

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	29. Oktober 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-22 00:33:00			after	83				
Note	2014-10-22 00:39:00								Eiweißbrot mit Schokocreme (1 BE)
Glicemy	2014-10-22 03:56:00			after	176				
Glicemy	2014-10-22 07:56:00	Breakfast I		before	210				
Meal	2014-10-22 07:58:00	Breakfast I	89						
Note	2014-10-22 07:58:00								Frühstück : Haferflocken mit Milch und Nüsse. Kaffee (8 BE)
Insulin	2014-10-22 08:02:00	Breakfast I				NovoRapid	10		
Glicemy	2014-10-22 10:11:00	Breakfast I		after	107				
Note	2014-10-22 10:14:00								1 Dextroenergie
Glicemy	2014-10-22 10:57:00			after	92				
Note	2014-10-22 10:57:00								1 Dextroenergie . Möbel montiert und zur Arbeit pendeln
Glicemy	2014-10-22 11:53:00	Lunch		before	79				
Note	2014-10-22 12:07:00								Mittag : 370 g salat,2 Schieben Vollkornbrot und Kaffee (5 BE)
Insulin	2014-10-22 12:08:00	Lunch				NovoRapid	4		
Glicemy	2014-10-22 15:59:00	Afternoon tea		before	152				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-22 16:02:00								snack : 6 mini - Frikadellen, yogurt und Kaffee (5 BE)
Insulin	2014-10-22 16:02:00	Afternoon tea				NovoRapid	6		
Physical activity	2014-10-22 18:37:00							10	Fahrradfahren zur Bahnhof
Note	2014-10-22 18:37:00								Abends : Tofu curry mit Udon Nudeln (7 BE)
Glicemy	2014-10-22 18:38:00	Dinner		before	215				
Insulin	2014-10-22 18:39:00	Dinner				NovoRapid	11		
Glicemy	2014-10-22 20:39:00	Supper		before	67				
Note	2014-10-22 20:39:00								Schokolade und 2 Schieben Eiweißbrot (4 BE)
Insulin	2014-10-22 21:12:00					Lantus	7		
Glicemy	2014-10-22 21:35:00			after	160				
Insulin	2014-10-22 21:37:00	Snack				NovoRapid	5		
Glicemy	2014-10-22 22:35:00	Snack		before	186				
Note	2014-10-22 22:36:00								Yogurt (4 BE)
Glicemy	2014-10-23 01:41:00			after	182				
Insulin	2014-10-23 01:41:00					NovoRapid	1		
Meal	2014-10-23 08:32:00	Breakfast I	101						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-23 08:33:00								Frühstück : Haferflocken mit Milch und Kaffee. Nüsse und cranberries (9 BE)
Meal	2014-10-23 08:34:00	Afternoon tea	12						
Glicemy	2014-10-23 08:36:00	Breakfast I		before	201				
Insulin	2014-10-23 08:37:00	Breakfast I				NovoRapid	10		
Physical activity	2014-10-23 09:50:00							10	Fahrradfahren zur Arbeit
Glicemy	2014-10-23 11:57:00	Lunch		before	102				
Note	2014-10-23 12:09:00								Mittags : 380 g salat. Kaffee (3 BE)
Insulin	2014-10-23 12:10:00	Lunch				NovoRapid	3		
Glicemy	2014-10-23 14:14:00	Lunch		after	171				
Note	2014-10-23 14:14:00								Schokolade (1 BE)
Insulin	2014-10-23 14:15:00	Snack				NovoRapid	1		
Physical activity	2014-10-23 15:14:00							10	Fahrradfahren zur Bahnhof
Glicemy	2014-10-23 16:17:00	Afternoon tea		before	255				
Insulin	2014-10-23 16:24:00	Afternoon tea				NovoRapid	5		
Glicemy	2014-10-23 19:00:00	Dinner		before	87				
Note	2014-10-23 19:03:00								Abends : Wurst, Spiegelei und Knoblauchbagette (3 BE)

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Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-24 14:37:00	Lunch		after	139				
Insulin	2014-10-24 14:38:00	Snack				NovoRapid	1		
Glicemy	2014-10-24 16:22:00	Afternoon tea		before	181				
Meal	2014-10-24 16:23:00	Afternoon tea	22						
Note	2014-10-24 16:23:00								Snack: Frikadellen und Kaffee (2 BE)
Insulin	2014-10-24 16:23:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-24 19:42:00	Dinner		before	90				
Meal	2014-10-24 19:42:00	Dinner	112						
Note	2014-10-24 19:43:00								Abends : Hähnchenbrust mit Satay Sauce und Reis. Schokolade trink (10 BE)
Insulin	2014-10-24 19:49:00	Dinner				NovoRapid	12		
