

# Diabetes Log

<b>Patient Name</b>	Jane Coates
<b>Diabetes Type</b>	Type 1
<b>Insulin Types</b>	NovoRapid and Lantus
<b>Report Generated</b>	8. Oktober 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-01 08:01:00	Breakfast I		before	199				
Meal	2014-10-01 08:03:00	Breakfast I	62						
Note	2014-10-01 08:03:00								Frühstück : Cereal mit Milch und Kaffee ( 6 BE )
Insulin	2014-10-01 08:07:00	Breakfast I				NovoRapid	5		
Physical activity	2014-10-01 09:30:00							8	Fahrradfahren zur Arbeit ( 46 kcal )
Glicemy	2014-10-01 09:46:00	Breakfast I		after	344				
Glicemy	2014-10-01 11:53:00	Lunch		before	193				
Meal	2014-10-01 12:08:00	Lunch	121						
Note	2014-10-01 12:09:00								Mittags : Eierspätzle mit Hackfleisch Bällchen (11 BE )
Insulin	2014-10-01 12:10:00	Lunch				NovoRapid	12		
Glicemy	2014-10-01 14:04:00	Lunch		after	73				
Note	2014-10-01 14:05:00								2 Dextroenergie, Überschätzung von Insulinmenge am Mittags
Glicemy	2014-10-01 14:24:00			after	127				
Glicemy	2014-10-01 16:04:00	Afternoon tea		before	92				
Meal	2014-10-01 16:05:00	Afternoon tea	46						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-01 16:06:00								Snack: 2 Schieben Vollkornbrot mit Nußmuss und Salami. Kaffee (4 BE)
Insulin	2014-10-01 16:07:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-01 19:36:00	Dinner		before	142				
Note	2014-10-01 19:37:00								Abends: Salat mit Vollkorn Brot (5 BE)
Meal	2014-10-01 19:37:00	Dinner	59						
Insulin	2014-10-01 20:06:00	Dinner				NovoRapid	5		
Physical activity	2014-10-01 20:31:00							10	Fahrradfahren zur Bahnhof ( 46 kcal )
Insulin	2014-10-01 21:35:00					Lantus	5		
Note	2014-10-01 22:33:00								2 Stücke Schokolade (1 BE )
Insulin	2014-10-01 22:33:00	Supper				NovoRapid	1		
Weight	2014-10-01 23:45:00								
Glicemy	2014-10-01 23:45:00			after	195				
Insulin	2014-10-01 23:46:00					NovoRapid	1		
Glicemy	2014-10-02 03:03:00			after	166				
Glicemy	2014-10-02 07:59:00	Breakfast I		before	195				
Meal	2014-10-02 07:59:00	Breakfast I	56						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-02 08:00:00								Frühstück : Cereal mit Milch und Kaffee ( 5 BE )
Insulin	2014-10-02 08:00:00	Breakfast I				NovoRapid	5		
Physical activity	2014-10-02 09:15:00							12	Fahrradfahren zur Arbeit ( 56 kcal )
Glicemy	2014-10-02 09:42:00	Breakfast I		after	323				
Glicemy	2014-10-02 11:41:00			after	156				
Physical activity	2014-10-02 11:45:00							15	Spazieren
Meal	2014-10-02 12:09:00	Lunch	94						
Note	2014-10-02 12:10:00								Mittags : Burger mit Pommes. Kaffee (8 BE )
Glicemy	2014-10-02 12:12:00	Lunch		before	194				
Insulin	2014-10-02 12:16:00	Lunch				NovoRapid	9		
Glicemy	2014-10-02 14:49:00	Lunch		after	164				
Glicemy	2014-10-02 16:02:00	Afternoon tea		before	148				
Meal	2014-10-02 16:02:00	Afternoon tea	35						
Note	2014-10-02 16:02:00								Snack: Scheibe Vollkornbrot mit Nußmuss, Gurke und Rotebete. Kaffee (3 BE)
Insulin	2014-10-02 16:03:00	Afternoon tea				NovoRapid	3		
Glicemy	2014-10-02 19:19:00	Dinner		before	242				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-02 19:19:00								Abends : Schnitzel mit Bratkartoffeln ( 7 BE )
Meal	2014-10-02 19:22:00	Dinner	73						
Insulin	2014-10-02 19:22:00	Dinner				NovoRapid	11		
Insulin	2014-10-02 21:07:00					Lantus	5		
