

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.

[illegible]

TABLE 1. *cont.*

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
	00:00	4.5					7
02-01-2000	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
03-01-2000	00:00	4.5					15
	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
04-01-2000	00:00	4.5					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	4.5					28
05-01-2000	00:00	4.5					29
	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
06-01-2000	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
07-01-2000	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
08-01-00	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
09-01-00	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
10-01-2000	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
11-01-2000	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
12-01-00	00:00	4.5					78
	00:00	4.5					0

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
13-01-2000	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
14-01-2000	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
15-01-2000	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
16-01-2000	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
	00:00	4.5					31
	00:00	4.5					32
17-01-2000	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
18-01-2000	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
19-01-2000	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					page test test page test test page test test page test test page test test test test page test test page test test page test test page test test page test test test page test te test test page test test page test test page test test 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 test page test test 60
	00:00	4.5					61
	00:00	4.5					62
22-01-2000	00:00	4.5					63
	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
23-01-2000	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
24-01	00:00	4.5					0

TABLE 1. *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

TABLE 1. *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

TABLE 1. *cont.*[illegible]

TABLE 1. *cont.*

	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					79
	00:00	4.5					80

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
24-02	00:00	4.5					1
	00:00	4.5					2
	00:00	4.5					3
25-02-2016	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
26-02-2016	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
	00:00	4.5					17
27-02-2016	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
	00:00	4.5					25
28-02-2016	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
29-02-2016	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
	00:00	4.5					37
	00:00	4.5					38
	00:00	4.5					39
01-03-2016	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
02-03-2016	00:00	4.5				page test test page test test	

TABLE 1. *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
	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					

TABLE 1. *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
	00:00	4.5					26
21-03-2016	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
	00:00	4.5					33
	00:00	4.5					34
22-03-2016	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
	00:00	4.5					60
25-03-2016	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
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					

TABLE 1. *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						

TABLE 1. *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	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				
13-04-16	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	
16-04-16	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					
17-04-16	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					
18-04-16	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				
19-04-16	13:41	10.0	9				
	14:28	5.5		3.2	44	70	
	15:48	2.3					
	18:37	1.5		9			Hey.link to first entry of 2000-01-07

