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
66	06:00	4.5					5
21–12–1999							page test test page test test page test test page test test page test
2-							test page test test page test test page test test page test test page
T	10.00						test test page test test
21	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 p
							test page test test 12
	19:00	4.5					13
	23:00	4.5					14
	23:30	4.5					15single-entry day
0							multirow single-entry day page test test page test test page test test page test test
24-12-1999							page test test page test test page test test page test test page test
Ţ.	00.50						test page test test page test test page test test page test test page
=	23:59	4.5					test test page test test page test test page test test page test
4-							test page test test page
							test test page t
	00:00	4.5					23
66	02:00	4.5					24
6	04:00	4.5					25
2-	06:00	4.5					26
25–12–1999	12:00	4.5					27
25	22:00	4.5					28
	23:00	4.5					29
0	00:00	4.5					30
66	02:00 04:00	4.5 4.5					31 32
26-12-1999	06:00	4.5					33
7	12:00	4.5					34
56-	22:00	4.5					35
	23:00	4.5					36
_	00:00	4.5					37
66	02:00	4.5					38
-18	04:00	4.5					39
12-	06:00	4.5					40
27–12–1999	12:00	4.5					41
7	22:00 23:00	4.5 4.5					42 43
	00:00	4.5					44
2–1999	02:00	4.5					45
6	04:00	4.5					46
2-	06:00	4.5					47
28-1	12:00	4.5					48
78	22:00	4.5					49
	23:00	4.5					50
6	00:00 02:00	4.5 4.5					51 52
66	04:00	4.5					53
29–12–1999	06:00	4.5					54
Ŧ	12:00	4.5					55
29	22:00	4.5					56
	23:00	4.5					57
0	00:00	4.5					58
30-12-1999	02:00	4.5					59
J.	04:00 06:00	4.5 4.5					60
~	12:00	4.5					62
Š	22:00	4.5					63
(-)	23:00	4.5					64
	00:00	4.5					65
31–12–1999	02:00	4.5					66
-19	04:00	4.5					67
12-	06:00	4.5					68
<u></u>	12:00	4.5					69
3	22:00	4.5					70 71
	23:00 00:00	4.5 4.5					71 72
8	02:00	4.5					73
01-01-2000	04:00	4.5					74
<u></u>	06:00	4.5					75
9	12:00	4.5					76
0	22:00	4.5					77
	23:00	4.5					78
	00:00	4.5					0

Т	ime	BG	Ins	CHO	Pro	Fat	Remarks
	02:00	4.5					1
02-01-00	04:00	4.5					2
0	06:00	4.5					3
2	12:00 22:00	4.5 4.5					5
O	23:00	4.5					6
	00:00	4.5					7
03-01-2000	02:00	4.5					8
-50	04:00	4.5					9
<del>-</del>	06:00	4.5					10
$\mathcal{L}$	12:00	4.5					11
Ö	22:00	4.5					12 13
	23:00 00:00	4.5 4.5					14
00	02:00	4.5					15
50	04:00	4.5					16
-	06:00	4.5					17
04-01-2000	12:00	4.5					18
Ò	22:00	4.5 4.5					19
	23:00 00:00	4.5					20 21
8	02:00	4.5					22
05-01-2000	04:00	4.5					23
	06:00	4.5					24
	12:00	4.5					25
0	22:00	4.5					26
	23:00	4.5					27
8	00:00 02:00	4.5 4.5					28 29
06-01-2000	04:00	4.5					30
Ξ΄	06:00	4.5					31
9	12:00	4.5					32
90	22:00	4.5					33
	23:00	4.5					34
0	00:00	4.5 4.5					35
8	02:00 04:00	4.5					36 37
7	06:00	4.5					38
07-01-2000	12:00	4.5					39
07	22:00	4.5					40
	23:00	4.5					41
-01-2000							page test test page test p
01–2	23:59	4.5					test test page test p
80							page test test page t
							test test page test test 48
0	00:00	4.5					49
00	02:00 04:00	4.5 4.5					50 51
7	06:00	4.5					52
09-01-2000	12:00	4.5					53
60	22:00	4.5					54
	23:00	4.5					55
Q	00:00	4.5					56
10-01-2000	02:00 04:00	4.5 4.5					57 58
7	06:00	4.5					59
9	12:00	4.5					60
10	22:00	4.5					61
	23:00	4.5					62
0	00:00	4.5					63
00	02:00 04:00	4.5 4.5					64 65
1	06:00	4.5					66
11-01-2000	12:00	4.5					67
=	22:00	4.5					68
	23:00	4.5					69
Q	00:00	4.5					70
300	02:00 04:00	4.5 4.5					71 72
7	06:00	4.5					73
12-01-2000	12:00	4.5					74
12	22:00	4.5					75
	23:00	4.5					76
13-01	00:00	4.5					77 78
13	02:00 04:00	4.5 4.5					0
	U-T.UU	7.0					<u> </u>

Table 1. cont.

