

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	10. September 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-03 08:06:00	Breakfast I		before	244				
Insulin	2014-09-03 08:06:00	Breakfast I				NovoRapid	6		
Meal	2014-09-03 08:07:00	Breakfast I	0						
Glicemy	2014-09-03 09:41:00	Breakfast I		after	321				
Note	2014-09-03 09:42:00								breakfast: Cereal and coffee
Glicemy	2014-09-03 11:58:00	Lunch		before	178				
Insulin	2014-09-03 11:58:00	Lunch				NovoRapid	3		
Note	2014-09-03 11:59:00								Lunch: Largish salad, coffee and chocolate
Glicemy	2014-09-03 14:53:00	Lunch		after	438				
Insulin	2014-09-03 14:53:00					NovoRapid	5		
Glicemy	2014-09-03 15:54:00	Snack		before	165				
Note	2014-09-03 16:13:00								Snack: coffee and 500g alpro cherry yoghurt
Glicemy	2014-09-03 17:05:00	Snack		after	260				
Insulin	2014-09-03 17:06:00	Snack				NovoRapid	2		
Note	2014-09-03 19:30:00								seem to be having hot flushes when sugar goes up
Note	2014-09-03 20:04:00								feeling woozy after cycling to potsdam hbf. muscles feel weak

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-03 20:38:00	Dinner		before	141				
Insulin	2014-09-03 20:38:00	Dinner				NovoRapid	5		
Note	2014-09-03 20:39:00								dinner: hazelnut rice with carrots, cranberries and creamy curry sauce
Meal	2014-09-03 20:40:00	Dinner	0						
Note	2014-09-03 20:57:00								smoothie with dinner, coconut milk, fruits and cocoa powder
Glicemy	2014-09-03 21:28:00	Dinner		after	277				
Insulin	2014-09-03 21:28:00					Lantus	5		
Glicemy	2014-09-03 23:16:00			after	299				
Insulin	2014-09-03 23:16:00					NovoRapid	2		
Glicemy	2014-09-04 06:43:00	Breakfast I		before	149				
Meal	2014-09-04 06:43:00	Breakfast I	0						
Insulin	2014-09-04 06:43:00	Breakfast I				NovoRapid	6		
Note	2014-09-04 06:43:00								breakfast: coffee and cereal
Glicemy	2014-09-04 09:03:00	Breakfast I		after	262				
Insulin	2014-09-04 09:04:00	Breakfast II				NovoRapid	2		
Meal	2014-09-04 09:23:00	Breakfast II	0						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-04 09:23:00								Breakfast2: 1/2 Avocado and some Camembert
Glicemy	2014-09-04 11:57:00	Lunch		before	128				
Meal	2014-09-04 11:59:00	Lunch	0						
Insulin	2014-09-04 12:00:00	Lunch				NovoRapid	4		
Note	2014-09-04 13:02:00								Lunch: largish salad and coffee.
Glicemy	2014-09-04 14:02:00	Lunch		after	211				
Insulin	2014-09-04 14:02:00					NovoRapid	1		
Glicemy	2014-09-04 15:55:00	Afternoon tea		before	144				
Insulin	2014-09-04 16:03:00	Afternoon tea				NovoRapid	3		
Meal	2014-09-04 16:03:00	Afternoon tea	0						
Note	2014-09-04 16:05:00								Snack: left over hazelnut rice with Mandelmus and coffee
Glicemy	2014-09-04 20:04:00	Dinner		before	184				
Meal	2014-09-04 20:05:00	Dinner	0						
Insulin	2014-09-04 20:05:00	Dinner				NovoRapid	6		
Note	2014-09-04 20:24:00								dinner: pumpkin soup with meatballs and rest of yesterdays smoothie
Insulin	2014-09-04 21:04:00					Lantus	5		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-04 22:55:00			after	271				
Insulin	2014-09-04 22:55:00					NovoRapid	1		
Glicemy	2014-09-05 08:25:00	Breakfast I		before	214				
Meal	2014-09-05 08:25:00	Breakfast I	0						
Note	2014-09-05 08:25:00								Breakfast: coffee and cereal
