

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	4. Februar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-28 00:19:00		after	97				
Note	2015-01-28 00:20:00							1 Dextroenergie und Riegel
Glicemy	2015-01-28 08:02:00	Breakfast I	before	158				
Note	2015-01-28 08:03:00							Frühstück : 2 Schieben Brot mit Erdnuss Muß (0.5 BE)
Insulin	2015-01-28 08:03:00	Breakfast I			NovoRapid	2		
Glicemy	2015-01-28 11:18:00	Lunch	before	211				
Note	2015-01-28 11:19:00							Mittags : Rühei mit Brot (4 BE)
Insulin	2015-01-28 11:36:00	Lunch			NovoRapid	6.5		
Glicemy	2015-01-28 13:54:00	Lunch	after	198				
Glicemy	2015-01-28 15:39:00		after	146				
Glicemy	2015-01-28 19:05:00	Dinner	before	95				
Note	2015-01-28 19:07:00							Abends : Pizza (7 BE)
Insulin	2015-01-28 19:17:00	Dinner			NovoRapid	7		
Note	2015-01-28 20:50:00							Schokolade (1 BE)
Insulin	2015-01-28 20:50:00	Supper			NovoRapid	1		
Insulin	2015-01-28 21:01:00				Lantus	9		
Glicemy	2015-01-28 22:05:00	Dinner	after	332				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-28 22:05:00				NovoRapid	5		
Glicemy	2015-01-29 00:13:00		after	80				
Note	2015-01-29 00:14:00							2 Dextroenergie
Glicemy	2015-01-29 00:26:00		after	82				
Note	2015-01-29 00:28:00							1 Riegel
Glicemy	2015-01-29 00:41:00		after	119				
Glicemy	2015-01-29 03:17:00		after	182				
Insulin	2015-01-29 03:20:00				NovoRapid	0.5		
Glicemy	2015-01-29 08:05:00	Breakfast I	before	169				
Note	2015-01-29 08:13:00							Frühstück : 2 Schieben Brot mit Erdnuss Muß (0.5 BE)
Insulin	2015-01-29 08:13:00	Breakfast I			NovoRapid	1		
Glicemy	2015-01-29 11:59:00	Lunch	before	182				
Note	2015-01-29 12:08:00							Mittags : Salat mit Brot (3 BE)
Insulin	2015-01-29 12:09:00	Lunch			NovoRapid	4		
Glicemy	2015-01-29 14:13:00	Lunch	after	116				
Note	2015-01-29 14:13:00							1 Dextroenergie
Glicemy	2015-01-29 15:12:00	Afternoon tea	before	112				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-29 15:38:00							Snack : 2 Schieben Brot mit Hummus und Schokolade (2 BE)
Insulin	2015-01-29 15:39:00	Afternoon tea			NovoRapid	2		
Glicemy	2015-01-29 17:18:00	Afternoon tea	after	145				
Glicemy	2015-01-29 20:19:00	Dinner	before	157				
Note	2015-01-29 20:19:00							Abends : Quiche mit Lachs (4.5 BE)
Insulin	2015-01-29 20:20:00	Dinner			NovoRapid	5		
Note	2015-01-29 20:47:00							Blätterteig Süßigkeit (3 BE)
Insulin	2015-01-29 20:47:00	Supper			NovoRapid	2.5		
Insulin	2015-01-29 20:49:00				Lantus	9		
Glicemy	2015-01-29 23:02:00	Supper	after	301				
Insulin	2015-01-29 23:03:00				NovoRapid	3		
Glicemy	2015-01-30 00:14:00		after	214				
Glicemy	2015-01-30 03:16:00		after	139				
Glicemy	2015-01-30 08:07:00	Breakfast I	before	167				
Note	2015-01-30 08:08:00							Frühstück : 2 Schieben Brot mit Erdnuss Muß (0.5 BE)
Insulin	2015-01-30 08:12:00	Breakfast I			NovoRapid	1		
