

# 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>	25. Februar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
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
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				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-18 15:47:00	Afternoon tea	before	136				
Note	2015-02-18 15:47:00							Snack : Hummus mit Celery und Karotten, Schokolade ( 3 BE )
Insulin	2015-02-18 15:48:00	Afternoon tea			NovoRapid	2.5		
Glicemy	2015-02-18 18:24:00	Afternoon tea	after	131				
Glicemy	2015-02-18 20:26:00	Dinner	before	111				
Note	2015-02-18 20:26:00							Abends : Tofu curry mit Reis ( 6 BE )
Insulin	2015-02-18 20:27:00	Dinner			NovoRapid	6		
Insulin	2015-02-18 21:02:00				Lantus	9		
Glicemy	2015-02-18 21:50:00	Supper	before	260				
Note	2015-02-18 21:51:00							Hazelnuss Schnitte ( 1 BE )
Insulin	2015-02-18 21:51:00	Supper			NovoRapid	2		
Glicemy	2015-02-18 23:51:00	Snack	after	213				
Insulin	2015-02-18 23:52:00				NovoRapid	2.5		
Glicemy	2015-02-19 00:37:00		after	215				
Glicemy	2015-02-19 02:34:00		after	69				
Note	2015-02-19 02:34:00							2 Dextroenergie und Riegel
Glicemy	2015-02-19 02:48:00		after	143				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-19 08:03:00	Breakfast I	before	150				
Note	2015-02-19 08:04:00							Frühstück : Haferflocken mit Milch ( 4 BE )
Insulin	2015-02-19 08:04:00	Breakfast I			NovoRapid	4.5		
Glicemy	2015-02-19 11:53:00	Lunch	before	101				
Note	2015-02-19 11:53:00							Mittags : Laska mit Garnelen ( 5 BE )
Insulin	2015-02-19 11:58:00	Lunch			NovoRapid	5		
Physical activity	2015-02-19 12:18:00						32	Gehen
Glicemy	2015-02-19 13:34:00	Lunch	after	157				
Glicemy	2015-02-19 15:19:00	Afternoon tea	before	193				
Note	2015-02-19 15:20:00							Snack : Salat ( 1.5 BE )
Insulin	2015-02-19 15:20:00	Afternoon tea			NovoRapid	4		
Glicemy	2015-02-19 17:20:00	Afternoon tea	after	170				
Physical activity	2015-02-19 17:29:00						23	Gehen
Glicemy	2015-02-19 17:57:00		after	88				
Note	2015-02-19 17:57:00							0.5 Dextroenergie
Glicemy	2015-02-19 19:36:00	Dinner	before	126				
Note	2015-02-19 20:01:00							Abends : Tacos, Kartoffeln und Brot ( 6 BE )

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-02-19 20:02:00	Dinner			NovoRapid	6		
Note	2015-02-19 20:25:00							Stück Kuchen ( 4 BE )
Insulin	2015-02-19 20:26:00	Supper			NovoRapid	4		
Insulin	2015-02-19 21:03:00				Lantus	9		
Glicemy	2015-02-19 22:22:00	Dinner	after	112				
Note	2015-02-19 22:23:00							1/2 Dextroenergie
Glicemy	2015-02-19 23:43:00		after	125				
Glicemy	2015-02-20 08:03:00	Breakfast I	before	137				
Note	2015-02-20 08:04:00							Frühstück : Haferflocken mit Milch ( 4.5 BE )
Insulin	2015-02-20 08:05:00	Breakfast I			NovoRapid	4.5		
Glicemy	2015-02-20 11:51:00	Lunch	before	94				
Note	2015-02-20 11:52:00							Mittags : Brot mit Eiersalat, Käse und Lachs (3.5 BE )
Insulin	2015-02-20 11:53:00	Lunch			NovoRapid	3.5		
Glicemy	2015-02-20 14:13:00	Snack	before	122				
Note	2015-02-20 14:13:00							Schokolade ( 1.5 BE )
Insulin	2015-02-20 14:13:00	Snack			NovoRapid	1.5		
Glicemy	2015-02-20 16:33:00	Afternoon tea	before	156				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-20 16:34:00							Snack : Yoghurt ( 4 BE )