Insulin	2014-09-05 08:26:00	Breakfast I				NovoRapid	7		
Glicemy	2014-09-05 10:32:00	Breakfast I		after	233				
Insulin	2014-09-05 10:33:00					NovoRapid	1		
Glicemy	2014-09-05 12:05:00	Lunch		before	88				
Note	2014-09-05 12:05:00								feeling shaky
Note	2014-09-05 12:10:00								Lunch: pumpkin soup with 4 meatballs and coffee
Glicemy	2014-09-05 12:37:00	Lunch		after	251				
Insulin	2014-09-05 12:39:00	Lunch				NovoRapid	1		
Glicemy	2014-09-05 16:12:00	Afternoon tea		before	151				
Meal	2014-09-05 16:12:00	Afternoon tea	10						
Insulin	2014-09-05 16:13:00	Afternoon tea				NovoRapid	3		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-05 16:14:00								Snack: Slice Eiweißbrot with salami, camembert; 500g cherry alpro yoghurt and coffee
Glicemy	2014-09-05 18:53:00			after	256				
Glicemy	2014-09-05 20:07:00	Dinner		before	209				
Insulin	2014-09-05 20:14:00	Dinner				NovoRapid	7		
Note	2014-09-05 20:15:00								dinner: vegan burger, no bun with chips and salad
Insulin	2014-09-05 21:10:00					Lantus	5		
Glicemy	2014-09-06 00:40:00			after	242				
Glicemy	2014-09-06 01:42:00			after	250				
Insulin	2014-09-06 01:42:00					NovoRapid	1		
Glicemy	2014-09-06 11:53:00	Breakfast I		before	187				
Meal	2014-09-06 11:53:00	Breakfast I	69.6						
Note	2014-09-06 11:54:00								breakfast: special k and coffee (6 BE)
Insulin	2014-09-06 12:09:00	Breakfast I				NovoRapid	7		
Meal	2014-09-06 15:33:00	Lunch	29						
Glicemy	2014-09-06 15:36:00	Lunch		before	136				
Insulin	2014-09-06 15:40:00	Lunch				NovoRapid	3		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-06 16:00:00								Lunch: 2 pieces bread with salami and Camembert. Coffee and hazelnuts Schnitte (3 BE)
Glicemy	2014-09-06 20:11:00	Dinner		before	149				
Meal	2014-09-06 20:11:00	Dinner	150						
Insulin	2014-09-06 20:12:00	Dinner				NovoRapid	5		
Note	2014-09-06 21:00:00								Staggered Dinner at restaurant: Seafood, Sweetpotato-noodles, Kimchi, Bibimbap (Reis, Beef) and HefePfannkuchen
Insulin	2014-09-06 21:15:00					Lantus	5		
Glicemy	2014-09-06 23:40:00			after	496				
Insulin	2014-09-06 23:43:00					NovoRapid	4		
Glicemy	2014-09-07 08:29:00			after	206				
Meal	2014-09-07 09:32:00	Breakfast I	72						
Note	2014-09-07 09:33:00								breakfast: coffee and muesli. (6 BE)
Glicemy	2014-09-07 09:35:00	Breakfast I		before	184				
Insulin	2014-09-07 09:42:00	Breakfast I				NovoRapid	7		
Meal	2014-09-07 13:02:00	Lunch	21						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-07 13:03:00								Lunch: coffee with 3 slices eiweißbrot with salami and Camembert (3 BE)
Glicemy	2014-09-07 13:12:00	Lunch		before	164				
Insulin	2014-09-07 13:13:00	Lunch				NovoRapid	3		
Meal	2014-09-07 16:06:00	Afternoon tea	21						
Note	2014-09-07 16:08:00								Snack: 3 slices eiweißbrot with cheese and coffee (2 BE)
Glicemy	2014-09-07 16:15:00	Afternoon tea		before	148				
Insulin	2014-09-07 16:15:00					NovoRapid	2		
Glicemy	2014-09-07 19:47:00	Dinner		before	203				
Meal	2014-09-07 19:47:00	Dinner	108						
Insulin	2014-09-07 20:00:00	Dinner				NovoRapid	10		
Note	2014-09-07 20:00:00								dinner: 3 chicken quesadillas, chocolate pudding (9 BE)
Insulin	2014-09-07 21:04:00					Lantus	5		
Glicemy	2014-09-07 23:59:00			after	402				