Glicemy	2015-01-30 10:16:00		after	197				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-30 12:03:00	Lunch	before	135				
Note	2015-01-30 12:04:00							Mittags : Quiche mit Lachs (3.5 BE)
Insulin	2015-01-30 12:07:00	Lunch			NovoRapid	3.5		
Glicemy	2015-01-30 15:35:00	Afternoon tea	before	255				
Note	2015-01-30 15:35:00							Snack : 2 Schieben Brot mit Hummus und Schokolade (2 BE)
Insulin	2015-01-30 15:36:00	Afternoon tea			NovoRapid	5.5		
Glicemy	2015-01-30 18:49:00	Afternoon tea	after	84				
Note	2015-01-30 18:50:00							2 Traubenzucker
Glicemy	2015-01-30 20:27:00	Dinner	before	133				
Note	2015-01-30 20:27:00							Abends : Pasta mit Lachs, Datteln in Speck (14 BE)
Insulin	2015-01-30 20:28:00	Dinner			NovoRapid	8		
Insulin	2015-01-30 21:04:00				Lantus	9		
Insulin	2015-01-30 21:56:00	Dinner			NovoRapid	6		
Glicemy	2015-01-31 00:48:00		after	158				
Glicemy	2015-01-31 10:52:00		after	200				
Glicemy	2015-01-31 11:18:00	Breakfast I	before	197				
Note	2015-01-31 11:18:00							Frühstück : Brot mit Salami und Käse (1 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-31 11:19:00	Breakfast I			NovoRapid	3		
Glicemy	2015-01-31 16:37:00	Afternoon tea	before	150				
Note	2015-01-31 16:37:00							Snack : Stück Kuchen (4 BE)
Insulin	2015-01-31 16:38:00	Afternoon tea			NovoRapid	4		
Note	2015-01-31 19:33:00							Abends : Mac und Cheese mit Salat (6 BE)
Glicemy	2015-01-31 19:37:00	Dinner	before	183				
Insulin	2015-01-31 19:37:00	Dinner			NovoRapid	7		
Insulin	2015-01-31 21:10:00				Lantus	9		
Glicemy	2015-01-31 21:45:00	Dinner	after	93				
Note	2015-01-31 21:48:00							Marzipan Kartoffeln
Glicemy	2015-01-31 23:30:00		after	209				
Insulin	2015-01-31 23:30:00				NovoRapid	1		
Glicemy	2015-02-01 02:35:00		after	183				
Glicemy	2015-02-01 09:10:00	Breakfast I	before	168				
Note	2015-02-01 09:10:00							Frühstück : Brot mit Erdnuss Muß (2 BE)
Insulin	2015-02-01 09:10:00	Breakfast I			NovoRapid	2		
Glicemy	2015-02-01 10:25:00		after	193				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Physical activity	2015-02-01 10:30:00						57	Laufen
Glicemy	2015-02-01 10:58:00		after	112				
Note	2015-02-01 11:00:00							2 Dextroenergie
Glicemy	2015-02-01 11:20:00		after	101				
Note	2015-02-01 11:21:00							2 Dextroenergie
Glicemy	2015-02-01 11:57:00		after	204				
Glicemy	2015-02-01 12:46:00	Lunch	before	190				
Note	2015-02-01 12:46:00							Mittags : Brot mit Ei (1BE)
Insulin	2015-02-01 12:49:00	Lunch			NovoRapid	2		
Glicemy	2015-02-01 15:54:00	Afternoon tea	before	145				
Note	2015-02-01 15:54:00							Snack : Schokolade (1 BE)
Insulin	2015-02-01 15:54:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-02-01 19:22:00	Dinner	before	120				
Note	2015-02-01 19:22:00							Abends : Vegetarisch Wraps (10 BE)
Insulin	2015-02-01 19:23:00	Dinner			NovoRapid	10		
