

Diabetes Log

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

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
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		
Glicemy	2015-02-25 16:04:00	Afternoon tea	before	121				
Note	2015-02-25 16:04:00							Snack : Rucola Sandwich (2 BE)
Insulin	2015-02-25 16:04:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2015-02-25 19:12:00	Dinner	before	224				
Note	2015-02-25 19:13:00							Abends : Bruschetta und Pasta (10 BE)
Insulin	2015-02-25 19:34:00	Dinner			NovoRapid	13		
Insulin	2015-02-25 21:05:00				Lantus	9		
Glicemy	2015-02-25 21:13:00		after	54				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-25 21:14:00							3 Traubenzucker, Schokolade
Glicemy	2015-02-25 21:25:00		after	67				
Note	2015-02-25 21:26:00							Traubenzucker und Kekse (7 BE)
Glicemy	2015-02-25 21:52:00		after	69				
Glicemy	2015-02-25 23:33:00		after	155				
Glicemy	2015-02-26 02:16:00		after	397				
Insulin	2015-02-26 02:17:00				NovoRapid	5		
Glicemy	2015-02-26 08:12:00	Breakfast I	before	117				
Note	2015-02-26 08:13:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-02-26 08:13:00	Breakfast I			NovoRapid	2		
Glicemy	2015-02-26 10:55:00	Breakfast I	after	185				
Glicemy	2015-02-26 12:20:00	Lunch	before	148				
Note	2015-02-26 12:21:00							Mittags : Schwarma Teller mit Reis (6 BE)
Insulin	2015-02-26 12:39:00	Lunch			NovoRapid	6		
Glicemy	2015-02-26 14:11:00	Lunch	after	192				
Glicemy	2015-02-26 15:22:00	Afternoon tea	before	188				
Note	2015-02-26 15:23:00							Snack : Hazelnuss Schnitte (1 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-02-26 15:24:00	Afternoon tea			NovoRapid	2		
Glicemy	2015-02-26 18:13:00	Snack	before	164				
Note	2015-02-26 18:14:00							Snack : Pilze (0.5 BE)
Insulin	2015-02-26 18:14:00	Snack			NovoRapid	1		
Glicemy	2015-02-26 20:25:00	Dinner	before	122				
Note	2015-02-26 20:25:00							Abends : Brot mit Salami und Käse (5 BE)
Insulin	2015-02-26 20:26:00	Dinner			NovoRapid	5		
Insulin	2015-02-26 21:02:00				Lantus	9		
Glicemy	2015-02-26 23:06:00		after	128				
Glicemy	2015-02-26 23:43:00		after	154				
Glicemy	2015-02-27 00:35:00		after	259				
Insulin	2015-02-27 00:35:00				NovoRapid	3		
Glicemy	2015-02-27 08:05:00	Breakfast I	before	172				
Note	2015-02-27 08:05:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-02-27 08:06:00	Breakfast I			NovoRapid	4		
Glicemy	2015-02-27 11:46:00	Lunch	before	127				
Note	2015-02-27 12:07:00							Mittags : Brot und Hummus (7.5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-02-27 12:08:00	Lunch			NovoRapid	7.5		
Glicemy	2015-02-27 14:00:00	Lunch	after	122				
Glicemy	2015-02-27 14:26:00		after	138				
Glicemy	2015-02-27 16:02:00	Afternoon tea	before	125				
Note	2015-02-27 16:11:00							Snack : Schokolade (1.5 BE)
Insulin	2015-02-27 16:11:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-02-27 18:04:00	Dinner	before	203				
Note	2015-02-27 18:05:00							Abends : Laska mit Garnelen (5 BE)
Insulin	2015-02-27 18:05:00	Dinner			NovoRapid	7		
Insulin	2015-02-27 21:01:00				Lantus	9		
Glicemy	2015-02-27 21:05:00	Dinner	after	216				
Insulin	2015-02-27 21:05:00				NovoRapid	2		
Glicemy	2015-02-27 22:54:00		after	182				
