

# Diabetes Log

<b>Patient Name</b>	Jane Coates
<b>Diabetes Type</b>	Type 1
<b>Insulin Types</b>	NovoRapid and Lantus
<b>Report Generated</b>	1. Oktober 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-24 00:35:00			after	183				
Insulin	2014-09-24 00:37:00					NovoRapid	1		
Glicemy	2014-09-24 07:59:00	Breakfast I		before	191				
Meal	2014-09-24 08:01:00	Breakfast I	89						
Note	2014-09-24 08:01:00								Frühstück : Müsli mit Milch und Kaffee ( 8 BE )
Insulin	2014-09-24 08:04:00	Breakfast I				NovoRapid	8		
Glicemy	2014-09-24 11:51:00	Lunch		before	150				
Note	2014-09-24 12:18:00								Mittags : 340 g salat und Kaffee
Meal	2014-09-24 12:18:00	Lunch	49						
Insulin	2014-09-24 12:19:00	Lunch				NovoRapid	4		
Glicemy	2014-09-24 14:25:00	Lunch		after	135				
Meal	2014-09-24 16:00:00	Afternoon tea	57						
Glicemy	2014-09-24 16:01:00	Afternoon tea		before	108				
Note	2014-09-24 16:03:00								Snack : 2 Schieben Eiweißbrot mit Nußmuss, Salami und Käse. Yogurt und Kaffee (5 BE)
Insulin	2014-09-24 16:05:00	Afternoon tea				NovoRapid	5		
Glicemy	2014-09-24 17:50:00	Afternoon tea		after	241				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-24 20:23:00	Dinner		before	188				
Meal	2014-09-24 20:24:00	Dinner	78						
Note	2014-09-24 20:24:00								Abends : Tofu rotes Thai curry ( 7 BE )
Insulin	2014-09-24 20:25:00	Dinner				NovoRapid	8		
Meal	2014-09-24 21:35:00	Supper	9						
Note	2014-09-24 21:36:00								Schokolade (1 BE )
Insulin	2014-09-24 21:36:00	Supper				NovoRapid	1		
Insulin	2014-09-24 21:36:00					Lantus	5		
Weight	2014-09-24 22:14:00								
Glicemy	2014-09-24 23:14:00			after	108				
Note	2014-09-24 23:15:00								2 Kekse
Glicemy	2014-09-25 08:04:00	Breakfast I		before	202				
Meal	2014-09-25 08:04:00	Breakfast I	129						
Note	2014-09-25 08:05:00								Frühstück : Müsli mit Milch und Kaffee ( 12 BE )
Insulin	2014-09-25 08:06:00	Breakfast I				NovoRapid	14		
Meal	2014-09-25 12:09:00	Lunch	108						
Note	2014-09-25 12:10:00								Mittags : Enchiladas mit Fleisch (10 BE )

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-25 12:11:00	Lunch		before	115				
Insulin	2014-09-25 12:20:00	Lunch				NovoRapid	10		
Glicemy	2014-09-25 14:18:00	Lunch		after	70				
Note	2014-09-25 14:19:00								3 Traubenzucker
Glicemy	2014-09-25 14:21:00			after	109				
Note	2014-09-25 14:36:00								1 stück schokolade und 2 Kekse
Glicemy	2014-09-25 15:06:00			after	108				
Glicemy	2014-09-25 16:06:00	Afternoon tea		before	153				
Meal	2014-09-25 16:06:00	Afternoon tea	9						
Insulin	2014-09-25 16:07:00	Afternoon tea				NovoRapid	1		
Note	2014-09-25 16:07:00								Snack: 2 Scheiben Eiweißbrot mit Salami und Käse. Kaffee (1 BE)
Glicemy	2014-09-25 18:05:00	Afternoon tea		after	179				
Meal	2014-09-25 19:30:00	Dinner	68						
Glicemy	2014-09-25 19:37:00	Dinner		before	210				
Note	2014-09-25 20:06:00								Abends : tapas (6 BE )
Insulin	2014-09-25 20:07:00	Dinner				NovoRapid	7		
Insulin	2014-09-25 21:32:00					Lantus	5		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-25 21:32:00	Dinner		after	319				
Note	2014-09-25 21:33:00								2 Stücke Schokolade
Insulin	2014-09-25 21:34:00	Supper				NovoRapid	1		
Glicemy	2014-09-25 23:39:00			after	252				
Insulin	2014-09-25 23:42:00					NovoRapid	3		
Glicemy	2014-09-26 07:56:00	Breakfast I		before	218				
Note	2014-09-26 07:57:00								Frühstück: Cereal mit Milch und Kaffee (5 BE)
Meal	2014-09-26 07:58:00	Breakfast I	52						
Insulin	2014-09-26 08:05:00	Breakfast I				NovoRapid	7		
Glicemy	2014-09-26 11:44:00	Lunch		before	172				
Meal	2014-09-26 11:44:00	Lunch	17						
Note	2014-09-26 11:44:00								Mittags : Rühei mit Zwiebeln und Champignons. Kaffee (2 BE )
