		5	10	٥٢	100	
0.0	20:17 20:50		7	19 6.7	25 16	180 55	
14.10.00	21:24	1.8		3	10	55	
_	23:15						
	00:22	4.8					
8	05:38	10.7	11	0	10	45	
0.0	07:50 09:08	1.9	4	2	18	45	
15.10.00	14:54	1.7	4	X	75	120	
_	17:05	4.0	8	13	23	50	
	23:21	8.9	5				
	07:15 08:55	13.1 9.5	12 7				
	10:50	7.5	4	3	27	65	
00.	13:55			Ü	50	50	
16.10.00	14:46		3 5				
16	17:34	7.8	5				
	18:52 20:56	5.2	4				
	23:27	J.Z	8	13	23	50	
	01:00	7.4	5 6				
	07:20	9.0	6	1.5	, ,	00	
00	10:00 11:23	7.8	5	1.5	14	30	
17.10.00	14:38	5.0	3				
7.	15:15				37	37	
	16:13		2				
	17:42	8.2	7				
	21:50 01:10	3.3					
18.10.	10:00	3.4					
18.	20:20			2	66	45	
	20:55		4	5.2	10	100	
0	00:03 09:52	6.0 8.1	3 6		33	15	
19.10.00	11:45	0.1	0	10	40	120	
9.1(	13:14	4.1		. 0	10	120	
=	15:14		2				
	19:54	5.1			r.r.	70	
	00:xx 01:11	5.3			55	70	
	04:16	7.6	5				
00	13:35				40	50	
20.10.00	13:52	4.2	2				
20.	14:41 17:10		3		22	28	
	18:44	8.3	12	13	36	120	
	20:30		4	13 5	21	65	
	21:27	4.5	,				
	01:31 04:09	9.2	6 6	6.5	25	50	
21.10.00	08:50	4.8	- 0	0.5		- 50	
.10	09:55		4	4	34	50	
21.	14:29	5.4	2		2.1	50	
	15:49 22:42	5.2	3	4	34 16	50 32	
	02:42	5.3	3	3	16	32	
00	03:35	5.3					
22.10.00	10:40	3.8					
22.	17:31	4.7	7		r -	1./0	
CA	20:32 23:40		7 4	8	57 53	160 120	
	02:28		4	- 0	33	120	
8	04:44	9.4	7				
23.10.00	13:41	10.0	9				
	14:28	5.5		3.2	44	70	
$\sim$	15:48	2.3 1.5		9			
	18:37			9			