

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	24. September 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-17 07:59:00	Breakfast I		before	213				
Meal	2014-09-17 07:59:00	Breakfast I	81						
Note	2014-09-17 07:59:00								Frühstück : Müsli mit Milch und Kaffee (7 BE)
Insulin	2014-09-17 08:00:00	Breakfast I				NovoRapid	9		
Physical activity	2014-09-17 09:12:00							10	Fahrradfahren zur Arbeit (55 kcal)
Glicemy	2014-09-17 11:49:00	Lunch		before	155				
Meal	2014-09-17 11:59:00	Lunch	70						
Note	2014-09-17 11:59:00								Mittags : 320g salat, Scheibe brot und Kaffee (6BE)
Insulin	2014-09-17 12:15:00	Lunch				NovoRapid	5		
Glicemy	2014-09-17 14:47:00	Lunch		after	101				
Meal	2014-09-17 14:50:00	Snack	47						
Note	2014-09-17 14:50:00								Snack: Yogurt (4BE), spritzen weniger weil ich nicht so gut fühle
Insulin	2014-09-17 14:51:00	Snack				NovoRapid	2		
Meal	2014-09-17 16:00:00	Afternoon tea	31						
Note	2014-09-17 16:01:00								snack : 2 Schieben Vollkornbrot mit Käse und Schinken. Kaffee (3 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-17 16:33:00	Afternoon tea		before	249				
Insulin	2014-09-17 16:35:00	Afternoon tea				NovoRapid	3		
Glicemy	2014-09-17 17:50:00	Afternoon tea		after	301				
Glicemy	2014-09-17 20:43:00	Dinner		before	200				
Note	2014-09-17 20:44:00								Abends : Lasagne (6 BE)
Meal	2014-09-17 20:44:00	Dinner	68						
Insulin	2014-09-17 20:45:00	Dinner				NovoRapid	7		
Insulin	2014-09-17 21:29:00					Lantus	5		
Meal	2014-09-17 21:46:00	Supper	29						
Note	2014-09-17 21:46:00								Bitterschokolade (3 BE)
Insulin	2014-09-17 21:47:00	Supper				NovoRapid	3		
Weight	2014-09-17 22:00:00								
Glicemy	2014-09-17 23:09:00			after	232				
Insulin	2014-09-17 23:10:00					NovoRapid	2		
Glicemy	2014-09-18 06:43:00	Breakfast I		before	237				
Meal	2014-09-18 06:44:00	Breakfast I	69						
Note	2014-09-18 06:44:00								Frühstück : Müsli mit Milch und Kaffee (6 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-18 06:45:00					NovoRapid	8		
Physical activity	2014-09-18 08:20:00							10	Fahrradfahrun zur Arbeit (90 kcal)
Glicemy	2014-09-18 09:37:00	Breakfast II		before	150				
Meal	2014-09-18 09:37:00	Breakfast II	47						
Note	2014-09-18 09:38:00								yogurt (4 BE)
Insulin	2014-09-18 09:38:00	Breakfast II				NovoRapid	2		
Glicemy	2014-09-18 12:01:00	Lunch		before	238				
Meal	2014-09-18 12:11:00	Lunch	62						
Note	2014-09-18 12:12:00								Mittags : Lasagne und kleine salat. Kaffee (6 BE)
Insulin	2014-09-18 12:12:00	Lunch				NovoRapid	6		
Glicemy	2014-09-18 13:42:00	Lunch		after	87				
Note	2014-09-18 14:26:00								2 Dextroenergie, Aprikose Riegel
Glicemy	2014-09-18 15:53:00	Afternoon tea		before	208				
Meal	2014-09-18 15:53:00	Afternoon tea	50						
Insulin	2014-09-18 15:54:00	Afternoon tea				NovoRapid	5		
Note	2014-09-18 15:55:00								Snack: 3 Scheiben Vollkornbrot mit Käse und Salami. Kaffee (5 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Physical activity	2014-09-18 18:00:00							20	Fahrradfahren zum Bahnhof und nach Hause
Meal	2014-09-18 20:20:00	Dinner	84						
Note	2014-09-18 20:20:00								Abends : 5 Scheiben Vollkornbrot mit Aufstrich,salami und Käse (8 BE)
Glicemy	2014-09-18 20:24:00	Dinner		before	169				
Insulin	2014-09-18 20:24:00	Dinner				NovoRapid	9		
Insulin	2014-09-18 21:20:00					Lantus	5		
Glicemy	2014-09-18 23:09:00			after	193				
Insulin	2014-09-18 23:10:00					NovoRapid	1		
Glicemy	2014-09-19 07:59:00	Breakfast I		before	185				
Meal	2014-09-19 07:59:00	Breakfast I	74						