Insulin	2014-09-26 11:45:00	Lunch				NovoRapid	3		
Glicemy	2014-09-26 13:54:00	Lunch		after	97				
Note	2014-09-26 13:56:00								1 Stück Schokolade
Glicemy	2014-09-26 14:28:00			after	124				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-26 16:00:00								Snack: 2 Scheiben Eiweißbrot mit Salami und Käse (1BE)
Glicemy	2014-09-26 16:27:00	Afternoon tea		before	117				
Meal	2014-09-26 16:27:00	Afternoon tea	15						
Insulin	2014-09-26 16:28:00	Afternoon tea				NovoRapid	1		
Glicemy	2014-09-26 20:21:00	Dinner		before	228				
Note	2014-09-26 20:22:00								Abends : Sushi und Garnelen curry mit Reis (8 BE )
Insulin	2014-09-26 20:33:00	Dinner				NovoRapid	11		
Insulin	2014-09-26 21:13:00					Lantus	5		
Glicemy	2014-09-26 22:29:00			after	274				
Insulin	2014-09-26 22:32:00	Supper				NovoRapid	1		
Glicemy	2014-09-26 23:25:00			after	278				
Insulin	2014-09-26 23:27:00					NovoRapid	3		
Glicemy	2014-09-27 08:20:00	Breakfast I		before	166				
Note	2014-09-27 08:21:00								Frühstück : Cereal mit Milch und Kaffee ( 4 BE )
Meal	2014-09-27 08:22:00	Breakfast I	44						
Insulin	2014-09-27 08:26:00	Breakfast I				NovoRapid	5		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-27 11:50:00	Lunch	57						
Note	2014-09-27 11:53:00								Mittags : Eiweißbrot mit Salami und Käse. Yogurt und Kaffee ( 5 BE )
Glicemy	2014-09-27 12:00:00	Lunch		before	133				
Insulin	2014-09-27 12:03:00	Lunch				NovoRapid	4		
Glicemy	2014-09-27 14:11:00	Lunch		after	211				
Physical activity	2014-09-27 14:20:00							15	Fahrradfahren
Meal	2014-09-27 15:49:00	Afternoon tea	14						
Note	2014-09-27 15:49:00								Snack : 2 Schieben Eiweißbrot mit Salami und Käse. Kaffee und gekochtes Ei (1 BE )
Glicemy	2014-09-27 15:50:00	Afternoon tea		before	159				
Insulin	2014-09-27 16:11:00	Afternoon tea				NovoRapid	1		
Note	2014-09-27 19:59:00								Abends : 550 g Vegetarier Shepherds pie. Stück Sckoloade ( 6 BE)
Glicemy	2014-09-27 20:00:00	Dinner		before	281				
Meal	2014-09-27 20:02:00	Dinner	59						
Insulin	2014-09-27 20:03:00	Dinner				NovoRapid	12		
Insulin	2014-09-27 21:03:00					Lantus	5		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-27 23:56:00			after	232				
Insulin	2014-09-27 23:56:00					NovoRapid	2		
Meal	2014-09-28 08:30:00	Breakfast I	43						
Note	2014-09-28 08:30:00								Frühstück : Cereal mit Milch und Kaffee ( 4 BE )
Glicemy	2014-09-28 08:34:00	Breakfast I		before	246				
Insulin	2014-09-28 08:34:00	Breakfast I				NovoRapid	7		
Meal	2014-09-28 11:26:00	Breakfast I	69						
Note	2014-09-28 11:26:00								Mittags : 2 Schieben Eiweißbrot mit Salami und Käse. Yogurt und Kaffee ( 6 BE )
Glicemy	2014-09-28 11:27:00	Lunch		before	130				
Insulin	2014-09-28 11:40:00	Lunch				NovoRapid	6		
Glicemy	2014-09-28 15:49:00	Afternoon tea		before	148				
Meal	2014-09-28 15:51:00	Afternoon tea	0						
Note	2014-09-28 15:51:00								Snack : Brot mit Salami und Käse. Kaffee ( 3 BE )
Insulin	2014-09-28 15:52:00	Afternoon tea				NovoRapid	3		
Glicemy	2014-09-28 17:51:00	Snack		after	227				
Glicemy	2014-09-28 18:49:00	Dinner		before	220				



Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-28 18:49:00								Abends : Vegetarier Shepherds pie ( 8 BE )
Meal	2014-09-28 18:50:00	Dinner	88						
Insulin	2014-09-28 18:51:00	Dinner				NovoRapid	11		
Glicemy	2014-09-28 20:51:00	Supper		before	217				
Meal	2014-09-28 20:51:00	Supper	9						
Note	2014-09-28 20:52:00								2 Stück Schokolade, Abendessen Kohlenhydrate untergeschätzt? (1 BE)
Insulin	2014-09-28 20:55:00	Supper				NovoRapid	2		
Insulin	2014-09-28 21:21:00					Lantus	5		
Glicemy	2014-09-28 23:02:00			after	97				
