

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	22. Januar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-14 08:02:00	Breakfast I	before	191				
Note	2015-01-14 08:02:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-14 08:06:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-01-14 11:55:00	Lunch	before	184				
Note	2015-01-14 12:10:00							Mittags : Salat und Suppe (3 BE)
Insulin	2015-01-14 12:10:00	Lunch			NovoRapid	4.5		
Glicemy	2015-01-14 14:23:00	Lunch	after	160				
Glicemy	2015-01-14 15:33:00	Afternoon tea	before	179				
Note	2015-01-14 15:33:00							Snack : 2 Schieben Vollkornbrot mit Käse und Schokolade (3 BE)
Insulin	2015-01-14 15:34:00	Afternoon tea			NovoRapid	5		
Glicemy	2015-01-14 19:14:00	Afternoon tea	after	138				
Glicemy	2015-01-14 19:53:00		after	115				
Insulin	2015-01-14 21:13:00				Lantus	8		
Glicemy	2015-01-14 21:13:00	Dinner	before	114				
Note	2015-01-14 21:14:00							Abends : Falafel Sandwich (8 BE)
Insulin	2015-01-14 21:15:00	Dinner			NovoRapid	8		
Glicemy	2015-01-14 23:11:00	Supper	before	124				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-14 23:18:00							Schokolade (1 BE)
Glicemy	2015-01-15 00:18:00		after	143				
Glicemy	2015-01-15 08:06:00	Breakfast I	before	178				
Note	2015-01-15 08:07:00							Frühstück : 2 Schieben Eiweißbrot mit Brotaufstrich (1BE)
Insulin	2015-01-15 08:07:00	Breakfast I			NovoRapid	3		
Glicemy	2015-01-15 08:40:00	Breakfast I	after	165				
Glicemy	2015-01-15 10:20:00	Breakfast I	after	178				
Glicemy	2015-01-15 12:00:00	Lunch	before	121				
Note	2015-01-15 12:11:00							Mittags : Lachs Curry mit Reis (6 BE)
Insulin	2015-01-15 12:11:00	Lunch			NovoRapid	6		
Glicemy	2015-01-15 14:14:00		after	208				
Physical activity	2015-01-15 14:21:00						32	Laufen
Glicemy	2015-01-15 14:40:00		after	128				
Note	2015-01-15 14:41:00							1 Dextroenergie
Glicemy	2015-01-15 15:22:00	Afternoon tea	before	164				
Note	2015-01-15 15:27:00							Snack : 2 Schieben Vollkornbrot mit Käse und Schokolade (3 BE)
Insulin	2015-01-15 15:28:00	Afternoon tea			NovoRapid	3		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-15 17:31:00	Afternoon tea	after	93				
Note	2015-01-15 17:31:00							1 Dextroenergie
Glicemy	2015-01-15 19:28:00	Dinner	before	134				
Note	2015-01-15 19:28:00							Abends : Fisch mit Kartoffelsalat (3 BE)
Insulin	2015-01-15 19:32:00	Dinner			NovoRapid	3		
Insulin	2015-01-15 21:00:00				Lantus	8		
Glicemy	2015-01-15 21:30:00	Dinner	after	100				
Note	2015-01-15 21:34:00							Schokolade (1 BE)
Glicemy	2015-01-15 23:30:00		after	223				
Insulin	2015-01-15 23:31:00				NovoRapid	2		
Glicemy	2015-01-16 07:42:00	Breakfast I	before	115				
Note	2015-01-16 07:46:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-16 07:46:00	Breakfast I			NovoRapid	0.5		
Glicemy	2015-01-16 09:17:00	Breakfast I	after	186				
Glicemy	2015-01-16 10:41:00	Breakfast I	after	175				
Glicemy	2015-01-16 12:47:00	Lunch	before	146				
Note	2015-01-16 12:50:00							Mittags : 3 schieben Eiweißbrot mit Käse und Kartoffelsalat (3 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-16 12:50:00	Lunch			NovoRapid	3.5		
Glicemy	2015-01-16 15:13:00	Lunch	after	146				
Glicemy	2015-01-16 20:09:00	Dinner	before	146				
Note	2015-01-16 20:09:00							Abends : Tom Kha Gai (2.5 BE)
Insulin	2015-01-16 20:13:00	Dinner			NovoRapid	3		
Note	2015-01-16 20:38:00							Schokolade (3 BE)
Insulin	2015-01-16 20:39:00	Supper			NovoRapid	3		