T	ime	BG	Ins	СНО	Pro	Fat	Remarks
=	06:00	4.5					
13-01	12:00	4.5					2
$\stackrel{\smile}{\sim}$	22:00 23:00	4.5 4.5					3 4
	00:00	4.5					5
8	02:00	4.5					6
14-01-2000	04:00	4.5					7
	06:00	4.5					8
4	12:00	4.5					9
_	22:00	4.5					10
	23:00	4.5					11 12
2	00:00 02:00	4.5 4.5					13
50	04:00	4.5					14
15-01-2000	06:00	4.5					15
9	12:00	4.5					16
7	22:00	4.5					17
	23:00	4.5					18
0	00:00	4.5					19
SS	02:00 04:00	4.5 4.5					20 21
7	06:00	4.5					22
16-01-2000	12:00	4.5					23
16	22:00	4.5					24
	23:00	4.5					25
0	00:00	4.5					26
8	02:00	4.5					27
7	04:00 06:00	4.5 4.5					28 29
Property of the	12:00	4.5					30
17-01-2000	22:00	4.5					31
	23:00	4.5					32
	00:00	4.5					33
18-01-2000	02:00	4.5					34
7	04:00	4.5					35
Ö	06:00	4.5					36
8	12:00 22:00	4.5 4.5					37 38
_	23:00	4.5					39
	00:00	4.5					40
	02:00	4.5					41
	04:00	4.5					42
916	06:00	4.5					43
01-02-2016	12:00	4.5					page test test page t
0							page test test page t
	19:00	4.5					51
	23:00 23:30	4.5 4.5					52 53single-entry day
	23:30	4.5					multirow single-entry day page test test page test test page test test page test test
04-02-2016	02.50	4.5					page test test page test page test page test test page t
04-0	23:59	4.5					test test page test t
	00:00	4.5					61
)16	02:00	4.5					62
-2	04:00	4.5					63
02	06:00	4.5					64 65
05-02-2016	12:00 22:00	4.5 4.5					66
J	23:00	4.5					67
	00:00	4.5					68
)16	02:00	4.5					69
-20	04:00	4.5					70
06-02-2016	06:00	4.5					71
<u>1</u>	12:00	4.5					72 73
0	22:00 23:00	4.5 4.5					74
9	00:00	4.5					75
Ţ.	02:00	4.5					76
07-02-16	04:00	4.5					77
-70	06:00	4.5					78
	12:00	4.5					0

T	ime	BG	Ins	СНО	Pro	Fat	Remarks
	22:00	4.5					
	23:00 00:00	4.5 4.5					3
16	02:00	4.5					4
08-02-2016	04:00	4.5					5
9	06:00 12:00	4.5 4.5					6 7
8	22:00	4.5					8
	23:00	4.5					8 9
9	00:00	4.5					10
201	02:00 04:00	4.5 4.5					11 12
09-02-2016	06:00	4.5					13
9-0	12:00	4.5					14
Ö	22:00 23:00	4.5 4.5					15 16
	00:00	4.5					17
)16	02:00	4.5					18
10-02-2016	04:00	4.5					19 20
9	06:00 12:00	4.5 4.5					21
9	22:00	4.5					22
	23:00	4.5					23
9	00:00 02:00	4.5 4.5					24 25
11-02-2016	04:00	4.5					26
22	06:00	4.5					27
<u></u>	12:00	4.5					28 29
_	22:00 23:00	4.5 4.5					30
٠.0	00:00	4.5					31
12-02-2016	02:00	4.5					32
2-2	04:00 06:00	4.5 4.5					33 34
9	12:00	4.5					35
12	22:00	4.5					36
	23:00 00:00	4.5 4.5					37 38
16	02:00	4.5					39
13-02-2016	04:00	4.5					40
02-	06:00	4.5					41
$\frac{\Sigma}{\Gamma}$	12:00 22:00	4.5 4.5					42 43
	23:00	4.5					44
9	00:00	4.5					45
14-02-2016	02:00 04:00	4.5 4.5					46 47
2–2	06:00	4.5					48
0	12:00	4.5					49
<u> </u>	22:00 23:00	4.5 4.5					50 51
	00:00	4.5					52
15-02-2016	02:00	4.5					53
2-2	04:00 06:00	4.5 4.5					54 55
9	12:00	4.5					56
15	22:00	4.5					57
	23:00 00:00	4.5 4.5					58 59
16	02:00	4.5					59 60
16-02-2016	04:00	4.5					61
02-	06:00	4.5					62
<del>-</del> 91	12:00 22:00	4.5 4.5					63 64
	23:00	4.5					65
9	00:00	4.5					66
17-02-2016	02:00 04:00	4.5 4.5					67 68
2-7	06:00	4.5					69
2-0	12:00	4.5					70
1	22:00 23:00	4.5 4.5					71 72
	00:00	4.5					73
)16	02:00	4.5					74
18-02-2016	04:00	4.5					75
-02	06:00 12:00	4.5 4.5					76 77
₹	22:00	4.5					78
	23:00	4.5					0