Glicemy	2014-10-02 21:38:00	Dinner		after	110				
Glicemy	2014-10-02 23:02:00			after	179				
Glicemy	2014-10-03 00:52:00	Supper		before	113				
Meal	2014-10-03 00:52:00	Supper	48						
Insulin	2014-10-03 00:55:00	Supper				NovoRapid	4		
Glicemy	2014-10-03 10:16:00	Breakfast I		before	242				
Meal	2014-10-03 10:19:00	Breakfast I	73						
Note	2014-10-03 10:21:00								Frühstück : Cereal mit Milch und Kaffee ( 7 BE )
Insulin	2014-10-03 10:26:00	Breakfast I				NovoRapid	10		
Physical activity	2014-10-03 12:52:00							12	Fahrradfahren (47 kcal )
Meal	2014-10-03 13:19:00	Lunch	93						
Note	2014-10-03 13:19:00								Mittags : Brot mit Salami und Avocado. Stück Bananenkuchen (9 BE )
Glicemy	2014-10-03 13:21:00	Lunch		before	101				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-03 13:23:00	Lunch				NovoRapid	8		
Physical activity	2014-10-03 14:55:00							12	Fahrradfahren ( 46 kcal )
Glicemy	2014-10-03 16:28:00	Afternoon tea		before	244				
Note	2014-10-03 16:34:00								Snack: Schokolade (1 BE)
Insulin	2014-10-03 16:36:00	Afternoon tea				NovoRapid	2		
Glicemy	2014-10-03 19:32:00	Dinner		before	297				
Note	2014-10-03 20:46:00								Abends : Japanisches Restaurant (8 BE )
Insulin	2014-10-03 20:47:00	Dinner				NovoRapid	12		
Insulin	2014-10-03 20:54:00					Lantus	5		
Glicemy	2014-10-03 23:12:00			after	138				
Glicemy	2014-10-04 08:42:00	Breakfast I		before	217				
Meal	2014-10-04 08:44:00	Breakfast I	55						
Note	2014-10-04 08:45:00								Frühstück : Haferflocken mit Milch und Kaffee ( 5 BE )
Insulin	2014-10-04 08:49:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-04 12:32:00			after	142				
Glicemy	2014-10-04 13:15:00	Lunch		before	110				
Insulin	2014-10-04 13:30:00	Lunch				NovoRapid	3		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-04 13:33:00								Mittags : Boulette mit Bratkartoffeln ( 3 BE )
Glicemy	2014-10-04 17:00:00			after	154				
Glicemy	2014-10-04 18:10:00	Dinner		before	190				
Note	2014-10-04 18:12:00								Abends : Grieches Restaurant ( 6 BE )
Insulin	2014-10-04 19:08:00	Dinner				NovoRapid	8		
Glicemy	2014-10-04 21:06:00			after	260				
Insulin	2014-10-04 21:07:00					NovoRapid	2		
Insulin	2014-10-04 22:41:00					Lantus	5		
Note	2014-10-04 22:43:00								Snack : Schokolade (1 BE )
Insulin	2014-10-04 22:43:00	Supper				NovoRapid	1		
Glicemy	2014-10-04 23:43:00			after	333				
Insulin	2014-10-04 23:44:00					NovoRapid	5		
Glicemy	2014-10-05 09:12:00	Breakfast I		before	231				
Note	2014-10-05 09:13:00								Frühstück : Haferflocken mit Milch und Kaffee ( 6 BE )
Meal	2014-10-05 09:18:00	Breakfast I	71						
Insulin	2014-10-05 09:20:00	Breakfast I				NovoRapid	8		
Meal	2014-10-05 12:29:00	Lunch	86						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-05 12:30:00								Mittags: 2 Scheiben Vollkorn Brot mit Käse. Yogurt und Kaffee (8 BE)
Glicemy	2014-10-05 12:31:00	Lunch		before	183				
Insulin	2014-10-05 12:35:00	Lunch				NovoRapid	9		
Glicemy	2014-10-05 14:31:00	Afternoon tea		before	218				
Meal	2014-10-05 14:37:00	Afternoon tea	41						
Note	2014-10-05 14:37:00								Snack: 2 Schieben Vollkornbrot mit Käse und Salami (4 BE)
Insulin	2014-10-05 14:41:00	Afternoon tea				NovoRapid	6		
Glicemy	2014-10-05 17:50:00	Dinner		before	101				
Note	2014-10-05 17:50:00								Abends : Arabisches Restaurant (8 BE )