Insulin	2015-02-01 21:01:00				Lantus	8		
Glicemy	2015-02-01 21:06:00	Supper	before	83				

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-02 20:00:00	Dinner	before	120				
Note	2015-02-02 20:00:00							Abends : Kürbis Curry mit Reis (6 BE)
Insulin	2015-02-02 20:06:00	Dinner			NovoRapid	6		
Insulin	2015-02-02 21:06:00				Lantus	9		
Glicemy	2015-02-02 21:14:00	Supper	before	122				
Note	2015-02-02 21:14:00							Marscarpone Kirschkremer (2.5 BE)
Insulin	2015-02-02 21:14:00	Supper			NovoRapid	1.5		
Glicemy	2015-02-02 22:46:00	Supper	after	108				
Note	2015-02-02 22:47:00							Riegel (2 BE)
Glicemy	2015-02-03 00:27:00		after	182				
Insulin	2015-02-03 00:28:00				NovoRapid	0.5		
Glicemy	2015-02-03 08:16:00	Breakfast I	before	193				
Note	2015-02-03 08:16:00							Frühstück : Brot mit Brotaufstrich (0.5 BE)
Insulin	2015-02-03 08:17:00	Breakfast I			NovoRapid	1.5		
Glicemy	2015-02-03 11:20:00	Lunch	before	128				
Note	2015-02-03 11:27:00							Mittags : Kürbis Curry mit Reis (4.5 BE)
Insulin	2015-02-03 11:28:00	Lunch			NovoRapid	4.5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-03 13:48:00		after	112				
Note	2015-02-03 13:48:00							2 Traubenzucker
Physical activity	2015-02-03 14:00:00						45	Laufen /Gehen
Glicemy	2015-02-03 14:15:00		after	50				
Note	2015-02-03 14:16:00							3 Dextroenergie
Glicemy	2015-02-03 14:25:00		after	72				
Glicemy	2015-02-03 14:36:00		after	90				
Note	2015-02-03 14:50:00							2 Traubenzucker
Glicemy	2015-02-03 15:10:00	Afternoon tea	before	169				
Note	2015-02-03 15:10:00							Snack : Brot mit Brotaufstrich und Schokolade (2 BE)
Insulin	2015-02-03 15:10:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2015-02-03 17:17:00	Afternoon tea	after	200				
Glicemy	2015-02-03 17:45:00		after	186				
Glicemy	2015-02-03 19:32:00	Dinner	before	150				
Note	2015-02-03 19:32:00							Abends : Vietnameses restaurant (9 BE)
Insulin	2015-02-03 19:50:00	Dinner			NovoRapid	9		
Insulin	2015-02-03 21:07:00				Lantus	8		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-03 21:53:00	Dinner	after	140				
Note	2015-02-03 22:00:00							Schokolade (1 BE)
Insulin	2015-02-03 22:01:00	Supper			NovoRapid	1		
Glicemy	2015-02-03 23:24:00	Supper	after	58				
Note	2015-02-03 23:25:00							2 Dextroenergie
Glicemy	2015-02-03 23:50:00		after	102				
Note	2015-02-03 23:52:00							Hazelnuss Schnitte (1 BE)
Glicemy	2015-02-04 00:26:00		after	140				
Glicemy	2015-02-04 08:14:00	Breakfast I	before	173				
Note	2015-02-04 08:14:00							Frühstück : Brot mit Brotaufstrich (0.5 BE)
Insulin	2015-02-04 08:14:00	Breakfast I			NovoRapid	1		
Glicemy	2015-02-04 10:29:00	Breakfast I	after	163				
Glicemy	2015-02-04 11:48:00	Lunch	before	142				
Note	2015-02-04 12:04:00							Mittags : Penne mit Rote Bete und Salat (5 BE)
Insulin	2015-02-04 12:06:00	Lunch			NovoRapid	5		