Insulin	2014-09-07 23:59:00					NovoRapid	3		
Glicemy	2014-09-08 08:06:00	Breakfast I		before	231				
Meal	2014-09-08 08:07:00	Breakfast I	76						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-08 08:08:00	Breakfast I				NovoRapid	7		
Note	2014-09-08 08:08:00								Frühstück: Müsli und Kaffee (6 BE)
Meal	2014-09-08 11:30:00	Lunch	57						
Note	2014-09-08 11:31:00								Mittags: 1,5 Hähnchen quesadillas und Kaffee (5 BE)
Glicemy	2014-09-08 11:34:00	Lunch		before	215				
Insulin	2014-09-08 11:36:00	Lunch				NovoRapid	6		
Meal	2014-09-08 15:25:00	Afternoon tea	50.5						
Note	2014-09-08 15:26:00								Zwischenmahlzeit: Packung Yogurt (4 BE)
Glicemy	2014-09-08 15:27:00	Afternoon tea		before	178				
Insulin	2014-09-08 15:28:00	Afternoon tea				NovoRapid	4		
Physical activity	2014-09-08 16:00:00							21	Gehen. 66 kcal
Glicemy	2014-09-08 18:25:00	Snack		before	99				
Meal	2014-09-08 18:26:00	Snack	4.1						
Note	2014-09-08 18:26:00								Snack: Scheibe Eiweißbrot mit guacamole und camembert (<1BE)
Glicemy	2014-09-08 20:14:00	Dinner		before	158				
Meal	2014-09-08 20:14:00	Dinner	72						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-08 20:14:00								Abendessen: Schnitzel, Spiegelei, Bratkartoffeln (6 BE)
Insulin	2014-09-08 20:16:00	Dinner				NovoRapid	6		
Meal	2014-09-08 20:58:00	Supper	16						
Note	2014-09-08 20:59:00								Dessert: Schokolade pudding (1BE)
Insulin	2014-09-08 21:00:00	Supper				NovoRapid	1		
Insulin	2014-09-08 21:37:00					Lantus	5		
Glicemy	2014-09-08 23:37:00			after	284				
Insulin	2014-09-08 23:38:00					NovoRapid	2		
Meal	2014-09-09 08:00:00	Breakfast I	81						
Note	2014-09-09 08:00:00								Frühstück: Müsli und Kaffee (7 BE)
Glicemy	2014-09-09 08:03:00	Breakfast I		before	171				
Insulin	2014-09-09 08:05:00	Breakfast I				NovoRapid	7		
Physical activity	2014-09-09 09:00:00							20	Fahrradfahren zur Arbeit (95 kcal)
Glicemy	2014-09-09 11:57:00	Lunch		before	174				
Meal	2014-09-09 11:58:00	Lunch	19						
Note	2014-09-09 12:05:00								Mittags: 320g Salat, 1 Scheibe Vollkornbrot und Kaffee (2 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-09 12:06:00	Lunch				NovoRapid	3		
Glicemy	2014-09-09 15:53:00	Afternoon tea		before	152				
Meal	2014-09-09 15:55:00	Afternoon tea	10						
Insulin	2014-09-09 15:55:00	Afternoon tea				NovoRapid	1		
Note	2014-09-09 15:56:00								Snack: 2 Schieben Eiweißbrot, 4 Salami und 2 kleine Camembert. 1/2 Avocado. Kaffee (1 BE)
Physical activity	2014-09-09 18:00:00							10	Fahrradfahren bis PHBF. (46 kcal)
Meal	2014-09-09 19:47:00	Dinner	123						
Note	2014-09-09 19:48:00								Abendessen: Lachs mit Bandnudeln und Yogurt dip. Schokolade pudding (10 BE)
Glicemy	2014-09-09 19:49:00	Dinner		before	245				
Insulin	2014-09-09 19:51:00	Dinner				NovoRapid	11		
Insulin	2014-09-09 21:30:00					Lantus	5		
Glicemy	2014-09-10 00:19:00			after	355				
Insulin	2014-09-10 00:19:00					NovoRapid	2		
Glicemy	2014-09-10 07:59:00	Breakfast I		before	218				
Meal	2014-09-10 07:59:00	Breakfast I	88						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-10 08:00:00								Frühstück: Müsli mit Milch und Kaffee (7 BE)
Insulin	2014-09-10 08:01:00	Breakfast I				NovoRapid	8		
Meal	2014-09-10 08:39:00	Afternoon tea	9						