Insulin	2015-02-20 16:34:00	Afternoon tea			NovoRapid	4.5		
Glicemy	2015-02-20 19:15:00	Dinner	before	137				
Note	2015-02-20 19:16:00							Abends : Lamm curry mit Reis und Brot ( 9 BE )
Insulin	2015-02-20 19:21:00	Dinner			NovoRapid	8		
Insulin	2015-02-20 20:40:00				Lantus	9		
Glicemy	2015-02-21 00:29:00	Supper	before	185				
Note	2015-02-21 00:29:00							Riegel ( 1.5 BE )
Insulin	2015-02-21 00:30:00	Supper			NovoRapid	2.5		
Glicemy	2015-02-21 09:47:00	Breakfast I	before	157				
Note	2015-02-21 09:48:00							Frühstück : Haferflocken mit Milch ( 3 BE )
Insulin	2015-02-21 09:48:00	Breakfast I			NovoRapid	4		
Glicemy	2015-02-21 13:05:00	Lunch	before	144				
Note	2015-02-21 13:05:00							Mittags : Brot mit Salami und Käse, gekochtes Ei ( 4 BE )
Insulin	2015-02-21 13:07:00	Lunch			NovoRapid	4.5		
Glicemy	2015-02-21 16:12:00	Afternoon tea	before	138				
Note	2015-02-21 16:13:00							Snack : Brot mit Brotaufstrich ( 2 BE )

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-02-21 16:13:00	Afternoon tea			NovoRapid	2		
Glicemy	2015-02-21 20:22:00	Dinner	before	127				
Note	2015-02-21 20:22:00							Abends : Salat mit croutons und Fleisch ( 3 BE )
Insulin	2015-02-21 20:23:00	Dinner			NovoRapid	3		
Insulin	2015-02-21 20:58:00				Lantus	9		
Glicemy	2015-02-22 01:09:00		after	145				
Glicemy	2015-02-22 01:38:00	Snack	before	177				
Note	2015-02-22 01:39:00							Schokolade ( 1.5 BE )
Insulin	2015-02-22 01:40:00	Snack			NovoRapid	2		
Glicemy	2015-02-22 10:14:00	Breakfast I	before	126				
Note	2015-02-22 10:14:00							Frühstück : Haferflocken mit Milch ( 3 BE )
Insulin	2015-02-22 10:15:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-02-22 11:41:00		after	189				
Physical activity	2015-02-22 12:01:00						69	Laufen
Glicemy	2015-02-22 12:15:00		after	88				
Note	2015-02-22 12:16:00							3 Dextroenergie
Glicemy	2015-02-22 12:23:00		after	105				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-22 12:24:00							1 Dextroenergie und Riegel
Glicemy	2015-02-22 12:53:00		after	79				
Note	2015-02-22 12:54:00							3 Dextroenergie
Glicemy	2015-02-22 13:56:00	Lunch	before	199				
Note	2015-02-22 13:57:00							Mittags : Brot mit Salami und Kekse ( 9 BE )
Insulin	2015-02-22 13:58:00	Lunch			NovoRapid	9		
Glicemy	2015-02-22 16:09:00	Afternoon tea	before	125				
Note	2015-02-22 16:14:00							Snack : 2 Schieben Brot (3 BE )
Insulin	2015-02-22 16:20:00	Afternoon tea			NovoRapid	2.5		
Glicemy	2015-02-22 19:28:00	Dinner	before	73				
Note	2015-02-22 19:28:00							Abends : Vegetarisch Pie und Salat (8.5 BE )
Insulin	2015-02-22 19:29:00	Dinner			NovoRapid	7.5		
Glicemy	2015-02-22 20:19:00	Supper	before	114				
Note	2015-02-22 20:20:00							Zimtrolle (3 BE )
Note	2015-02-22 20:26:00							Zimtrolle ( 3 BE )
Glicemy	2015-02-22 21:02:00		after	71				
Note	2015-02-22 21:06:00							Spreequell



Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-22 21:38:00		after	113				
Glicemy	2015-02-22 22:39:00		after	177				
Glicemy	2015-02-22 23:18:00		after	260				
Insulin	2015-02-22 23:18:00				NovoRapid	4		
Glicemy	2015-02-23 03:14:00		after	116				
Note	2015-02-23 03:14:00							1 Dextroenergie
Glicemy	2015-02-23 08:12:00	Breakfast I	before	154				
Note	2015-02-23 08:12:00							Frühstück : Haferflocken mit Milch ( 3 BE )
