

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	29. Januar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-21 00:30:00							Snack 1 Scheibe Eiweißbrot mit Käse und Salami (0.5 BE)
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		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-21 18:50:00		after	88				
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		
Glicemy	2015-01-22 10:20:00	Breakfast II	before	162				
Note	2015-01-22 10:20:00							Frühstück : 1 Scheibe Eiweißbrot mit Brottaufstrich (0.5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-22 10:21:00	Breakfast II			NovoRapid	0.5		
Glicemy	2015-01-22 13:00:00	Lunch	before	152				
Note	2015-01-22 13:00:00							Mittags : Gozleme mit Kartoffeln und Salat (5 BE)
Insulin	2015-01-22 13:01:00	Lunch			NovoRapid	5.5		
Glicemy	2015-01-22 14:53:00	Lunch	after	284				
Insulin	2015-01-22 14:54:00				NovoRapid	3		
Glicemy	2015-01-22 16:18:00		after	166				
Glicemy	2015-01-22 16:56:00		after	125				
Glicemy	2015-01-22 19:39:00	Dinner	before	152				
Note	2015-01-22 19:39:00							Abends : Curry mit Reis (6 BE)
Insulin	2015-01-22 19:43:00	Dinner			NovoRapid	6.5		
Note	2015-01-22 20:34:00							Kuchen (4 BE)
Insulin	2015-01-22 20:34:00				NovoRapid	3		
Insulin	2015-01-22 21:06:00				Lantus	9		
Glicemy	2015-01-22 22:32:00	Dinner	after	269				
Insulin	2015-01-22 22:32:00				NovoRapid	3		
Note	2015-01-23 00:22:00							Fühlte schwach, 1.5 Dextroenergie

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-23 00:23:00		after	145				
Glicemy	2015-01-23 00:33:00		after	172				
Insulin	2015-01-23 00:33:00				NovoRapid	0.5		
Glicemy	2015-01-23 03:15:00		after	143				
Glicemy	2015-01-23 07:57:00	Breakfast I	before	162				
Note	2015-01-23 07:58:00							Frühstück : 2 Schieben Eiweißbrot mit Brotaufstrich (1BE)
Insulin	2015-01-23 07:58:00	Breakfast I			NovoRapid	2		
Glicemy	2015-01-23 11:30:00		after	149				
Note	2015-01-23 12:10:00							Mittags : Curry Reste mit Reis (10 BE)
Glicemy	2015-01-23 12:11:00	Lunch	before	139				
Insulin	2015-01-23 12:11:00	Lunch			NovoRapid	10		
Glicemy	2015-01-23 13:44:00		after	193				
Physical activity	2015-01-23 14:43:00						33	Laufen
Glicemy	2015-01-23 14:44:00		after	109				
Note	2015-01-23 14:44:00							1 Dextroenergie
Note	2015-01-23 15:08:00							Snack : Yoghurt und Schokolade (3 BE)
Insulin	2015-01-23 15:08:00	Afternoon tea			NovoRapid	2		

