

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	18. Februar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-11 02:06:00	Dinner	after	205				
Insulin	2015-02-11 02:07:00				NovoRapid	2		
Glicemy	2015-02-11 04:12:00	Snack	before	210				
Note	2015-02-11 04:14:00							Schokolade (3 BE)
Insulin	2015-02-11 04:14:00	Snack			NovoRapid	5.5		
Glicemy	2015-02-11 08:45:00	Breakfast I	before	198				
Note	2015-02-11 08:45:00							Frühstück : Flugzeug Mahlzeit (4 BE)
Insulin	2015-02-11 08:46:00	Breakfast I			NovoRapid	6.5		
Glicemy	2015-02-11 10:40:00		after	301				
Insulin	2015-02-11 10:40:00				NovoRapid	5		
Glicemy	2015-02-11 12:55:00	Lunch	before	120				
Note	2015-02-11 12:55:00							Mittags : Bratkartoffeln, Boulette und Schokolade Dessert (8.5 BE)
Insulin	2015-02-11 12:56:00	Lunch			NovoRapid	8.5		
Glicemy	2015-02-11 16:54:00		after	344				
Insulin	2015-02-11 17:02:00				NovoRapid	6		
Glicemy	2015-02-11 19:19:00	Dinner	before	277				
Note	2015-02-11 19:20:00							Abends : Falafel im Brot (7 BE)

