

1999

12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	2000
01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			
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04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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																																2001
01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
05	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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07	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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09	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
10	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
																																2002
01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
03	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
05	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
06	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
07	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
08	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
09	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
10	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
11	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
																																2003
01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
03	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
05	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
06	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
07	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
08	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
09	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
10	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
11	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
																																2004
01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			
03	01	02	03	04	05	06	07	08	0																							

01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
03	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
05	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
06	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
07	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
08	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
09	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
10	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
11	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

01	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
02	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
03	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
04	01

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
02-01-00	02:00	4.5					1
	04:00	4.5					2
	06:00	4.5					3
	12:00	4.5					4
	22:00	4.5					5
	23:00	4.5					6
03-01-2000	00:00	4.5					7
	02:00	4.5					8
	04:00	4.5					9
	06:00	4.5					10
	12:00	4.5					11
	22:00	4.5					12
04-01-2000	23:00	4.5					13
	00:00	4.5					14
	02:00	4.5					15
	04:00	4.5					16
	06:00	4.5					17
	12:00	4.5					18
05-01-2000	22:00	4.5					19
	23:00	4.5					20
	00:00	4.5					21
	02:00	4.5					22
	04:00	4.5					23
	06:00	4.5					24
06-01-2000	12:00	4.5					25
	22:00	4.5					26
	23:00	4.5					27
	00:00	4.5					28
	02:00	4.5					29
	04:00	4.5					30
07-01-2000	06:00	4.5					31
	12:00	4.5					32
	22:00	4.5					33
	23:00	4.5					34
	00:00	4.5					35
	02:00	4.5					36
08-01-2000	04:00	4.5					37
	06:00	4.5					38
	12:00	4.5					39
	22:00	4.5					40
	23:00	4.5					41
		23:59	4.5				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 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 48
09-01-2000	00:00	4.5					49
	02:00	4.5					50
	04:00	4.5					51
	06:00	4.5					52
	12:00	4.5					53
	22:00	4.5					54
10-01-2000	23:00	4.5					55
	00:00	4.5					56
	02:00	4.5					57
	04:00	4.5					58
	06:00	4.5					59
	12:00	4.5					60
11-01-2000	22:00	4.5					61
	23:00	4.5					62
	00:00	4.5					63
	02:00	4.5					64
	04:00	4.5					65
	06:00	4.5					66
12-01-2000	12:00	4.5					67
	22:00	4.5					68
	23:00	4.5					69
	00:00	4.5					70
	02:00	4.5					71
	04:00	4.5					72
13-01	06:00	4.5					73
	12:00	4.5					74
	22:00	4.5					75
	23:00	4.5					76
	00:00	4.5					77
	02:00	4.5					78
	04:00	4.5					0

TABLE 1. *cont.*[illegible]

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
18-11-2005	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
19-11-2005	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
20-11-2005	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
21-11-2005	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
22-11-2005	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
23-11-2005	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
24-11-2005	00:00	4.5					45
	02:00	4.5					46
	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
25-11-2005	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
26-11-2005	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
27-11-2005	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
28-11-2005	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.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
29-11-2005	23:59	4.5					page test test page test test

TABLE 1. *cont.*[illegible]

TABLE 1. *cont.*[illegible]

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
03-01-2006	23:00	4.5					1
	00:00	4.5					2
	02:00	4.5					3
	04:00	4.5					4
	06:00	4.5					5
	12:00	4.5					6
	22:00	4.5					7
04-01-2006	23:00	4.5					8
	00:00	4.5					9
	02:00	4.5					10
	04:00	4.5					11
	06:00	4.5					12
	12:00	4.5					13
	22:00	4.5					14
05-01-2006	23:00	4.5					15
	00:00	4.5					16
	02:00	4.5					17
	04:00	4.5					18
	06:00	4.5					19
	12:00	4.5					20
	22:00	4.5					21
06-01-2006	23:00	4.5					22
	00:00	4.5					23
	02:00	4.5					24
	04:00	4.5					25
	06:00	4.5					26
	12:00	4.5					27
	22:00	4.5					28
07-01-2006	23:00	4.5					29
	00:00	4.5					30
	02:00	4.5					31
	04:00	4.5					32
	06:00	4.5					33
	12:00	4.5					34
	22:00	4.5					35
01-02-06	23:00	4.5					36
	00:35		3	5	22	45	
	03:11	6.6	2				
	19:14		5	x	xx	xx	
	20:20		4	6-	55	120	
02-02-2006	23:00		14	25	40	100	
	01:41	2.7					
	03:48	4.0					
	13:50	15.8	14		80	80	
	15:14	10.0	4	5	40	90	
03-02-2006	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					
04-02-06	06:10	5.5					
	11:59	7.9	7				
	16:19	8.7	7				
	17:51	6.7	3				
	21:54	6.5	3				
05-02-06	02:17	6.3	3				
	06:26	6.5	3				
	16:17	2.6					
	21:30			++			
	22:08	11.6	9				
06-02-06	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	
07-02-2006	20:30			1	13	26	
	00:40	5.6	3	1	26	52	
	04:00						
	08:21	11.0	12				
	17:42						
08-02-06	22:15				40	20	
	01:30			3	4	30	
	01:54	9.3	6				
	04:52		5				
	07:48	3.3					
09-02-06	10:42			2.2	54	90	
	11:12		5	5.2	10	100	
	12:22		7	13	50	100	
	22:08	9.9	7				

TABLE 1. *cont.*

	Time	BG	Ins	CHO	Pro	Fat	Remarks
08-02-06	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	
09-02-2006	00:30	6.3	3				
	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						
10-02-06	03:04	4.3					
	06:28	7.9	6				
	08:41	5.8					
	12:20			3	3	30	
	13:21	8.9	11				
11-02-2006	20:42	4.8					
	04:06	3.7					
	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				
12-02-06	10:08	4.1					
	15:40	4.0				38	
	16:23		3	4	8	80	
	23:04			1	2	20	
	23:24						
13-02-2006	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	
	20:45						
14-02-2006	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			
15-02-2006	23:15						
	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	
16-02-2006	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				
	17:34	7.8	5				
	18:52		4				
	20:56	5.2					
	23:27		8	13	23	50	
17-02-2006	01:00	7.4	5				
	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				
18-02	21:50	3.3					
	01:10						
	10:00	3.4					
	20:20			2	66	45	
	20:55		4	5.2	10	100	

TABLE 1. cont.

	Time	BG	Ins	CHO	Pro	Fat	Remarks
19-02-06	00:03	6.0	3		33	15	
	09:52	8.1	6				
	11:45			10	40	120	
	13:14	4.1					
	15:14		2				
	19:54	5.1					
20-02-2006	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	
	20:30		4	5	21	65	
21-02-2006	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	
	02:49						
22-02-06	03:35	5.3					
	10:40	3.8					
	17:31	4.7					
	20:32		7		57	160	
	23:40		4	8	53	120	
23-02-06	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.