Glicemy	2015-02-28 00:05:00		after	133				
Glicemy	2015-02-28 09:17:00	Breakfast I	before	183				
Note	2015-02-28 09:17:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-02-28 09:17:00	Breakfast I			NovoRapid	5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-02-28 11:31:00	Lunch	before	86				
Note	2015-02-28 11:35:00							Mittags : Celery mit Hummus (2.5 BE)
Insulin	2015-02-28 11:37:00	Lunch			NovoRapid	2		
Glicemy	2015-02-28 13:05:00	Lunch	after	63				
Note	2015-02-28 13:06:00							2 Dextroenergie
Glicemy	2015-02-28 13:43:00	Snack	before	138				
Note	2015-02-28 13:43:00							Salziges Popcorn
Glicemy	2015-02-28 15:53:00		after	198				
Insulin	2015-02-28 15:54:00	Snack			NovoRapid	2		
Glicemy	2015-02-28 17:42:00	Dinner	before	207				
Note	2015-02-28 17:43:00							Abends : Nasi Goreng mit Ente (10 BE)
Insulin	2015-02-28 17:50:00	Dinner			NovoRapid	10		
Glicemy	2015-02-28 20:47:00		after	188				
Insulin	2015-02-28 21:03:00				Lantus	9		
Glicemy	2015-02-28 21:34:00		after	265				
Insulin	2015-02-28 21:34:00				NovoRapid	4		
Glicemy	2015-02-28 23:06:00		after	62				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-02-28 23:06:00							1 Dextroenergie und Riegel
Glicemy	2015-02-28 23:24:00		after	78				
Note	2015-02-28 23:24:00							1 Dextroenergie
Glicemy	2015-02-28 23:38:00		after	141				
Glicemy	2015-03-01 09:13:00	Breakfast I	before	220				
Note	2015-03-01 09:13:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-01 09:13:00	Breakfast I			NovoRapid	3		
Glicemy	2015-03-01 10:57:00		after	266				
Glicemy	2015-03-01 11:22:00		after	283				
Physical activity	2015-03-01 11:26:00						82	Laufen
Glicemy	2015-03-01 11:34:00		after	224				
Glicemy	2015-03-01 11:45:00		after	218				
Glicemy	2015-03-01 12:00:00		after	165				
Note	2015-03-01 12:00:00							1 Dextroenergie
Glicemy	2015-03-01 12:15:00		after	150				
Note	2015-03-01 12:15:00							1 Dextroenergie
Glicemy	2015-03-01 12:30:00		after	137				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-03-01 12:30:00							1 Dextroenergie
Glicemy	2015-03-01 12:45:00		after	171				
Glicemy	2015-03-01 14:15:00	Lunch	before	146				
Note	2015-03-01 14:35:00							Mittags : Langos pizza (6 BE)
Insulin	2015-03-01 14:36:00	Lunch			NovoRapid	5		
Glicemy	2015-03-01 17:30:00	Lunch	after	369				
Insulin	2015-03-01 17:31:00				NovoRapid	4		
Glicemy	2015-03-01 18:30:00		after	224				
Glicemy	2015-03-01 19:20:00		after	116				
Glicemy	2015-03-01 19:39:00		after	84				
Note	2015-03-01 19:43:00							1 Traubenzucker
Glicemy	2015-03-01 20:02:00		after	69				
Glicemy	2015-03-01 20:06:00	Dinner	before	67				
Note	2015-03-01 20:06:00							Abends : Dürum Döner (8 BE)
Insulin	2015-03-01 20:39:00	Dinner			NovoRapid	5		
Insulin	2015-03-01 21:05:00				Lantus	8		
Glicemy	2015-03-01 22:45:00	Dinner	after	107				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-01 23:26:00		after	140				
Glicemy	2015-03-02 00:01:00		after	130				
Glicemy	2015-03-02 03:51:00		after	151				
Glicemy	2015-03-02 08:05:00	Breakfast I	before	147				
Note	2015-03-02 08:06:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-02 08:06:00	Breakfast I			NovoRapid	3		
Glicemy	2015-03-02 10:33:00	Breakfast I	after	177				