Insulin	2014-10-05 18:16:00	Dinner				NovoRapid	9		
Glicemy	2014-10-05 20:08:00	Supper		before	81				
Meal	2014-10-05 20:35:00	Supper	14						
Note	2014-10-05 20:36:00								Schokolade (1 BE)
Insulin	2014-10-05 21:01:00					Lantus	5		
Glicemy	2014-10-05 23:13:00			after	195				
Insulin	2014-10-05 23:13:00					NovoRapid	1		



Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-06 02:03:00			after	156				
Glicemy	2014-10-06 08:12:00	Breakfast I		before	191				
Meal	2014-10-06 08:13:00	Breakfast I	70						
Note	2014-10-06 08:13:00								Frühstück : Haferflocken mit Milch und Kaffee ( 6 BE )
Insulin	2014-10-06 08:18:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-06 13:09:00	Lunch		before	207				
Note	2014-10-06 13:10:00								Mittags : kokosmilch suppe, brot Kartoffeln salat ( 5 BE )
Insulin	2014-10-06 13:11:00	Lunch				NovoRapid	7		
Meal	2014-10-06 15:47:00	Afternoon tea	55						
Note	2014-10-06 15:48:00								snack : 3 schieben Brot mit Salami und Käse ( 5 BE )
Glicemy	2014-10-06 15:50:00	Afternoon tea		before	101				
Insulin	2014-10-06 15:55:00	Afternoon tea				NovoRapid	5		
Glicemy	2014-10-06 17:26:00			after	158				
Glicemy	2014-10-06 19:48:00	Dinner		before	145				
Meal	2014-10-06 19:49:00	Dinner	154						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-06 19:50:00								Abends : Gnocchi mit pesto und pinienkerne (14 BE )
Insulin	2014-10-06 19:51:00	Dinner				NovoRapid	15		
Insulin	2014-10-06 21:00:00					Lantus	5		
Insulin	2014-10-06 21:49:00	Snack				NovoRapid	1		
Note	2014-10-06 21:49:00								Snack: Schokolade (1 BE)
Glicemy	2014-10-06 22:44:00	Snack		before	144				
Note	2014-10-06 22:46:00								Eclair (1 BE)
Insulin	2014-10-06 22:46:00	Snack				NovoRapid	1		
Glicemy	2014-10-07 00:03:00			after	139				
Glicemy	2014-10-07 02:02:00			after	139				
Glicemy	2014-10-07 07:42:00	Breakfast I		before	204				
Meal	2014-10-07 07:42:00	Breakfast I	82						
Note	2014-10-07 07:42:00								Frühstück : Haferflocken mit Milch und Kaffee ( 7 BE )
Insulin	2014-10-07 07:47:00	Breakfast I				NovoRapid	9		
Glicemy	2014-10-07 11:23:00			after	255				
Glicemy	2014-10-07 12:53:00	Lunch		before	200				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-07 12:57:00								Mittags : Thai curry mit Reis, Kürbissuppe mit Brot ( 5 BE )
Insulin	2014-10-07 12:58:00	Lunch				NovoRapid	9		
Glicemy	2014-10-07 16:26:00	Afternoon tea		before	111				
Insulin	2014-10-07 16:26:00	Afternoon tea				NovoRapid	3		
Note	2014-10-07 16:30:00								Snack : 2 Schieben Vollkornbrot mit Käse und Salami ( 3 BE )
Glicemy	2014-10-07 19:30:00	Dinner		before	140				
Insulin	2014-10-07 19:39:00	Dinner				NovoRapid	7		
Note	2014-10-07 19:40:00								Vietnamese Restaurant (7BE)
Glicemy	2014-10-07 22:05:00	Supper		before	279				
Note	2014-10-07 22:07:00								2 Eclairs (2BE)
Insulin	2014-10-07 22:07:00	Supper				NovoRapid	2		
Insulin	2014-10-07 23:14:00					Lantus	5		
Glicemy	2014-10-08 00:13:00			after	291				
Insulin	2014-10-08 00:14:00					NovoRapid	4		
Glicemy	2014-10-08 04:01:00			after	132				
Glicemy	2014-10-08 07:55:00	Breakfast I		before	160				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-10-08 07:56:00	Breakfast I	85						
Note	2014-10-08 07:56:00								Frühstück: Cereal mit Milch und Kaffee. (8 BE)
Insulin	2014-10-08 07:58:00	Breakfast I				NovoRapid	9		

