

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
20-12-1999	00:00	4.5					2
	02:00	4.5					3
	04:00	4.5					4
	06:00	4.5					5
	12:00	4.5					page test test page test test

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	Time	BG	Ins	CHO	Pro	Fat	Remarks
01-01-00	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00	4.5					4
	00:00	4.5					5
	00:00	4.5					6
02-01-2000	00:00	4.5					7
	00:00	4.5					8
	00:00	4.5					9
	00:00	4.5					10
	00:00	4.5					11
	00:00	4.5					12
03-01-2000	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
	00:00	4.5					16
	00:00	4.5					17
	00:00	4.5					18
04-01-2000	00:00	4.5					19
	00:00	4.5					20
	00:00	4.5					21
	00:00	4.5					22
	00:00	4.5					23
	00:00	4.5					24
05-01-2000	00:00	4.5					25
	00:00	4.5					26
	00:00	4.5					27
	00:00	4.5					28
	00:00	4.5					29
	00:00	4.5					30
06-01-2000	00:00	4.5					31
	00:00	4.5					32
	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
	00:00	4.5					36
07-01-2000	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
	00:00	4.5					40
	00:00	4.5					41
	00:00	4.5					42
08-01-00	00:00	4.5					43
	00:00	4.5					44
	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
09-01-00	00:00	4.5					49
	00:00	4.5					50
	00:00	4.5					51
	00:00	4.5					52
	00:00	4.5					53
	00:00	4.5					54
10-01-2000	00:00	4.5					55
	00:00	4.5					56
	00:00	4.5					57
	00:00	4.5					58
	00:00	4.5					59
	00:00	4.5					60
11-01-2000	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
	00:00	4.5					66
12-01-00	00:00	4.5					67
	00:00	4.5					68
	00:00	4.5					69
	00:00	4.5					70
	00:00	4.5					71
	00:00	4.5					72
	00:00	4.5					73
	00:00	4.5					74
	00:00	4.5					75
	00:00	4.5					76
	00:00	4.5					77
	00:00	4.5					78
	00:00	4.5					0
	00:00	4.5					

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cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
24-01	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00	4.5					4
25-01-2000	00:00	4.5					5
	00:00	4.5					6
	00:00	4.5					7
	00:00	4.5					8
26-01-2000	00:00	4.5					9
	00:00	4.5					10
	00:00	4.5					11
	00:00	4.5					12
27-01-2000	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
	00:00	4.5					16
28-01-2000	00:00	4.5					17
	00:00	4.5					18
	00:00	4.5					19
	00:00	4.5					20
29-01-2000	00:00	4.5					21
	00:00	4.5					22
	00:00	4.5					23
	00:00	4.5					24
30-01-2000	00:00	4.5					25
	00:00	4.5					26
	00:00	4.5					27
	00:00	4.5					28
31-01-2000	00:00	4.5					29
	00:00	4.5					30
	00:00	4.5					31
	00:00	4.5					32
01-02-2000	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
	00:00	4.5					36
02-02-2000	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
	00:00	4.5					40
03-02-2000	00:00	4.5					41
	00:00	4.5					42
	00:00	4.5					43
	00:00	4.5					44
04-02-00	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
05-02-00	00:00	4.5					49
	00:00	4.5					50
	00:00	4.5					51
	00:00	4.5					52
06-02-00	00:00	4.5					53
	00:00	4.5					54
	00:00	4.5					55
	00:00	4.5					56
07-02-00	00:00	4.5					57
	00:00	4.5					58
	00:00	4.5					59
	00:00	4.5					60
08-02-00	00:00	4.5					61
	00:00	4.5					62
	00:00	4.5					63
	00:00	4.5					64
09-02-00	00:00	4.5					65
	00:00	4.5					66
	00:00	4.5					67
	00:00	4.5					68
10-02-00	00:00	4.5					69
	00:00	4.5					70
	00:00	4.5					71
	00:00	4.5					72
11-02-00	00:00	4.5					73
	00:00	4.5					74
	00:00	4.5					75
	00:00	4.5					76
12-02-00	00:00	4.5					77
	00:00	4.5					78
	00:00	4.5					79
	00:00	4.5					80

cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
05-02-2000	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00	4.5					4
	00:00	4.5					5
	00:00	4.5					6
	00:00	4.5					7
	00:00	4.5					8
	00:00	4.5					9
	00:00	4.5					10
	00:00	4.5					11
	00:00	4.5					12
	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
06-02-2000	00:00	4.5					16
	00:00	4.5					17
	00:00	4.5					18
	00:00	4.5					19
	00:00	4.5					20
	00:00	4.5					21
	00:00	4.5					22
07-02-2000	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	4.5					28
	00:00	4.5					29
08-02-2000	00:00	4.5					30
	00:00	4.5					31
	00:00	4.5					32
	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
	00:00	4.5					36
09-02-2000	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
	00:00	4.5					40
	00:00	4.5					41
	00:00	4.5					42
	00:00	4.5					43
	00:00	4.5					44
	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
	00:00	4.5					49
10-02-2000	00:00	4.5					50
	00:00	4.5					51
	00:00	4.5					52
	00:00	4.5					53
	00:00	4.5					54
	00:00	4.5					55
	00:00	4.5					56
11-02-2000	00:00	4.5					57
	00:00	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
12-02-2000	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
	00:00	4.5					70
	00:00	4.5					71
	02:00	4.5					72
	04:00	4.5					73
	06:00	4.5					74

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

*cont.*

[illegible]



cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
07-03-16	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00	4.5					4
	00:00	4.5					5
	00:00	4.5					6
08-03-2016	00:00	4.5					7
	00:00	4.5					8
	00:00	4.5					9
	00:00	4.5					10
	00:00	4.5					11
	00:00	4.5					12
09-03-2016	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
	00:00	4.5					16
	00:00	4.5					17
	00:00	4.5					18
10-03-2016	00:00	4.5					19
	00:00	4.5					20
	00:00	4.5					21
	00:00	4.5					22
	00:00	4.5					23
	00:00	4.5					24
11-03-2016	00:00	4.5					25
	00:00	4.5					26
	00:00	4.5					27
	00:00	4.5					28
	00:00	4.5					29
	00:00	4.5					30
12-03-2016	00:00	4.5					31
	00:00	4.5					32
	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
	00:00	4.5					36
13-03-2016	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
	00:00	4.5					40
	00:00	4.5					41
	00:00	4.5					42
14-03-2016	00:00	4.5					43
	00:00	4.5					44
	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
15-03-2016	00:00	4.5					49
	00:00	4.5					50
	00:00	4.5					51
	00:00	4.5					52
	00:00	4.5					53
	00:00	4.5					54
16-03-2016	00:00	4.5					55
	00:00	4.5					56
	00:00	4.5					57
	00:00	4.5					58
	00:00	4.5					59
	00:00	4.5					60
17-03-2016	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
	00:00	4.5					66
18-03	00:00	4.5					67
	00:00	4.5					68
	00:00	4.5					69
	00:00	4.5					70
	00:00	4.5					71
	00:00	4.5					72
18-03	00:00	4.5					73
	00:00	4.5					74
	00:00	4.5					75
18-03	00:00	4.5					76
	00:00	4.5					77
	00:00	4.5					78
18-03	00:00	4.5					0
	00:00	4.5					
	00:00	4.5					

cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
18-03-2016	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
	00:00	4.5					4
	00:00	4.5					5
	00:00	4.5					6
	00:00	4.5					7
	00:00	4.5					8
	00:00	4.5					9
	00:00	4.5					10
19-03-2016	00:00	4.5					11
	00:00	4.5					12
	00:00	4.5					13
	00:00	4.5					14
	00:00	4.5					15
	00:00	4.5					16
	00:00	4.5					17
	00:00	4.5					18
20-03-2016	00:00	4.5					19
	00:00	4.5					20
	00:00	4.5					21
	00:00	4.5					22
	00:00	4.5					23
	00:00	4.5					24
	00:00	4.5					25
21-03-2016	00:00	4.5					26
	00:00	4.5					27
	00:00	4.5					28
	00:00	4.5					29
	00:00	4.5					30
	00:00	4.5					31
	00:00	4.5					32
22-03-2016	00:00	4.5					33
	00:00	4.5					34
	00:00	4.5					35
	00:00	4.5					36
	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
	00:00	4.5					40
	00:00	4.5					41
	00:00	4.5					42
	00:00	4.5					43
	00:00	4.5					44
23-03-2016	00:00	4.5					45
	00:00	4.5					46
	00:00	4.5					47
	00:00	4.5					48
	00:00	4.5					49
	00:00	4.5					50
	00:00	4.5					51
	00:00	4.5					52
24-03-2016	00:00	4.5					53
	00:00	4.5					54
	00:00	4.5					55
	00:00	4.5					56
	00:00	4.5					57
	00:00	4.5					58
	00:00	4.5					59
25-03-2016	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
	00:00	4.5					65
	00:00	4.5					65
26-03-16	00:35		3	5	22	45	
	03:11	6.6	2				
	19:14		5	x	xx	xx	
	20:20		4	6-	55	120	
	23:00		14	25	40	100	
27-03-2016	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	
	01:39		5	6	87	120	
	03:45	1.5					

cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
28-03-16	06:10	5.5					
	11:59	7.9	7				
	16:19	8.7	7				
	17:51	6.7	3				
	21:54	6.5	3				
29-03-16	02:17	6.3	3				
	06:26	6.5	3				
	16:17	2.6					
	21:30			++			
	22:08	11.6	9				
30-03-16	23:21	11.3	12				
	02:00				40	40	
	07:30	3.7			40	10	
	15:58	6.7	3				
	19:18		5	7.5	64	190	
31-03-16	20:30			1	13	26	
	00:40	5.6	3	1	26	52	
	04:00						
	08:21	11.0	12				
	17:42						
01-04-2016	22:15				40	20	
	01:30			3	4	30	
	01:54	9.3	6				
	04:52		5				
	07:48	3.3					
02-04-16	10:42			2.2	54	90	
	11:12		5	5.2	10	100	
	12:22		7	13	50	100	
	22:08	9.9	7				
	00:12	8.5	8				
03-04-2016	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				
04-04-16	02:22				40	40	
	03:13	6.5	3				
	05:25	10.8	12				
	13:04	8.6	6				
	15:59	6.4	2				
05-04-2016	20:07	9.2	7				
	21:49						
	03:04	4.3					
	06:28	7.9	6				
	08:41	5.8					
06-04-16	12:20			3	3	30	
	13:21	8.9	11				
	20:42	4.8					
	04:06	3.7					
	10:30	11.3	11				
07-04-2016	14:10	3.2					
	15:05			4	5	40	
	16:13	3.8					
	19:51	4.3					
	23:23	7.8	5				
08-04-2016	10:08	4.1					
	15:40	4.0				38	
	16:23		3	4	8	80	
	23:04			1	2	20	
	23:24						
09-04-2016	07:53	1.6		2			
	10:30			1.5			
	14:27			4.5			
	16:22	2.1		3			
	18:13			3			
10-04-2016	18:55	5.1		3	60	110	
	19:xx			5	10	100	
	20:45						
	05:03	5.5					
	07:00		3	4	42	70	
11-04-2016	08:35						
	11:38		4	4	42	70	
	13:51	3.0					
	17:49	4.9					
	18:33		5				
12-04-2016	20:17		7	19	25	180	
	20:50			6.7	16	55	
	21:24	1.8		3			
	23:15						

cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
09-04-2016	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	
10-04-2016	23:21	8.9	5				
	07:15	13.1	12				
	08:55	9.5	7				
	10:50		4	3	27	65	
	13:55				50	50	
	14:46		3				
11-04-2016	17:34	7.8	5				
	18:52		4				
	20:56	5.2					
	23:27		8	13	23	50	
	01:00	7.4	5				
	07:20	9.0	6				
12-04-2016	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				
13-04-2016	21:50	3.3					
	01:10						
	10:00	3.4					
	20:20			2	66	45	
	20:55		4	5.2	10	100	
	00:03	6.0	3		33	15	
14-04-2016	09:52	8.1	6				
	11:45			10	40	120	
	13:14	4.1					
	15:14		2				
	19:54	5.1					
	00:xx				55	70	
15-04-2016	01:11	5.3					
	04:16	7.6	5				
	13:35				40	50	
	13:52	4.2					
	14:41		3				
	17:10				22	28	
16-04-2016	18:44	8.3	12	13	36	120	
	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					
17-04-2016	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	
	02:49						
	03:35	5.3					
18-04-2016	10:40	3.8					
	17:31	4.7					
	20:32		7		57	160	
	23:40		4	8	53	120	
	02:28						
	04:44	9.4	7				
19-04-2016	13:41	10.0	9				
	14:28	5.5		3.2	44	70	
	15:48	2.3					
	18:37	1.5		9			

