

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	3. Dezember 2014

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-26 00:26:00		after	230				
Insulin	2014-11-26 00:27:00				NovoRapid	2		
Note	2014-11-26 08:19:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)
Glicemy	2014-11-26 08:22:00	Breakfast I	before	214				
Insulin	2014-11-26 08:25:00	Breakfast I			NovoRapid	7		
Note	2014-11-26 11:38:00							Mittags : Brot mit Ei und Kartoffelsalat (9 BE)
Glicemy	2014-11-26 11:52:00	Lunch	before	147				
Insulin	2014-11-26 11:52:00	Lunch			NovoRapid	9		
Glicemy	2014-11-26 15:39:00	Afternoon tea	before	198				
Note	2014-11-26 15:39:00							Snack : Baguette mit Schinken (4 BE)
Insulin	2014-11-26 15:51:00	Afternoon tea			NovoRapid	5		
Glicemy	2014-11-26 20:19:00	Dinner	before	294				
Note	2014-11-26 20:19:00							Baguette hat Süßes Senf
Note	2014-11-26 20:20:00							Abends : Puten Geschneitztes mit Bratkartoffeln (4 BE)
Insulin	2014-11-26 20:21:00	Dinner			NovoRapid	8		
Insulin	2014-11-26 21:02:00				Lantus	7		
Note	2014-11-26 21:30:00							Schokolade Dessert (2 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-26 21:30:00	Supper			NovoRapid	2		
Glicemy	2014-11-26 23:52:00		after	113				
Note	2014-11-26 23:54:00							Nüsse
Glicemy	2014-11-27 04:14:00		after	203				
Insulin	2014-11-27 04:15:00				NovoRapid	1		
Glicemy	2014-11-27 06:38:00	Breakfast I	before	165				
Note	2014-11-27 06:39:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-27 06:42:00	Breakfast I			NovoRapid	5		
Glicemy	2014-11-27 09:17:00	Breakfast II	before	172				
Note	2014-11-27 09:17:00							Rucola Sandwich (2 BE)
Insulin	2014-11-27 09:17:00	Breakfast II			NovoRapid	3		
Glicemy	2014-11-27 11:49:00	Lunch	before	213				
Note	2014-11-27 12:09:00							Mittags : Salat und Brot (4 BE)
Insulin	2014-11-27 12:09:00	Lunch			NovoRapid	6		
Glicemy	2014-11-27 16:20:00	Afternoon tea	before	112				
Note	2014-11-27 16:20:00							Snack : 2 Schieben Eiweißbrot mit Käse und Salami. Schokolade (2 BE)
Insulin	2014-11-27 16:21:00	Afternoon tea			NovoRapid	2		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-27 20:16:00	Dinner	before	160				
Note	2014-11-27 20:17:00							Abends : Sommerrollen, Rindfleisch mit Reis und Curry Sauce (7 BE)
Insulin	2014-11-27 20:28:00	Dinner			NovoRapid	8		
Insulin	2014-11-27 21:25:00				Lantus	7		
Note	2014-11-27 21:57:00							Heiße Schokolade (1 BE)
Insulin	2014-11-27 21:58:00				NovoRapid	1		
Glicemy	2014-11-28 00:16:00		after	366				
Insulin	2014-11-28 00:17:00				NovoRapid	3		
Glicemy	2014-11-28 03:33:00		after	228				
Insulin	2014-11-28 03:34:00				NovoRapid	2		
Glicemy	2014-11-28 07:58:00	Breakfast I	before	181				
Note	2014-11-28 07:59:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-28 08:02:00	Breakfast I			NovoRapid	6		
Glicemy	2014-11-28 10:05:00	Breakfast I	after	112				
Note	2014-11-28 10:13:00							1 Traubenzucker
Glicemy	2014-11-28 11:48:00	Lunch	before	101				
Note	2014-11-28 11:49:00							Mittags : Curry Reste mit Kartoffeln (4 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-28 11:50:00	Lunch			NovoRapid	3		
Glicemy	2014-11-28 13:44:00	Lunch	after	157				
Glicemy	2014-11-28 14:12:00		after	97				
Note	2014-11-28 14:12:00							Traubenzucker und Schokolade (1 BE)
Glicemy	2014-11-28 15:49:00	Afternoon tea	before	166				
Note	2014-11-28 15:49:00							Snack : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2014-11-28 15:49:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-11-28 19:11:00	Dinner	before	217				
Note	2014-11-28 19:15:00							Abends : Burger mit Pommes (6 BE)
Insulin	2014-11-28 19:22:00	Dinner			NovoRapid	8		
Insulin	2014-11-28 19:54:00				Lantus	7		
Glicemy	2014-11-28 22:41:00		after	329				
Insulin	2014-11-28 22:41:00				NovoRapid	4		
Glicemy	2014-11-28 23:42:00		after	192				
Glicemy	2014-11-29 00:28:00		after	86				
Note	2014-11-29 00:31:00							2 Dextroenergie und Schokolade
Glicemy	2014-11-29 02:12:00		after	127				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-11-29 09:41:00							1 Dextroenergie
Glicemy	2014-11-29 09:43:00	Breakfast I	before	246				
Note	2014-11-29 10:07:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-29 10:08:00	Breakfast I			NovoRapid	4		
Glicemy	2014-11-29 10:49:00		after	279				
Physical activity	2014-11-29 10:50:00						30	Laufen
Glicemy	2014-11-29 11:17:00		after	308				
Note	2014-11-29 11:20:00							Aufgehört zu Laufen wegen hohen Blutzucker
Glicemy	2014-11-29 11:45:00		after	337				
Glicemy	2014-11-29 12:31:00	Lunch	before	293				
Note	2014-11-29 12:32:00							Mittags : 2 Schieben Eiweißbrot mit Salami und Käse, Spiegelei (1 BE)
Insulin	2014-11-29 12:32:00	Lunch			NovoRapid	4		
Glicemy	2014-11-29 15:31:00		after	123				
Glicemy	2014-11-29 15:54:00	Afternoon tea	before	113				
Note	2014-11-29 15:54:00							Kuchen (6 BE)
Insulin	2014-11-29 15:57:00	Afternoon tea			NovoRapid	6		
Glicemy	2014-11-29 18:25:00	Dinner	before	178				