Note	2014-09-19 08:00:00								Frühstück : Müsli mit Milch und Kaffee (7 BE)
Glicemy	2014-09-19 11:58:00	Lunch		before	305				
Meal	2014-09-19 12:04:00	Lunch	62						
Note	2014-09-19 12:05:00								Mittags: Lasagne und Kaffee (6 BE)
Insulin	2014-09-19 12:06:00	Lunch				NovoRapid	9		
Note	2014-09-19 12:08:00								Vergessen vor Frühstück zu spritzen

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-19 14:10:00	Lunch		after	160				
Glicemy	2014-09-19 15:31:00	Afternoon tea		before	82				
Meal	2014-09-19 15:32:00	Afternoon tea	19						
Insulin	2014-09-19 15:38:00	Afternoon tea				NovoRapid	2		
Note	2014-09-19 15:38:00								Snack: 2 Scheiben Eiweißbrot mit Nußmuss, Käse, gekochtes Ei. Kaffee (2 BE)
Glicemy	2014-09-19 16:50:00	Afternoon tea		after	120				
Note	2014-09-19 16:53:00								1 dextroenergie, feeling a bit woozy
Glicemy	2014-09-19 19:26:00	Dinner		before	165				
Meal	2014-09-19 19:26:00	Dinner	89						
Note	2014-09-19 19:26:00								Abends : Tofu Sate mit Reis und Lassi (8 BE)
Insulin	2014-09-19 19:27:00	Dinner				NovoRapid	9		
Meal	2014-09-19 20:47:00	Supper	11						
Note	2014-09-19 20:47:00								Bitterschokolade (1BE)
Insulin	2014-09-19 20:47:00	Supper				NovoRapid	1		
Insulin	2014-09-19 21:13:00					NovoRapid	5		
Glicemy	2014-09-19 23:22:00			after	280				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-19 23:23:00					NovoRapid	3		
Glicemy	2014-09-20 08:23:00	Breakfast I		before	226				
Meal	2014-09-20 08:24:00	Breakfast I	79						
Note	2014-09-20 08:24:00								Frühstück : Müsli mit Milch und Kaffee (7 BE)
Insulin	2014-09-20 08:29:00	Breakfast I				NovoRapid	9		
Meal	2014-09-20 11:50:00	Lunch	29						
Note	2014-09-20 11:50:00								Mittags : 4 Scheiben Eiweißbrot mit salami und Käse. Kaffee (3 BE)
Glicemy	2014-09-20 11:54:00	Lunch		before	147				
Insulin	2014-09-20 11:55:00	Lunch				NovoRapid	3		
Glicemy	2014-09-20 14:11:00	Lunch		before	94				
Note	2014-09-20 14:13:00								Kekse
Meal	2014-09-20 14:18:00	Snack	43						
Glicemy	2014-09-20 16:30:00	Afternoon tea		before	313				
Meal	2014-09-20 16:32:00	Afternoon tea	75						
Note	2014-09-20 16:32:00								Snack : 1 Stück Kuchen und Kaffee (7 BE)
Insulin	2014-09-20 16:34:00	Afternoon tea				NovoRapid	10		
Glicemy	2014-09-20 19:51:00	Dinner		before	121				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-20 19:52:00	Dinner	52						
Note	2014-09-20 19:53:00								Abends : Lamm mit balsamic Sauce und Ofen Gemüse (5 BE)
Insulin	2014-09-20 19:54:00	Dinner				NovoRapid	5		
Insulin	2014-09-20 21:03:00					Lantus	5		
Insulin	2014-09-20 21:05:00	Supper				NovoRapid	7		
Meal	2014-09-20 21:06:00	Supper	75						
Note	2014-09-20 21:06:00								Snack: Stück Kuchen (7 BE)
Glicemy	2014-09-20 23:16:00			after	81				
Note	2014-09-20 23:17:00								1 Dextroenergie und 4 Kekse
Glicemy	2014-09-20 23:59:00			after	138				
Glicemy	2014-09-21 08:28:00	Breakfast I		before	197				
Meal	2014-09-21 08:28:00	Breakfast I	92						
Note	2014-09-21 08:28:00								Frühstück : Müsli mit Milch und Kaffee (8 BE)
Insulin	2014-09-21 08:29:00	Breakfast I				NovoRapid	9		
Glicemy	2014-09-21 11:53:00	Lunch		before	141				
Meal	2014-09-21 12:05:00	Lunch	27						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-21 12:06:00								Mittags : 4 Scheiben Eiweißbrot mit salami und Käse, gekochtes Ei (2 BE)
Insulin	2014-09-21 12:08:00	Lunch				NovoRapid	2		
Meal	2014-09-21 16:06:00	Afternoon tea	96						
Note	2014-09-21 16:07:00								Snack : 1 Stück Kuchen,5 Kekse und Kaffee (9 BE)
Glicemy	2014-09-21 16:07:00	Afternoon tea		before	184				