Insulin	2014-10-24 21:06:00					Lantus	7		
Glicemy	2014-10-25 00:03:00			after	308				
Insulin	2014-10-25 00:03:00					NovoRapid	4		
Glicemy	2014-10-25 09:15:00	Breakfast I		before	185				
Meal	2014-10-25 09:17:00	Breakfast I	71						
Note	2014-10-25 09:18:00								Frühstück : Haferflocken mit Milch und Kaffee (6 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-25 09:29:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-25 13:16:00	Lunch		before	159				
Note	2014-10-25 13:16:00								Mittags : Frühstücksbuffet (6 BE)
Insulin	2014-10-25 13:17:00	Lunch				NovoRapid	6		
Glicemy	2014-10-25 16:55:00	Afternoon tea		before	358				
Note	2014-10-25 16:55:00								Schokolade (1 BE)
Insulin	2014-10-25 16:56:00	Afternoon tea				NovoRapid	7		
Insulin	2014-10-25 21:04:00					Lantus	7		
Glicemy	2014-10-25 21:05:00	Dinner		before	144				
Note	2014-10-25 21:06:00								Abends : Rind mit Eiernudeln in Kokosnuss Sauce (5 BE)
Insulin	2014-10-25 21:22:00	Dinner				NovoRapid	7		
Glicemy	2014-10-26 02:17:00			after	273				
Insulin	2014-10-26 02:18:00					NovoRapid	3		
Glicemy	2014-10-26 10:25:00	Breakfast I		before	156				
Meal	2014-10-26 10:26:00	Breakfast I	55						
Note	2014-10-26 10:27:00								Frühstück : Haferflocken mit Milch und Kaffee (5 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-26 10:34:00	Breakfast I				NovoRapid	5		
Glicemy	2014-10-26 14:33:00	Lunch		before	153				
Note	2014-10-26 14:33:00								Mittags : 3 Eierkuchen und dessert. Kaffee (10 BE)
Insulin	2014-10-26 14:34:00	Lunch				NovoRapid	10		
Glicemy	2014-10-26 19:36:00	Dinner		before	202				
Note	2014-10-26 19:46:00								Abends : Kürbissuppe mit Eierkuchenstücke (4 BE)
Insulin	2014-10-26 19:47:00	Dinner				NovoRapid	8		
Insulin	2014-10-26 21:07:00					Lantus	7		
Glicemy	2014-10-26 21:30:00	Dinner		after	48				
Note	2014-10-26 21:38:00								2 Dextroenergie und Schokolade 1 BE
Glicemy	2014-10-26 21:48:00			after	79				
Glicemy	2014-10-26 22:31:00			after	72				
Note	2014-10-26 22:32:00								1 Dextroenergie
Glicemy	2014-10-26 22:55:00			after	69				
Note	2014-10-26 22:55:00								Cereal mit Milch
Glicemy	2014-10-26 23:18:00			after	69				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-26 23:30:00								Fanta und Cola
Note	2014-10-26 23:33:00								1 Scheibe Eiweißbrot mit Nutella
Glicemy	2014-10-26 23:51:00			after	73				
Note	2014-10-26 23:51:00								Große Bauchschmerzen, Diarrhoea und Kotzen
Note	2014-10-27 14:16:00								Krankenhaus Besuch : Tropf wegen Bauchschmerzen. Magengrippe. Nicht viel gegessen und getrunken.
Glicemy	2014-10-27 18:18:00	Dinner		before	208				
Note	2014-10-27 18:19:00								Abends : Suppe mit eiweißbrot und Saft. (6 BE)
Insulin	2014-10-27 18:20:00	Dinner				NovoRapid	8		
Insulin	2014-10-27 21:20:00					Lantus	7		
Glicemy	2014-10-27 23:53:00			after	244				
Insulin	2014-10-27 23:53:00					NovoRapid	3		
Glicemy	2014-10-28 09:13:00			after	236				
Insulin	2014-10-28 09:45:00					NovoRapid	2		
Glicemy	2014-10-28 11:16:00	Lunch		before	168				
Note	2014-10-28 11:16:00								Mittags : Suppe (2 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-28 11:16:00	Lunch				NovoRapid	3		
Glicemy	2014-10-28 14:40:00			after	142				
Glicemy	2014-10-28 20:00:00	Dinner		before	209				
Note	2014-10-28 20:01:00								Abends : Suppe mit eiweißbrot (3 BE)
Insulin	2014-10-28 20:09:00	Dinner				NovoRapid	7		
Insulin	2014-10-28 21:18:00					NovoRapid	7		
Glicemy	2014-10-28 23:54:00			after	124				
Glicemy	2014-10-29 09:15:00	Breakfast I		before	192				
Note	2014-10-29 09:15:00								Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2014-10-29 09:16:00	Breakfast I				NovoRapid	2		