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-02-12 18:58:00	Snack			NovoRapid	3		
Glicemy	2015-02-12 20:41:00	Dinner	before	161				
Note	2015-02-12 20:41:00							Abends : Ofenkäse mit Brot (5 BE)
Insulin	2015-02-12 20:45:00	Dinner			NovoRapid	6		
Insulin	2015-02-12 21:07:00				Lantus	9		
Note	2015-02-12 21:28:00							Schokolade Dessert (2.5 BE)
Insulin	2015-02-12 21:28:00	Supper			NovoRapid	2.5		
Glicemy	2015-02-13 00:01:00		after	213				
Insulin	2015-02-13 00:01:00				NovoRapid	2		
Glicemy	2015-02-13 09:13:00	Breakfast I	before	216				
Note	2015-02-13 09:13:00							Frühstück : Brot (2 BE)
Insulin	2015-02-13 09:15:00	Breakfast I			NovoRapid	4.5		
Glicemy	2015-02-13 12:03:00	Lunch	before	216				
Note	2015-02-13 12:03:00							Mittags : Brot mit Käse und Ei (4 BE)
Insulin	2015-02-13 12:07:00	Lunch			NovoRapid	7		
Glicemy	2015-02-13 14:26:00		after	208				
Insulin	2015-02-13 14:26:00				NovoRapid	2		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-13 15:26:00		after	201				
Glicemy	2015-02-13 16:06:00	Afternoon tea	before	162				
Note	2015-02-13 16:06:00							Schokolade Dessert (2.5 BE)
Insulin	2015-02-13 16:06:00				NovoRapid	2.5		
Glicemy	2015-02-13 17:50:00		after	312				
Insulin	2015-02-13 17:50:00				NovoRapid	5		
Note	2015-02-13 19:09:00							Abends : Vegetarisch Curry mit Reis (8 BE)
Insulin	2015-02-13 19:09:00	Dinner			NovoRapid	8		
Insulin	2015-02-13 21:13:00				Lantus	9		
Glicemy	2015-02-13 21:13:00	Dinner	after	98				
Glicemy	2015-02-13 21:51:00		after	111				
Glicemy	2015-02-13 23:07:00		after	90				
Note	2015-02-13 23:10:00							2 Schieben Eiweißbrot mit Brottaufstrich (1.5 BE)
Glicemy	2015-02-14 09:49:00	Breakfast I	before	166				
Note	2015-02-14 09:49:00							Frühstück : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-02-14 09:51:00	Breakfast I			NovoRapid	2		
Glicemy	2015-02-14 12:51:00	Lunch	before	188				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-14 12:51:00							Mittags : Reste (5 BE)
Insulin	2015-02-14 12:53:00	Lunch			NovoRapid	7		
Glicemy	2015-02-14 14:08:00		after	195				
Glicemy	2015-02-14 15:44:00		after	120				
Note	2015-02-14 15:45:00							1 Traubenzucker - Autofahren
Glicemy	2015-02-14 16:38:00	Afternoon tea	before	168				
Note	2015-02-14 16:40:00							Snack : Yoghurt (4 BE)
Insulin	2015-02-14 16:40:00	Afternoon tea			NovoRapid	5		
Glicemy	2015-02-14 19:43:00	Dinner	before	175				
Note	2015-02-14 19:43:00							Abends : Kartoffelsuppe (6 BE)
Insulin	2015-02-14 19:45:00	Dinner			NovoRapid	7		
Insulin	2015-02-14 21:03:00				Lantus	9		
Glicemy	2015-02-14 21:52:00	Dinner	after	94				
Glicemy	2015-02-14 22:52:00	Supper	before	158				
Note	2015-02-14 22:53:00							Kekse (2.5 BE)
Insulin	2015-02-14 22:53:00	Supper			NovoRapid	2.5		
Glicemy	2015-02-15 00:48:00		after	201				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-15 11:21:00	Breakfast I	before	174				
Note	2015-02-15 11:22:00							Frühstück : Eiweißbrot mit Käse, Ei und Bacon (2.5 BE)
Insulin	2015-02-15 11:23:00	Breakfast I			NovoRapid	3.5		
Glicemy	2015-02-15 13:15:00	Breakfast I	after	234				
Glicemy	2015-02-15 14:27:00	Snack	before	210				
Note	2015-02-15 14:33:00							Snack : 3 Kekse (2 BE)
Insulin	2015-02-15 14:34:00	Snack			NovoRapid	5		
Glicemy	2015-02-15 16:09:00	Snack	after	144				
Glicemy	2015-02-15 19:06:00	Dinner	before	155				
Note	2015-02-15 19:07:00							Abends : Kartoffelsuppe (6 BE)
Insulin	2015-02-15 19:07:00	Dinner			NovoRapid	6.5		
Insulin	2015-02-15 21:02:00				Lantus	9		
Glicemy	2015-02-15 21:03:00	Supper	before	227				
Note	2015-02-15 21:03:00							Kekse (3 BE)
Insulin	2015-02-15 21:04:00	Supper			NovoRapid	5		
Glicemy	2015-02-15 23:19:00	Supper	after	169				
Glicemy	2015-02-16 08:21:00	Breakfast I	before	165				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-16 08:21:00							Frühstück : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-02-16 08:22:00	Breakfast I			NovoRapid	2		
Physical activity	2015-02-16 09:42:00						27	Gehen
Glicemy	2015-02-16 11:55:00	Lunch	before	140				
Note	2015-02-16 12:05:00							Mittags : Salat und Brot (4 BE)
Insulin	2015-02-16 12:06:00	Lunch			NovoRapid	4.5		
Glicemy	2015-02-16 14:23:00	Snack	before	191				
Note	2015-02-16 14:23:00							Snack : Granola bar, Staudensellerie mit Hummus (3 BE)
Insulin	2015-02-16 14:25:00	Snack			NovoRapid	4		
Glicemy	2015-02-16 16:25:00	Snack	after	113				
Note	2015-02-16 16:25:00							1 Traubenzucker
Glicemy	2015-02-16 19:19:00	Dinner	before	94				
Note	2015-02-16 19:20:00							Abends : Süßkartoffel und Pilze Cannelloni (8 BE)
Insulin	2015-02-16 19:32:00	Dinner			NovoRapid	8		
Glicemy	2015-02-16 21:58:00	Supper	before	166				
Note	2015-02-16 21:58:00							Kekse (2.5 BE)
Insulin	2015-02-16 21:58:00	Supper			NovoRapid	3		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-16 23:17:00		after	128				
Glicemy	2015-02-17 07:52:00	Breakfast I	before	136				
Note	2015-02-17 07:53:00							Frühstück : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-02-17 07:53:00	Breakfast I			NovoRapid	1		
Glicemy	2015-02-17 11:10:00	Lunch	before	201				
Note	2015-02-17 11:10:00							Mittags : Cannelloni mit Süßkartoffel und Pilze (8 BE)
Insulin	2015-02-17 11:11:00	Lunch			NovoRapid	10		
Glicemy	2015-02-17 13:12:00	Lunch	after	77				
Note	2015-02-17 13:12:00							Schokolade (1.5 BE)
Glicemy	2015-02-17 13:31:00		after	88				
Glicemy	2015-02-17 14:59:00	Afternoon tea	before	185				
Note	2015-02-17 14:59:00							Snack : Schokolade (1.5 BE)
Insulin	2015-02-17 14:59:00	Afternoon tea			NovoRapid	3		
Glicemy	2015-02-17 16:39:00	Afternoon tea	after	157				
Physical activity	2015-02-17 17:30:00						17	Gehen
Glicemy	2015-02-17 17:55:00		after	122				
Glicemy	2015-02-17 20:07:00	Dinner	before	137				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-17 20:07:00							Abends : Eierkuchen (9 BE)
Insulin	2015-02-17 20:08:00	Dinner			NovoRapid	9		
Insulin	2015-02-17 21:07:00				Lantus	9		
Glicemy	2015-02-18 00:22:00		after	233				
Insulin	2015-02-18 00:22:00				NovoRapid	3.5		
Glicemy	2015-02-18 08:16:00	Breakfast I	before	182				
Note	2015-02-18 08:16:00							Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2015-02-18 08:17:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-02-18 11:45:00	Lunch	before	126				
Note	2015-02-18 12:08:00							Mittags : Salat und Brot (5 BE)
Insulin	2015-02-18 12:08:00	Lunch			NovoRapid	5		
Glicemy	2015-02-18 13:46:00	Lunch	after	98				
Note	2015-02-18 13:47:00							2 Dextroenergie und Granola bar (2 BE)
Glicemy	2015-02-18 13:59:00		after	88				
Note	2015-02-18 14:02:00							2 Traubenzucker
Glicemy	2015-02-18 14:13:00		after	205				
Physical activity	2015-02-18 14:19:00						32	Laufen

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-18 14:31:00		after	92				
Note	2015-02-18 14:52:00							3 Traubenzucker
Glicemy	2015-02-18 15:08:00		after	130				