Insulin	2014-09-21 16:09:00	Afternoon tea				NovoRapid	10		
Meal	2014-09-21 19:33:00	Dinner	32						
Glicemy	2014-09-21 19:33:00	Dinner		before	160				
Note	2014-09-21 19:33:00								Abends : Hähnchenbrust Stroganoff mit Ofen Gemüse (3 BE)
Insulin	2014-09-21 19:35:00	Dinner				NovoRapid	4		
Insulin	2014-09-21 21:07:00					Lantus	5		
Glicemy	2014-09-21 23:27:00			after	153				
Glicemy	2014-09-22 07:59:00	Breakfast I		before	180				
Meal	2014-09-22 08:01:00	Breakfast I	94						
Note	2014-09-22 08:02:00								Frühstück : Müsli mit Milch und Kaffee (9 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-22 08:05:00	Breakfast I				NovoRapid	10		
Glicemy	2014-09-22 11:54:00	Lunch		before	102				
Note	2014-09-22 11:56:00								Mittags : 360g Salat mit 2 Scheiben Vollkornbrot und Kaffee (7 BE)
Meal	2014-09-22 12:00:00	Snack	75						
Insulin	2014-09-22 12:21:00	Lunch				NovoRapid	6		
Glicemy	2014-09-22 13:50:00	Lunch		after	137				
Note	2014-09-22 15:51:00								Snack: 2 Schieben Eiweißbrot mit Nußmuss Salami und Käse. Kaffee und Yogurt (6 BE)
Meal	2014-09-22 16:01:00	Afternoon tea	64						
Glicemy	2014-09-22 16:01:00	Snack		before	118				
Insulin	2014-09-22 16:02:00	Afternoon tea				NovoRapid	6		
Glicemy	2014-09-22 17:47:00	Afternoon tea		after	169				
Meal	2014-09-22 19:32:00	Dinner	213						
Note	2014-09-22 19:32:00								Abends : Pasta, Kartoffeln Pfanne. Schokolade Mousse (19 BE)
Glicemy	2014-09-22 19:33:00	Dinner		before	193				
Insulin	2014-09-22 19:35:00	Dinner				NovoRapid	20		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-22 21:15:00					Lantus	5		
Glicemy	2014-09-22 22:25:00	Dinner		after	78				
Note	2014-09-22 22:25:00								2 Dextroenergie
Glicemy	2014-09-22 23:31:00			after	89				
Note	2014-09-22 23:32:00								2 Dextroenergie, 4 Kekse
Glicemy	2014-09-22 23:37:00			after	133				
Glicemy	2014-09-23 00:45:00			after	208				
Note	2014-09-23 00:48:00								kein spritzen wegen der früher Niedrige Werten
Glicemy	2014-09-23 08:07:00	Breakfast I		before	200				
Meal	2014-09-23 08:08:00	Snack	84						
Note	2014-09-23 08:10:00								Frühstück : Müsli mit Milch und Kaffee (8 BE)
Insulin	2014-09-23 08:15:00	Breakfast I				NovoRapid	9		
Glicemy	2014-09-23 11:59:00	Lunch		before	131				
Note	2014-09-23 12:00:00								Mittags : Pasta Kartoffeln Pfanne und Kaffee. 1 Stück Schokolade (11 BE)
Meal	2014-09-23 12:00:00	Lunch	120						
Insulin	2014-09-23 12:02:00	Lunch				NovoRapid	11		
Glicemy	2014-09-23 14:27:00	Lunch		after	83				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-23 14:27:00								1 Dextroenergie und stück Schokolade
Note	2014-09-23 15:54:00								Snack : 2 Schieben Eiweißbrot mit Nußmuss Salami und Käse. Kaffee (1 BE)
Meal	2014-09-23 15:55:00	Afternoon tea	9						
Glicemy	2014-09-23 15:57:00	Afternoon tea		before	129				
Insulin	2014-09-23 16:00:00	Afternoon tea				NovoRapid	1		
Meal	2014-09-23 19:30:00	Snack	108						
Glicemy	2014-09-23 19:34:00	Dinner		before	182				
Insulin	2014-09-23 19:35:00	Dinner				NovoRapid	11		
Note	2014-09-23 19:48:00								Abends : Hähnchenbrust spieß mit Nudeln und Erdnuss Sauce (10 BE)
Insulin	2014-09-23 20:19:00					Lantus	5		
Glicemy	2014-09-23 22:37:00	Dinner		after	120				
Glicemy	2014-09-24 00:35:00			after	183				
Insulin	2014-09-24 00:37:00					NovoRapid	1		
Glicemy	2014-09-24 07:59:00	Breakfast I		before	191				
Meal	2014-09-24 08:01:00	Breakfast I	89						
Note	2014-09-24 08:01:00								Frühstück : Müsli mit Milch und Kaffee (8 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-24 08:04:00	Breakfast I				NovoRapid	8		