Insulin	2015-01-16 21:02:00				Lantus	8		
Glicemy	2015-01-16 22:29:00	Supper	before	136				
Note	2015-01-16 22:29:00							Kekse (3.5 BE)
Insulin	2015-01-16 22:29:00	Supper			NovoRapid	3.5		
Glicemy	2015-01-17 00:57:00		after	90				
Note	2015-01-17 00:57:00							1 Dextroenergie und Riegel
Glicemy	2015-01-17 09:01:00	Breakfast I	before	166				
Note	2015-01-17 09:02:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-17 09:05:00	Breakfast I			NovoRapid	2		
Glicemy	2015-01-17 12:59:00	Lunch	before	149				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-17 12:59:00							Mittags : Omelett und Brot (2.5 BE)
Insulin	2015-01-17 13:19:00	Lunch			NovoRapid	2.5		
Glicemy	2015-01-17 16:52:00		after	172				
Glicemy	2015-01-17 17:55:00		after	168				
Note	2015-01-17 18:35:00							Snack : Himbeeren (1BE)
Insulin	2015-01-17 18:36:00	Snack			NovoRapid	1		
Glicemy	2015-01-17 20:29:00	Dinner	before	104				
Note	2015-01-17 20:29:00							Abends : Bruschetta, Hirsch und Bratkartoffeln (7 BE)
Insulin	2015-01-17 20:36:00				Lantus	8		
Insulin	2015-01-17 20:57:00	Dinner			NovoRapid	7		
Glicemy	2015-01-17 22:23:00	Dinner	after	135				
Note	2015-01-17 22:24:00							1 Dextroenergie
Glicemy	2015-01-17 23:23:00	Supper	before	115				
Note	2015-01-17 23:23:00							Schokolade (2 BE)
Glicemy	2015-01-18 00:17:00		after	124				
Note	2015-01-18 00:18:00							Tasse fizzy drink
Glicemy	2015-01-18 09:36:00	Breakfast I	before	169				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-18 09:37:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-18 09:42:00	Breakfast I			NovoRapid	1.5		
Glicemy	2015-01-18 11:39:00	Breakfast I	after	121				
Note	2015-01-18 11:39:00							Riegel (2 BE)
Glicemy	2015-01-18 12:11:00		after	200				
Physical activity	2015-01-18 12:19:00						37	Laufen
Glicemy	2015-01-18 12:35:00		after	144				
Glicemy	2015-01-18 12:43:00		after	157				
Glicemy	2015-01-18 14:01:00	Lunch	before	152				
Note	2015-01-18 14:01:00							Mittags : Gebackene Camembert mit preiselbeer und Brot (7 BE)
Insulin	2015-01-18 14:02:00	Lunch			NovoRapid	6.5		
Glicemy	2015-01-18 16:04:00	Lunch	after	181				
Glicemy	2015-01-18 16:46:00		after	140				
Glicemy	2015-01-18 18:01:00		after	124				
Glicemy	2015-01-18 19:28:00	Dinner	before	118				
Note	2015-01-18 19:28:00							Abends : Rind mit Kartoffeln (3 BE)
Insulin	2015-01-18 19:29:00	Dinner			NovoRapid	3		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-18 21:06:00				Lantus	8		
Glicemy	2015-01-18 22:09:00	Dinner	after	177				
Insulin	2015-01-18 22:09:00				NovoRapid	0.5		
Glicemy	2015-01-19 00:32:00		after	159				
Glicemy	2015-01-19 08:00:00	Breakfast I	before	175				
Note	2015-01-19 08:00:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-19 08:07:00				Lantus	8		
Note	2015-01-19 08:07:00							versehentlich Lantus gespritzt
Glicemy	2015-01-19 09:08:00	Breakfast I	after	244				
Insulin	2015-01-19 09:09:00	Breakfast I			NovoRapid	1		
Glicemy	2015-01-19 10:18:00	Breakfast I	after	168				
Glicemy	2015-01-19 11:08:00		after	170				
Glicemy	2015-01-19 13:22:00	Lunch	before	144				
Note	2015-01-19 13:26:00							Mittags : Lachs mit Eiersalat und Brot (3 BE)
Glicemy	2015-01-19 14:38:00	Lunch	after	264				
Insulin	2015-01-19 14:39:00	Lunch			NovoRapid	2		
Glicemy	2015-01-19 15:45:00	Lunch	after	297				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-19 17:23:00		after	219				
Insulin	2015-01-19 17:24:00				NovoRapid	1		