Table 1. cont.

ī	lime	ВG	Ins	СНО	Pro	Fat	Remarks
19-02-2016	23:59	4.5					page test test page t
19-0		4.0					page test test page t
9	00:00	4.5					8
20-02-2016	02:00 04:00	4.5 4.5					9
2-2	06:00	4.5					11
Ö	12:00	4.5					12
20	22:00	4.5					13
	23:00	4.5					14
9	00:00 02:00	4.5 4.5					15 16
201	04:00	4.5					17
21-02-2016	06:00	4.5					18
9	12:00	4.5					19
2	22:00	4.5					20
	23:00 00:00	4.5 4.5					21 22
16	02:00	4.5					23
20	04:00	4.5					24
22-02-2016	06:00	4.5					25
5	12:00	4.5					26
7	22:00 23:00	4.5 4.5					27 28
	00:00	4.5					29
23-02-2016	02:00	4.5					30
-50	04:00	4.5					31
02-	06:00	4.5					32
5	12:00 22:00	4.5 4.5					33 34
CA	23:00	4.5					35
	00:00	4.5					36
216	02:00	4.5					37
-2	04:00 06:00	4.5 4.5					38 39
24-02-2016	12:00	4.5					40
24	22:00	4.5					41
	23:00	4.5					42
9	00:00 02:00	4.5 4.5					43 44
25-02-2016	04:00	4.5					45
2	06:00	4.5					46
7	12:00	4.5					47
7	22:00 23:00	4.5 4.5					48 49
	00:00	4.5					50
16	02:00	4.5					51
-50	04:00	4.5					52
26-02-2016	06:00	4.5					53 54
<del>-</del> 95	12:00 22:00	4.5 4.5					55
. 4	23:00	4.5					56
9	00:00	4.5					57
27-02-2016	02:00 04:00	4.5 4.5					58 59
2-2	04:00	4.5					60
Ò	12:00	4.5					61
27	22:00	4.5					62
	23:00 00:00	4.5 4.5					63 64
91	02:00	4.5					65
.20	04:00	4.5					66
28-02-2016	06:00	4.5					67
9	12:00	4.5					68 69
7	22:00 23:00	4.5 4.5					70
	00:00	4.5					71
916	02:00	4.5					72
1-2	04:00 06:00	4.5 4.5					73 74
29-02-2016	12:00	4.5					75
29-	22:00	4.5					76
	23:00	4.5	^	-	00	15	77
	00:35 03:11	6.6	3	5	22	45	
	55.11	5.0					