Glicemy	2015-03-02 11:52:00	Lunch	before	121				
Note	2015-03-02 12:09:00							Mittags : Salat und Brot (4.5 BE)
Insulin	2015-03-02 12:09:00	Lunch			NovoRapid	4		
Glicemy	2015-03-02 14:00:00	Lunch	after	141				
Glicemy	2015-03-02 14:55:00	Afternoon tea	before	102				
Note	2015-03-02 14:55:00							Snack : Brötchen mit Eiersalat und Yogurt (4 BE)
Insulin	2015-03-02 14:57:00	Afternoon tea			NovoRapid	3.5		
Glicemy	2015-03-02 16:45:00	Afternoon tea	after	152				
Glicemy	2015-03-02 17:37:00		after	164				
Glicemy	2015-03-02 20:15:00	Dinner	before	157				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-03-02 20:15:00							Abends : Schnitzel mit Bratkartoffeln (8 BE)
Insulin	2015-03-02 20:15:00	Dinner			NovoRapid	8		
Insulin	2015-03-02 21:06:00				Lantus	9		
Glicemy	2015-03-02 22:15:00	Dinner	after	64				
Note	2015-03-02 22:16:00							1 Dextroenergie und Schokolade
Glicemy	2015-03-02 22:45:00		after	86				
Glicemy	2015-03-02 23:49:00		after	101				
Note	2015-03-02 23:53:00							Marzipan Kartoffeln
Glicemy	2015-03-03 00:13:00		after	209				
Insulin	2015-03-03 00:14:00				NovoRapid	1		
Glicemy	2015-03-03 08:03:00	Breakfast I	before	165				
Insulin	2015-03-03 08:03:00	Breakfast I			NovoRapid	3.5		
Note	2015-03-03 08:05:00							Frühstück : Haferflocken mit Milch (3 BE)
Glicemy	2015-03-03 11:55:00	Lunch	before	166				
Note	2015-03-03 11:56:00							Mittags : Schnitzel mit Kartoffeln (4 BE)
Insulin	2015-03-03 11:56:00	Lunch			NovoRapid	5		
Glicemy	2015-03-03 13:57:00	Lunch	after	186				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-03 15:20:00	Afternoon tea	before	143				
Note	2015-03-03 15:22:00							Snack : Yoghurt (2 BE)
Insulin	2015-03-03 15:22:00	Afternoon tea			NovoRapid	2.5		
Glicemy	2015-03-03 17:37:00	Afternoon tea	after	104				
Glicemy	2015-03-03 18:37:00	Dinner	before	85				
Note	2015-03-03 18:37:00							Abends : Brot mit Käse und gekochtes Ei (6 BE)
Insulin	2015-03-03 18:38:00	Dinner			NovoRapid	6		
Insulin	2015-03-03 21:08:00				Lantus	9		
Glicemy	2015-03-03 21:09:00	Dinner	after	90				
Note	2015-03-03 21:14:00							Stück Schokolade
Glicemy	2015-03-03 21:40:00		after	112				
Glicemy	2015-03-03 22:22:00		after	177				
Glicemy	2015-03-03 23:14:00		after	230				
Insulin	2015-03-03 23:14:00				NovoRapid	3		
Glicemy	2015-03-04 07:34:00	Breakfast I	before	158				
Note	2015-03-04 07:35:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-04 07:35:00	Breakfast I			NovoRapid	4		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-04 11:48:00	Lunch	before	93				
Note	2015-03-04 12:07:00							Mittags : Salat und Brot (4 BE)
Insulin	2015-03-04 12:07:00	Lunch			NovoRapid	3		
Glicemy	2015-03-04 13:36:00	Lunch	after	115				
Note	2015-03-04 13:37:00							Riegel (2 BE)
Glicemy	2015-03-04 13:54:00		after	119				
Note	2015-03-04 13:55:00							2 Dextroenergie
Glicemy	2015-03-04 14:05:00		after	134				
Glicemy	2015-03-04 14:36:00		after	116				
Note	2015-03-04 14:36:00							2 Dextroenergie
Glicemy	2015-03-04 15:03:00		after	143				
Glicemy	2015-03-04 15:19:00	Afternoon tea	before	201				
Note	2015-03-04 15:20:00							Snack : Walnuss Brötchen mit Avocado und Schokolade (3.5 BE)
Insulin	2015-03-04 15:22:00	Afternoon tea			NovoRapid	2		