Note	2014-09-28 23:08:00								1 Scheibe Eiweißbrot sodass nicht mehr tiefer geht (4 g Kohlenhydrate )
Glicemy	2014-09-29 02:59:00			after	160				
Note	2014-09-29 03:00:00								Aufgestanden sehr Schwitzig und kalt
Glicemy	2014-09-29 07:44:00	Breakfast I		before	171				
Meal	2014-09-29 07:46:00	Breakfast I	41						
Note	2014-09-29 07:47:00								Frühstück : Cereal mit Milch und Kaffee ( 4 BE )
Insulin	2014-09-29 07:51:00	Breakfast I				NovoRapid	3		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Physical activity	2014-09-29 09:00:00							21	Fahrradfahren zur Arbeit (93 kcal)
Glicemy	2014-09-29 09:28:00	Breakfast I		after	300				
Glicemy	2014-09-29 10:05:00			after	230				
Glicemy	2014-09-29 12:12:00	Lunch		before	179				
Meal	2014-09-29 12:29:00	Lunch	71						
Note	2014-09-29 12:29:00								Mittags : 2 Linsenbratlinge mit Reis ( 6 BE )
Insulin	2014-09-29 12:30:00	Lunch				NovoRapid	6		
Glicemy	2014-09-29 14:06:00	Lunch		after	260				
Glicemy	2014-09-29 15:44:00	Afternoon tea		before	178				
Note	2014-09-29 15:48:00								Snack : 2 Schieben Eiweißbrot mit Nußmuss, Salami und Käse. Kaffee (1 BE)
Insulin	2014-09-29 15:53:00	Afternoon tea				NovoRapid	2		
Meal	2014-09-29 15:55:00	Afternoon tea	10						
Glicemy	2014-09-29 17:53:00	Afternoon tea		after	223				
Physical activity	2014-09-29 18:06:00							10	Fahrradfahren zur Bahnhof (45 kcal )
Glicemy	2014-09-29 19:07:00			after	246				
Meal	2014-09-29 20:36:00	Dinner	88						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-29 20:36:00								Abends : Lachs Walnuss Kruste mit Reis ( 8 BE )
Glicemy	2014-09-29 20:38:00	Dinner		before	207				
Insulin	2014-09-29 20:39:00	Dinner				NovoRapid	11		
Insulin	2014-09-29 21:20:00					Lantus	5		
Glicemy	2014-09-29 22:34:00	Dinner		after	255				
Glicemy	2014-09-29 23:50:00			after	215				
Insulin	2014-09-29 23:51:00					NovoRapid	2		
Meal	2014-09-30 07:59:00	Breakfast I	53						
Note	2014-09-30 08:00:00								Frühstück : Cereal mit Milch und Kaffee ( 5 BE )
Glicemy	2014-09-30 08:02:00	Breakfast I		before	225				
Insulin	2014-09-30 08:06:00	Breakfast I				NovoRapid	4		
Physical activity	2014-09-30 09:13:00							11	Fahrradfahren zur Arbeit (48 kcal )
Glicemy	2014-09-30 09:31:00	Breakfast I		after	352				
Glicemy	2014-09-30 11:52:00	Lunch		before	189				
Note	2014-09-30 12:07:00								Mittags : 290 g salat (4 BE )
Meal	2014-09-30 12:09:00	Lunch	47						
Insulin	2014-09-30 12:10:00	Lunch				NovoRapid	5		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-30 14:09:00	Lunch		after	181				
Glicemy	2014-09-30 15:38:00	Afternoon tea		before	151				
Meal	2014-09-30 15:58:00	Afternoon tea	29						
Insulin	2014-09-30 15:59:00	Afternoon tea				NovoRapid	3		
Note	2014-09-30 16:01:00								Snack : 2 Schieben Eiweißbrot mit Nußmuss, Salami und Käse. Kaffee und Schokolade ( 3 BE )
Glicemy	2014-09-30 17:54:00	Afternoon tea		after	192				
Physical activity	2014-09-30 18:00:00							10	Fahrradfahren zur Bahnhof ( 46 kcal )
Meal	2014-09-30 19:14:00	Dinner	71						
Note	2014-09-30 19:15:00								Abends : Phad Thai (6 BE )
Glicemy	2014-09-30 19:15:00	Dinner		before	242				
Insulin	2014-09-30 19:17:00	Dinner				NovoRapid	10		
Insulin	2014-09-30 20:19:00					Lantus	5		
Glicemy	2014-09-30 23:45:00	Supper		before	262				
Meal	2014-09-30 23:45:00	Supper	5						
Note	2014-09-30 23:46:00								Snack : 1 Scheibe Eiweißbrot mit Käse (0 BE )
Insulin	2014-09-30 23:46:00	Supper				NovoRapid	3		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-01 08:01:00	Breakfast I		before	199				
Meal	2014-10-01 08:03:00	Breakfast I	62						
Note	2014-10-01 08:03:00								Frühstück : Cereal mit Milch und Kaffee ( 6 BE )
Insulin	2014-10-01 08:07:00	Breakfast I				NovoRapid	5		