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-30 15:56:00	Afternoon tea	before	88				
Insulin	2014-11-30 15:57:00	Afternoon tea			NovoRapid	3		
Glicemy	2014-11-30 19:08:00	Dinner	before	137				
Note	2014-11-30 19:09:00							Abends : Halbe Pizza und Chicken Wings (12 BE)
Insulin	2014-11-30 19:13:00	Dinner			NovoRapid	12		
Glicemy	2014-11-30 21:10:00	Dinner	after	110				
Note	2014-11-30 22:57:00							Kuchen (4 BE)
Glicemy	2014-11-30 22:58:00	Supper	before	188				
Insulin	2014-11-30 22:59:00	Supper			NovoRapid	4		
Insulin	2014-11-30 23:00:00				Lantus	7		
Glicemy	2014-12-01 00:28:00		after	257				
Glicemy	2014-12-01 02:31:00		after	293				
Insulin	2014-12-01 02:32:00				NovoRapid	2		
Note	2014-12-01 08:23:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Glicemy	2014-12-01 08:25:00	Breakfast I	before	161				
Insulin	2014-12-01 08:26:00	Breakfast I			NovoRapid	4		
Glicemy	2014-12-01 10:31:00	Breakfast I	after	166				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-01 11:58:00	Lunch	before	131				
Note	2014-12-01 12:11:00							Mittags : gefüllt Aubergine (4 BE)
Insulin	2014-12-01 12:13:00	Lunch			NovoRapid	4		
Glicemy	2014-12-01 14:16:00	Lunch	after	116				
Glicemy	2014-12-01 15:47:00	Afternoon tea	before	108				
Note	2014-12-01 15:47:00							Snack : 2 Schieben Eiweißbrot mit Salami und Schokolade (2 BE)
Insulin	2014-12-01 15:53:00	Afternoon tea			NovoRapid	2		
Glicemy	2014-12-01 18:38:00	Afternoon tea	after	151				
Insulin	2014-12-01 20:47:00				Lantus	7		
Glicemy	2014-12-01 21:14:00	Dinner	before	166				
Note	2014-12-01 21:14:00							Abends : Lachs Brötchen (2 BE)
Insulin	2014-12-01 21:14:00	Dinner			NovoRapid	3		
Note	2014-12-01 22:32:00							Hirschgulasch mit Ei Spätzle und Schokolade (3 BE)
Insulin	2014-12-01 22:35:00				NovoRapid	2		
Glicemy	2014-12-02 00:21:00		after	221				
Insulin	2014-12-02 00:23:00				NovoRapid	1		
Glicemy	2014-12-02 02:28:00		after	390				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-02 02:30:00				NovoRapid	2		
Glicemy	2014-12-02 08:14:00		after	248				
Note	2014-12-02 08:15:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-02 08:20:00	Breakfast I			NovoRapid	6		
Glicemy	2014-12-02 11:49:00	Lunch	before	98				
Note	2014-12-02 12:08:00							Mittags : Salat mit Brot (3 BE)
Insulin	2014-12-02 12:10:00	Lunch			NovoRapid	2		
Glicemy	2014-12-02 14:07:00	Lunch	after	142				
Glicemy	2014-12-02 15:46:00	Afternoon tea	before	134				
Note	2014-12-02 15:47:00							Snack : 2 Schieben Eiweißbrot mit Salami und Käse. Schokolade (2 BE)
Insulin	2014-12-02 15:47:00	Afternoon tea			NovoRapid	2		
Glicemy	2014-12-02 20:16:00	Dinner	before	202				
Note	2014-12-02 20:16:00							Abends : Fisch mit Kartoffeln, Linsen und Sauce (7 BE)
Insulin	2014-12-02 20:17:00	Dinner			NovoRapid	9		
Insulin	2014-12-02 21:07:00				Lantus	7		
Glicemy	2014-12-02 22:51:00	Dinner	after	135				
Glicemy	2014-12-03 00:31:00		after	130				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-03 02:28:00		after	180				
Glicemy	2014-12-03 08:22:00	Breakfast I	before	184				
Note	2014-12-03 08:23:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-03 08:28:00	Breakfast I			NovoRapid	4		
Glicemy	2014-12-03 10:33:00	Breakfast I	after	160				
Glicemy	2014-12-03 11:55:00	Lunch	before	114				
Note	2014-12-03 12:11:00							Mittags : Salat und Suppe (4 BE)
Insulin	2014-12-03 12:12:00	Lunch			NovoRapid	4		