Insulin	2015-02-23 08:12:00	Breakfast I			NovoRapid	4		
Glicemy	2015-02-23 11:58:00	Lunch	before	170				
Note	2015-02-23 12:08:00							Mittags : Salat und Brot ( 4 BE )
Insulin	2015-02-23 12:09:00	Lunch			NovoRapid	5		
Glicemy	2015-02-23 14:03:00	Lunch	after	80				
Note	2015-02-23 14:03:00							Schokolade ( 1.5 BE )
Glicemy	2015-02-23 15:47:00	Afternoon tea	before	103				
Note	2015-02-23 15:51:00							Snack : Zimtrolle (4 BE )
Insulin	2015-02-23 15:52:00	Afternoon tea			NovoRapid	3.5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-23 18:00:00	Afternoon tea	after	179				
Glicemy	2015-02-23 19:58:00	Dinner	before	146				
Note	2015-02-23 20:00:00							Abends : Tofu curry mit Reis ( 6 BE )
Insulin	2015-02-23 20:01:00	Dinner			NovoRapid	6.5		
Insulin	2015-02-23 21:01:00				Lantus	9		
Glicemy	2015-02-23 21:36:00	Supper	before	94				
Note	2015-02-23 21:36:00							Zimtrollen (5 BE )
Insulin	2015-02-23 21:37:00	Supper			NovoRapid	5		
Glicemy	2015-02-23 22:27:00		after	86				
Note	2015-02-23 22:27:00							Spreequell
Glicemy	2015-02-24 00:14:00		after	220				
Insulin	2015-02-24 00:14:00				NovoRapid	2.5		
Glicemy	2015-02-24 04:13:00		after	143				
Glicemy	2015-02-24 08:06:00	Breakfast I	before	165				
Note	2015-02-24 08:06:00							Frühstück : Haferflocken mit Milch ( 3 BE )
Insulin	2015-02-24 08:06:00	Breakfast I			NovoRapid	3.5		
Glicemy	2015-02-24 11:53:00	Lunch	before	129				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-24 12:09:00							Mittags : Salat und Brot ( 3 BE )
Insulin	2015-02-24 12:09:00	Lunch			NovoRapid	3		
Glicemy	2015-02-24 13:28:00		after	176				
Note	2015-02-24 13:28:00							1 Riegel (1.5 BE )
Physical activity	2015-02-24 13:40:00						35	Laufen
Glicemy	2015-02-24 14:00:00		after	92				
Note	2015-02-24 14:00:00							2 Dextroenergie
Glicemy	2015-02-24 14:36:00		after	153				
Glicemy	2015-02-24 15:07:00	Afternoon tea	before	215				
Note	2015-02-24 15:07:00							Snack : Schokolade ( 3 BE )
Insulin	2015-02-24 15:07:00	Afternoon tea			NovoRapid	5		
Glicemy	2015-02-24 17:04:00	Afternoon tea	after	112				
Glicemy	2015-02-24 17:43:00		after	83				
Note	2015-02-24 17:43:00							1 Dextroenergie
Glicemy	2015-02-24 18:48:00		after	62				
Note	2015-02-24 18:48:00							2 Dextroenergie
Glicemy	2015-02-24 19:05:00		after	96				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-24 20:16:00	Dinner	before	112				
Note	2015-02-24 20:16:00							Abends : Tofu curry mit Reis ( 5 BE )
Insulin	2015-02-24 20:17:00	Dinner			NovoRapid	5		
Insulin	2015-02-24 21:02:00				Lantus	9		
Glicemy	2015-02-24 22:08:00	Supper	before	86				
Note	2015-02-24 22:09:00							Schokolade ( 1.5 BE )
Glicemy	2015-02-24 23:32:00		after	186				
Insulin	2015-02-24 23:32:00				NovoRapid	0.5		
Glicemy	2015-02-25 08:09:00	Breakfast I	before	141				
Note	2015-02-25 08:09:00							Frühstück : Haferflocken mit Milch ( 3 BE )
Insulin	2015-02-25 08:10:00	Breakfast I			NovoRapid	3		
Glicemy	2015-02-25 11:48:00	Lunch	before	127				
Note	2015-02-25 12:09:00							Mittags : Salat und Brot ( 3 BE )
Insulin	2015-02-25 12:09:00	Lunch			NovoRapid	2.5		
Glicemy	2015-02-25 14:05:00	Snack	before	122				
Note	2015-02-25 14:06:00							Schokolade ( 1.5 BE )
Insulin	2015-02-25 14:06:00	Snack			NovoRapid	1		