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-24 15:49:00							Schokolade (1.5 BE)
Glicemy	2015-01-24 15:49:00	Afternoon tea	before	156				
Insulin	2015-01-24 15:49:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2015-01-24 18:17:00	Afternoon tea	after	99				
Note	2015-01-24 18:18:00							2 Dextroenergie
Glicemy	2015-01-24 19:45:00	Dinner	before	135				
Note	2015-01-24 19:46:00							Abends : Tom Kha Gung, Frühlingsrolle mit Reisnudeln (9 BE)
Insulin	2015-01-24 20:09:00	Dinner			NovoRapid	9		
Insulin	2015-01-24 21:09:00				Lantus	8		
Glicemy	2015-01-24 21:42:00		after	40				
Note	2015-01-24 21:45:00							3 Dextroenergie und 3 BE Schokolade
Glicemy	2015-01-24 22:00:00		after	120				
Glicemy	2015-01-24 22:24:00		after	142				
Glicemy	2015-01-24 23:08:00		after	177				
Glicemy	2015-01-24 23:53:00		after	209				
Insulin	2015-01-24 23:53:00				NovoRapid	2		
Glicemy	2015-01-25 09:44:00	Breakfast I	before	158				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-25 09:45:00							Frühstück : 2 Schieben Eiweißbrot mit Erdnuss muß (1.5 BE)
Insulin	2015-01-25 09:45:00	Breakfast I			NovoRapid	1.5		
Glicemy	2015-01-25 11:17:00	Breakfast I	after	122				
Glicemy	2015-01-25 13:12:00	Lunch	before	179				
Note	2015-01-25 13:21:00							Mittags : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-01-25 13:22:00	Lunch			NovoRapid	1		
Glicemy	2015-01-25 15:12:00	Afternoon tea	before	135				
Note	2015-01-25 15:12:00							Snack : Stück Kuchen (4 BE)
Insulin	2015-01-25 15:13:00	Afternoon tea			NovoRapid	3.5		
Glicemy	2015-01-25 20:00:00	Dinner	before	166				
Note	2015-01-25 20:00:00							Abends : Tom Kha Gung und Ente Curry mit Reis (7 BE)
Insulin	2015-01-25 20:21:00	Dinner			NovoRapid	7		
Insulin	2015-01-25 21:00:00				Lantus	8		
Glicemy	2015-01-25 22:34:00	Dinner	after	149				
Glicemy	2015-01-25 23:37:00		after	160				
Glicemy	2015-01-26 08:13:00	Breakfast I	before	163				
Note	2015-01-26 08:13:00							Frühstück : 2 Schieben Eiweißbrot mit Erdnuss muß (1.5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-26 08:14:00	Breakfast I			NovoRapid	2		
Glicemy	2015-01-26 11:22:00	Breakfast I	after	140				
Glicemy	2015-01-26 11:55:00	Lunch	before	132				
Note	2015-01-26 12:07:00							Mittags : Salat mit Brot (4 BE)
Insulin	2015-01-26 12:07:00	Lunch			NovoRapid	4		
Glicemy	2015-01-26 14:13:00	Lunch	after	189				
Note	2015-01-26 14:14:00							Schokolade (1 BE)
Insulin	2015-01-26 14:14:00	Snack			NovoRapid	2		
Glicemy	2015-01-26 16:22:00	Afternoon tea	before	136				
Note	2015-01-26 16:22:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-01-26 16:23:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-01-26 20:46:00	Dinner	before	117				
Note	2015-01-26 20:47:00							Abends : Fisch Stäbchen mit Brot (7 BE)
Insulin	2015-01-26 20:48:00	Dinner			NovoRapid	7		
Insulin	2015-01-26 21:00:00				Lantus	9		
Glicemy	2015-01-27 00:03:00		after	129				
Glicemy	2015-01-27 08:05:00	Breakfast I	before	139				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-27 08:12:00							Frühstück : 2 Schieben Brot mit Erdnuss Muß (0.5 BE)
Insulin	2015-01-27 08:12:00	Breakfast I			NovoRapid	0.5		
Glicemy	2015-01-27 10:09:00	Breakfast I	after	169				
Glicemy	2015-01-27 11:59:00	Lunch	before	121				
Note	2015-01-27 12:06:00							Mittags : Salat mit Brot (2.5 BE)
Insulin	2015-01-27 12:06:00	Lunch			NovoRapid	2.5		
Glicemy	2015-01-27 13:49:00		after	163				
Physical activity	2015-01-27 14:18:00						32	Laufen
Glicemy	2015-01-27 14:32:00		after	92				
Glicemy	2015-01-27 15:31:00	Afternoon tea	before	130				
Note	2015-01-27 15:33:00							Snack : Brot mit Hummus und Schokolade (2 BE)
Insulin	2015-01-27 15:33:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2015-01-27 17:29:00	Afternoon tea	after	84				
Note	2015-01-27 17:30:00							1 Dextroenergie und Schokolade
Glicemy	2015-01-27 18:48:00	Dinner	before	186				
Note	2015-01-27 18:49:00							Abends : Vegetarisch Sommerrollen, Rotes Curry mit Reis und Tofu (7 BE)
Insulin	2015-01-27 18:54:00	Dinner			NovoRapid	8		

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

