

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	14. Januar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-07 00:20:00		after	94				
Note	2015-01-07 00:21:00							2 Dextroenergie
Glicemy	2015-01-07 00:41:00		after	86				
Note	2015-01-07 00:41:00							2 Dextroenergie, Riegel
Glicemy	2015-01-07 01:08:00		after	101				
Note	2015-01-07 01:08:00							Cola
Glicemy	2015-01-07 01:31:00		after	164				
Glicemy	2015-01-07 02:17:00		after	193				
Insulin	2015-01-07 02:20:00				NovoRapid	0.5		
Glicemy	2015-01-07 08:26:00	Breakfast I	before	179				
Note	2015-01-07 08:26:00							Frühstück : 2 Schieben Eiweißbrot mit Erdnuss muß (1.5 BE)
Insulin	2015-01-07 08:32:00	Breakfast I			NovoRapid	3.5		
Glicemy	2015-01-07 09:43:00	Breakfast I	after	221				
Glicemy	2015-01-07 11:53:00	Lunch	before	241				
Note	2015-01-07 11:53:00							Mittags : Garnelen Salat (3 BE)
Insulin	2015-01-07 11:54:00	Lunch			NovoRapid	6.5		
Glicemy	2015-01-07 13:54:00	Lunch	after	171				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-07 15:36:00	Afternoon tea	before	112				
Note	2015-01-07 15:36:00							Snack : Yoghurt mit Nüsse (2 BE)
Insulin	2015-01-07 15:37:00	Afternoon tea			NovoRapid	2		
Glicemy	2015-01-07 19:38:00	Dinner	before	112				
Note	2015-01-07 19:39:00							Abends : Pasta mit Speck und Sauce (5 BE)
Insulin	2015-01-07 19:42:00	Dinner			NovoRapid	5		
Note	2015-01-07 20:58:00							Schokolade (1.5 BE)
Insulin	2015-01-07 20:58:00	Supper			NovoRapid	1		
Insulin	2015-01-07 21:01:00				Lantus	8		
Glicemy	2015-01-08 00:02:00		after	320				
Insulin	2015-01-08 00:02:00				NovoRapid	3		
Glicemy	2015-01-08 04:15:00		after	211				
Insulin	2015-01-08 04:15:00				NovoRapid	1		
Glicemy	2015-01-08 08:01:00	Breakfast I	before	166				
Note	2015-01-08 08:02:00							Frühstück : 2 Schieben Eiweißbrot mit Erdnuss muß und gekochtes Ei (1.5 BE)
Insulin	2015-01-08 08:08:00	Breakfast I			NovoRapid	2		
Glicemy	2015-01-08 12:02:00	Lunch	before	191				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-08 12:10:00							Mittags : Salat und Suppe mit Brot (4 BE)
Insulin	2015-01-08 12:11:00	Lunch			NovoRapid	5		
Glicemy	2015-01-08 14:03:00		after	184				
Glicemy	2015-01-08 14:25:00		after	146				
Physical activity	2015-01-08 14:56:00						35	Laufen
Glicemy	2015-01-08 14:58:00		after	130				
Glicemy	2015-01-08 15:29:00	Afternoon tea	before	108				
Note	2015-01-08 15:29:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Glicemy	2015-01-08 17:02:00	Afternoon tea	after	132				
Glicemy	2015-01-08 18:07:00		after	123				
Glicemy	2015-01-08 18:55:00		after	148				
Glicemy	2015-01-08 20:16:00	Dinner	before	163				
Note	2015-01-08 20:17:00							Abends : Pasta mit Speck und Sauce (5 BE)
Insulin	2015-01-08 20:19:00	Dinner			NovoRapid	6.5		
Glicemy	2015-01-08 22:04:00	Supper	before	146				
Note	2015-01-08 22:04:00							Kuchen (5 BE)
Insulin	2015-01-08 22:05:00	Supper			NovoRapid	5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-09 00:26:00		after	155				
Glicemy	2015-01-09 02:15:00		after	266				
Insulin	2015-01-09 02:16:00				NovoRapid	2		
Glicemy	2015-01-09 08:02:00	Breakfast I	before	220				
Note	2015-01-09 08:03:00							Frühstück : 2 Schieben Eiweißbrot mit Brotaufstrich (1BE)
Insulin	2015-01-09 08:08:00	Breakfast I			NovoRapid	4		
Glicemy	2015-01-09 10:18:00	Breakfast I	after	155				
Insulin	2015-01-09 10:18:00				NovoRapid	0.5		
Glicemy	2015-01-09 12:06:00	Lunch	before	146				
Note	2015-01-09 12:07:00							Mittags : Suppe mit Brot (3.5 BE)
Insulin	2015-01-09 12:19:00	Lunch			NovoRapid	4		
Glicemy	2015-01-09 15:37:00	Afternoon tea	before	186				
Note	2015-01-09 15:38:00							Snack : Yoghurt (3.5 BE)
Insulin	2015-01-09 15:38:00	Afternoon tea			NovoRapid	5		
Glicemy	2015-01-09 17:45:00		after	77				
Note	2015-01-09 18:02:00							2 Dextroenergie
Glicemy	2015-01-09 18:03:00		after	105				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-09 18:04:00							Abends : Vietnameses restaurant (5 BE)
Insulin	2015-01-09 18:08:00	Dinner			NovoRapid	5		
Glicemy	2015-01-09 19:52:00	Supper	before	100				
Note	2015-01-09 19:58:00							Kuchen (5 BE)
Glicemy	2015-01-09 20:47:00		after	152				
Insulin	2015-01-09 20:47:00	Supper			NovoRapid	3		
Insulin	2015-01-09 21:01:00				Lantus	8		
Glicemy	2015-01-09 21:46:00		after	241				
Insulin	2015-01-09 21:47:00				NovoRapid	2		