T	ime	ВG	Ins	СНО	Pro	Fat	Remarks
01-02	19:14		5	Х	XX	XX	
Ţ	20:20		4	6-	55	120	
0	23:00		14	25	40	100	
0	01:41	2.7					
02-02-2019	03:48	4.0					
-7	13:50	15.8	14	_	80	80	
25	15:14	10.0	4	5	40	90	
7	16:39	3.5	7	13–	23–	55–	
0	21:55	5.4	8	•	0.5	40	
	23:26	2.3	8 3 5	2	25	40	
6	01:39 03:45	1.5	5	6	87	120	
0	06:10	5.5					
(7	11:59	7.9	7				
Ş	16:19	8.7	7				
03-02-2019	17:51	6.7	3				
O	21:54	6.5	3				
	02:17	6.3	3				
04-02-19	06:26	6.5	3				
4	16:17	2.6					
7	21:30			++			
8	22:08	11.6	9				
	23:21	11.3	12				
19	02:00				40	40	
7	07:30	3.7	_		40	10	
Ŷ	15:58	6.7	3 5	7.5	, ,	100	
05-02-19	19:18		5	7.5	64	190	
	20:30	F /	2	1	13 26	26	
06-02-19	00:40 04:00	5.6	3	1	26	52	
-5	08:21	11.0	12				
Ž	17:42	11.0	12				
õ	22:15				40	20	
	01:30			3	4	30	
6	01:54	9.3	6		•		
0	04:52		5				
7	07:48	3.3					
07-02-2019	10:42			2.2	54	90	
	11:12		5	5.2	10	100	
0	12:22		7	13	50	100	
	22:08	9.9	7				
6	00:12	8.5	8				
08-02-19	00:53				68	100	
Ŷ	05:03	10.9	13				
80	10:08	8.8	7		20	0.4	
	15:55	7.9 6.3	7		30	24	
^	00:30 02:22	0.0	3		40	40	
3	03:13	6.5	3		40	40	
-7	05:25	10.8	12				
02.	13:04	8.6	6				
09-02-2019	15:59	6.4	2				
Ō	20:07	9.2	7				
	21:49						
0	03:04	4.3					
7	06:28	7.9	6				
22-	08:41	5.8			_		
10-02-19	12:20	0.0	1.	3	3	30	
-	13:21	8.9	11				
	20:42	4.8					
0	04:06 10:30	3.7	11				
11-02-2019	14:10	11.3 3.2	11				
7-7	15:05	٥.∠		4	5	40	
φ	16:13	3.8		4	J	70	
	19:51	4.3					
	23:23	7.8	5				
0	10:08	4.1					
12-02-19	15:40	4.0				38	
02	16:23		3	4	8	80	
2	23:04			1	2	20	
_	23:24						
^	07:53	1.6		2			
)15	10:30			1.5			
-2	14:27			4.5			
)2-	16:22	2.1		3			
13-02-2019	18:13 18:55	<b>5</b> .1		3		110	
$\stackrel{\sim}{\sim}$	18:55	5.1		3	60	110	
	19:xx			5	10	100	

T	ime	BG	Ins	СНО	Pro	Fat	Remarks
	20:45	E E					
	05:03 07:00	5.5	3	4	42	70	
0	08:35						
14-02-2019	11:38 13:51	3.0	4	4	42	70	
2-2	17:49	4.9					
5	18:33		5 7				
-	20:17 20:50		7	19 6.7	25 16	180 55	
	21:24	1.8		3	10	55	
	23:15	4.0					
19	00:22 05:38	4.8 10.7	11				
-20	07:50		4	2	18	45	
02-	09:08	1.9	4	3	7.5	100	
15-02-2019	14:54 17:05	4.0	4 8	x 13	75 23	120 50	
	23:21	8.9	5				
	07:15 08:55	13.1 9.5	12 7				
19	10:50	7.5	4	3	27	65	
-20	13:55				50	50	
16-02-2019	14:46 17:34	7.8	3 5				
16-	18:52		4				
	20:56 23:27	5.2	8	13	23	50	
	01:00	7.4	5	13	23	30	
0	07:20	9.0	6				
201	10:00 11:23	7.8	5	1.5	14	30	
17-02-2019	14:38	5.0					
7	15:15		0		37	37	
_	16:13 17:42	8.2	2 7				
	21:50	3.3					
02	01:10 10:00	3.4					
18-02	20:20	5.4		2	66	45	
	20:55		4	2 5.2	10	100	
19	00:03 09:52	6.0 8.1	3		33	15	
9-02-19	11:45			10	40	120	
9	13:14 15:14	4.1	2				
_	19:54	5.1					
	00:xx	5.0			55	70	
0	01:11 04:16	5.3 7.6	5				
201	13:35		-		40	50	
)2-,	13:52 14:41	4.2	3				
20-02-2019	17:10				22	28	
7	18:44	8.3	12	13	36	120	
	20:30 21:27	4.5	4	5	21	65	
0	01:31	9.2	6				
21-02-2019	04:09 08:50	4.8	6	6.5	25	50	
)2–;	09:55		4	4	34	50	
<u> </u>	14:29 15:49	5.4	2	4	34	50	
(1	22:42	5.3	3	3	16	32	
0	02:49						
2-1	03:35 10:40	5.3 3.8					
22-02-19	17:31	4.7					
22	20:32 23:40		7	8	57 53	160 120	
	02:28		4	0	JJ	120	
23-02-19	04:44	9.4	7				
-02	13:41 14:28	10.0 5.5	9	3.2	44	70	
23	15:48	2.3					
	18:37	1.5		9			Hey, this is a link to first entry of 2000-01-07.