Glicemy	2015-01-19 18:43:00		after	240				
Glicemy	2015-01-19 20:16:00	Dinner	before	162				
Note	2015-01-19 20:16:00							Abends : Fleisch und Kartoffeln (3 BE)
Insulin	2015-01-19 20:17:00	Dinner			NovoRapid	2		
Insulin	2015-01-19 21:00:00				Lantus	6		
Glicemy	2015-01-19 23:09:00	Dinner	after	203				
Glicemy	2015-01-19 23:40:00		after	274				
Insulin	2015-01-19 23:41:00				NovoRapid	1		
Glicemy	2015-01-20 03:16:00		after	266				
Insulin	2015-01-20 03:17:00				NovoRapid	2		
Glicemy	2015-01-20 08:02:00	Breakfast I	before	136				
Note	2015-01-20 08:02:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Glicemy	2015-01-20 11:46:00	Lunch	before	163				
Note	2015-01-20 12:13:00							Mittags : Salat und Suppe mit Brot (4 BE)
Insulin	2015-01-20 12:14:00	Lunch			NovoRapid	4.5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-20 14:33:00	Lunch	after	166				
Glicemy	2015-01-20 16:06:00	Afternoon tea	before	112				
Note	2015-01-20 16:06:00							Snack : Yoghurt und Schokolade (2.5 BE)
Insulin	2015-01-20 16:07:00	Afternoon tea			NovoRapid	2.5		
Glicemy	2015-01-20 18:00:00	Afternoon tea	after	120				
Note	2015-01-20 18:00:00							1/2 Dextroenergie
Glicemy	2015-01-20 19:11:00	Dinner	before	81				
Note	2015-01-20 19:12:00							Abends : Bandnudeln mit Tofu (6 BE)
Insulin	2015-01-20 19:12:00	Dinner			NovoRapid	6		
Note	2015-01-20 19:46:00							Stück Kuchen (4 BE)
Insulin	2015-01-20 19:48:00	Snack			NovoRapid	3		
Insulin	2015-01-20 21:00:00				Lantus	8		
Glicemy	2015-01-20 21:52:00	Dinner	after	108				
Glicemy	2015-01-20 22:32:00		after	190				
Glicemy	2015-01-20 23:42:00		after	215				
Insulin	2015-01-20 23:42:00				NovoRapid	1.5		
Note	2015-01-21 00:30:00							Snack 1 Scheibe Eiweißbrot mit Käse und Salami (0.5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-21 00:49:00		after	158				
Glicemy	2015-01-21 08:55:00	Breakfast I	before	185				
Note	2015-01-21 08:56:00							Mittags : 2 Schieben Eiweißbrot mit Brotaufstrich (1BE)
Insulin	2015-01-21 08:59:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-01-21 10:08:00		after	156				
Glicemy	2015-01-21 10:58:00		after	105				
Note	2015-01-21 10:58:00							1 Dextroenergie
Glicemy	2015-01-21 11:39:00	Snack	before	120				
Note	2015-01-21 11:40:00							Schokolade (2 BE)
Insulin	2015-01-21 11:40:00	Snack			NovoRapid	1.5		
Glicemy	2015-01-21 13:13:00	Lunch	before	204				
Note	2015-01-21 13:13:00							Mittags : Flammkuchen (2 BE)
Insulin	2015-01-21 13:13:00	Lunch			NovoRapid	4		
Glicemy	2015-01-21 14:56:00	Afternoon tea	before	87				
Note	2015-01-21 14:56:00							Kuchen (8 BE)
Insulin	2015-01-21 15:11:00	Afternoon tea			NovoRapid	7		
Glicemy	2015-01-21 18:50:00		after	88				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-21 18:51:00							1/2 Dextroenergie
Glicemy	2015-01-21 19:24:00	Dinner	before	99				
Note	2015-01-21 19:25:00							Abends : Flammkuchen (4 BE)
Insulin	2015-01-21 19:25:00	Dinner			NovoRapid	4		
Note	2015-01-21 20:12:00							Schokolade (1.5 BE)
Insulin	2015-01-21 20:12:00	Snack			NovoRapid	1		
Insulin	2015-01-21 21:01:00				Lantus	8		
Glicemy	2015-01-21 22:37:00		after	195				
Glicemy	2015-01-21 23:11:00		after	246				
Insulin	2015-01-21 23:11:00				NovoRapid	2.5		
Glicemy	2015-01-22 02:24:00		after	179				
Glicemy	2015-01-22 08:16:00	Breakfast I	before	173				
Note	2015-01-22 08:20:00							Frühstück : 2 Schieben Eiweißbrot mit Rühei (1BE)
Insulin	2015-01-22 08:25:00	Breakfast I			NovoRapid	3		