Glicemy	2015-01-10 00:05:00		after	165				
Glicemy	2015-01-10 09:16:00	Breakfast I	before	206				
Note	2015-01-10 09:16:00							Frühstück : 2 Schieben Brot mit Brottaufstrich (4 BE)
Insulin	2015-01-10 09:22:00	Breakfast I			NovoRapid	7.5		
Glicemy	2015-01-10 12:29:00	Lunch	before	122				
Note	2015-01-10 12:29:00							Mittags : Brot (4 BE)
Insulin	2015-01-10 12:42:00	Lunch			NovoRapid	3		
Glicemy	2015-01-10 14:44:00	Afternoon tea	before	137				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-10 14:45:00							Snack : Kuchen (4 BE)
Insulin	2015-01-10 14:45:00	Afternoon tea			NovoRapid	4		
Glicemy	2015-01-10 19:30:00	Dinner	before	146				
Note	2015-01-10 19:30:00							Abends : Pfannkuchen (8 BE)
Insulin	2015-01-10 19:31:00	Dinner			NovoRapid	8.5		
Insulin	2015-01-10 21:00:00				Lantus	8		
Glicemy	2015-01-11 00:32:00	Supper	before	245				
Note	2015-01-11 00:32:00							Supper: Stück Brot (2 BE)
Insulin	2015-01-11 00:33:00	Supper			NovoRapid	5.5		
Glicemy	2015-01-11 03:12:00		after	74				
Note	2015-01-11 03:13:00							2 Dextroenergie und Schokolade
Glicemy	2015-01-11 03:35:00		after	130				
Glicemy	2015-01-11 09:07:00	Breakfast I	before	232				
Note	2015-01-11 09:07:00							Frühstück : 2 Schieben Brot mit Brotaufstrich (4 BE)
Insulin	2015-01-11 09:08:00	Breakfast I			NovoRapid	7.5		
Glicemy	2015-01-11 11:15:00	Breakfast I	after	289				
Insulin	2015-01-11 11:15:00				NovoRapid	2		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-11 13:50:00	Lunch	before	137				
Note	2015-01-11 13:53:00							Mittags : Yoghurt (4 BE)
Insulin	2015-01-11 13:53:00	Lunch			NovoRapid	4		
Glicemy	2015-01-11 16:10:00	Lunch	after	144				
Note	2015-01-11 16:19:00							Snack : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-11 16:25:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-01-11 20:26:00	Dinner	before	157				
Note	2015-01-11 20:27:00							Abends : Ente mit Reis (6 BE)
Insulin	2015-01-11 20:34:00	Dinner			NovoRapid	7		
Insulin	2015-01-11 21:26:00				Lantus	8		
Glicemy	2015-01-11 22:59:00	Dinner	after	424				
Insulin	2015-01-11 23:00:00				NovoRapid	7		
Glicemy	2015-01-12 00:08:00		after	340				
Glicemy	2015-01-12 02:15:00		after	182				
Glicemy	2015-01-12 08:08:00	Breakfast I	before	194				
Note	2015-01-12 08:08:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-12 08:08:00	Breakfast I			NovoRapid	3.5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-12 12:01:00	Lunch	before	120				
Note	2015-01-12 12:09:00							Mittags : Salat und Brot (3.5 BE)
Insulin	2015-01-12 12:10:00	Lunch			NovoRapid	3.5		
Glicemy	2015-01-12 16:04:00	Afternoon tea	before	130				
Note	2015-01-12 16:04:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-01-12 16:05:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-01-12 18:02:00	Afternoon tea	after	158				
Glicemy	2015-01-12 20:39:00	Dinner	before	131				
Note	2015-01-12 20:39:00							Abends : Hähnchenbrust mit Reis und Sauce (5 BE)
Insulin	2015-01-12 20:46:00	Dinner			NovoRapid	6		
Insulin	2015-01-12 21:08:00				Lantus	8		
Glicemy	2015-01-13 01:06:00		after	302				
Insulin	2015-01-13 01:08:00				NovoRapid	4.5		
Glicemy	2015-01-13 08:06:00	Breakfast I	before	189				
Note	2015-01-13 08:07:00							Frühstück : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-13 08:10:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-01-13 10:11:00	Breakfast I	after	156				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-13 12:08:00	Lunch	before	178				
Note	2015-01-13 12:25:00							Mittags : Salat mit Brot (4 BE)
Insulin	2015-01-13 12:26:00	Lunch			NovoRapid	5		
Glicemy	2015-01-13 14:42:00	Lunch	after	141				
Glicemy	2015-01-13 16:14:00	Afternoon tea	before	106				
Note	2015-01-13 16:15:00							Snack : 2 Schieben Vollkornbrot mit Käse. Schokolade (3 BE)
Insulin	2015-01-13 16:15:00	Snack			NovoRapid	3		
Glicemy	2015-01-13 19:36:00	Dinner	before	208				
Note	2015-01-13 19:36:00							Abends : Suppe mit Brot (4.5 BE)
Insulin	2015-01-13 19:40:00	Dinner			NovoRapid	6		
Insulin	2015-01-13 21:13:00				Lantus	8		
Glicemy	2015-01-13 23:49:00		after	157				
Note	2015-01-13 23:51:00							Schokolade (1.5 BE)
Insulin	2015-01-13 23:51:00	Supper			NovoRapid	1.5		
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		

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

