

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	16. Oktober 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
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				
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		
Glicemy	2014-10-08 10:30:00			after	208				
Glicemy	2014-10-08 12:04:00	Lunch		before	143				
Meal	2014-10-08 12:04:00	Lunch	110						
Note	2014-10-08 12:05:00								mittags : Falafel im Brot (10 BE)
Insulin	2014-10-08 12:06:00	Lunch				NovoRapid	10		
Glicemy	2014-10-08 13:04:00			after	161				
Glicemy	2014-10-08 14:55:00			after	105				
Glicemy	2014-10-08 15:23:00	Supper		before	101				
Meal	2014-10-08 15:24:00	Afternoon tea	55						
Note	2014-10-08 15:25:00								Snack : 1 Scheibe Eiweißbrot mit Käse und Yogurt. Kaffee (5 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-08 15:29:00	Snack				NovoRapid	4		
Glicemy	2014-10-08 17:22:00			after	158				
Glicemy	2014-10-08 20:00:00	Dinner		before	184				
Note	2014-10-08 20:00:00								Abends : Dürum Döner (8 BE)
Insulin	2014-10-08 20:02:00	Dinner				NovoRapid	10		
Insulin	2014-10-08 21:02:00					Lantus	5		
Note	2014-10-08 21:22:00								Snack : Stück Kuchen (4 BE)
Insulin	2014-10-08 21:22:00	Supper				NovoRapid	4		
Glicemy	2014-10-08 21:56:00	Supper		before	148				
Insulin	2014-10-08 21:58:00	Supper				NovoRapid	4		
Glicemy	2014-10-08 23:32:00			after	166				
Glicemy	2014-10-09 02:21:00			after	308				
Glicemy	2014-10-09 07:49:00	Breakfast I		before	243				
Meal	2014-10-09 07:49:00	Breakfast I	82						
Note	2014-10-09 07:49:00								Frühstück : Haferflocken mit Milch und Kaffee (7 BE)
Insulin	2014-10-09 07:53:00	Breakfast I				NovoRapid	10		
Physical activity	2014-10-09 09:14:00							24	Spazieren zur Arbeit (86 kcal)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-09 12:14:00	Lunch		before	130				
Note	2014-10-09 12:22:00								Mittags : Fisch mit Reis (5 BE)
Insulin	2014-10-09 12:22:00	Lunch				NovoRapid	5		
Note	2014-10-09 13:15:00								Schokolade Kuchen
Glicemy	2014-10-09 14:34:00			after	261				
Insulin	2014-10-09 14:34:00					NovoRapid	2		
Glicemy	2014-10-09 17:34:00	Afternoon tea		before	229				
Note	2014-10-09 17:35:00								Snack : 2 Schieben Eiweißbrot mit Käse (3 BE)
Insulin	2014-10-09 17:37:00	Afternoon tea				NovoRapid	5		
Physical activity	2014-10-09 17:50:00							25	spazieren zur Bahnhof (108 kcal)
Meal	2014-10-09 20:26:00	Dinner	60						
Note	2014-10-09 20:26:00								Abends : Tortellini mit pesto (5 BE)
Glicemy	2014-10-09 20:27:00	Dinner		before	120				
Insulin	2014-10-09 20:28:00	Dinner				NovoRapid	5		
Insulin	2014-10-09 21:04:00					Lantus	6		
Note	2014-10-09 22:26:00								Stück Schokolade Kuchen (5 BE)
Glicemy	2014-10-09 22:26:00	Supper		before	130				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-09 22:28:00	Supper				NovoRapid	5		
Glicemy	2014-10-09 23:31:00			after	166				
Glicemy	2014-10-10 08:20:00	Breakfast I		before	240				
Note	2014-10-10 08:23:00								Frühstück : Haferflocken mit Milch und Kaffee (8 BE)
Meal	2014-10-10 08:24:00	Breakfast I	84						
Insulin	2014-10-10 08:27:00	Breakfast I				NovoRapid	11		
Glicemy	2014-10-10 10:52:00			after	257				
Glicemy	2014-10-10 12:30:00	Lunch		before	175				
Note	2014-10-10 12:30:00								Mittags : Hackbraten mit Salat. Stück Kuchen (6 BE)
Insulin	2014-10-10 12:31:00	Lunch				NovoRapid	7		
Glicemy	2014-10-10 14:59:00			after	110				
Meal	2014-10-10 15:40:00	Afternoon tea	109						
Note	2014-10-10 15:41:00								snack : Bulgur salat und Yogurt (10 BE) . 1 iE weniger - Wohnung Arbeit
Glicemy	2014-10-10 15:43:00	Afternoon tea		before	100				
Insulin	2014-10-10 15:43:00	Afternoon tea				NovoRapid	9		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-10 17:25:00			after	201				
Glicemy	2014-10-10 18:29:00			after	273				
Note	2014-10-10 19:37:00								Abends : Eiweißbrot mit Salami und Käse (3 BE)
Glicemy	2014-10-10 19:44:00	Dinner		before	258				
Insulin	2014-10-10 19:56:00	Dinner				NovoRapid	6		
Insulin	2014-10-10 21:00:00					Lantus	6		
Glicemy	2014-10-10 22:01:00			after	80				
Note	2014-10-10 22:01:00								3 Dextroenergie
Glicemy	2014-10-10 22:27:00			after	215				
Note	2014-10-10 23:45:00								Stück Eiweißbrot (1 BE)
Glicemy	2014-10-11 00:32:00			after	244				
Insulin	2014-10-11 00:33:00					NovoRapid	3		
Glicemy	2014-10-11 09:28:00	Breakfast I		before	224				
Meal	2014-10-11 09:29:00	Breakfast I	84						
Note	2014-10-11 09:29:00								Frühstück : Haferflocken mit Milch und Kaffee (8 BE)
Glicemy	2014-10-11 11:06:00	Breakfast I		after	238				
Glicemy	2014-10-11 13:00:00	Lunch		before	93				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-11 13:07:00								Mittags : Boulette mit Kartoffeln und Rotkohl (3 BE)
Insulin	2014-10-11 13:12:00	Lunch				NovoRapid	2		
Glicemy	2014-10-11 15:10:00			after	169				
Glicemy	2014-10-11 16:50:00	Afternoon tea		before	192				
Note	2014-10-11 16:50:00								Snack : 1 Pfannkuchen, drittel Apfelring (3 BE)
Insulin	2014-10-11 16:51:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-11 19:15:00			after	293				
Meal	2014-10-11 19:57:00	Dinner	54						
Note	2014-10-11 19:58:00								Abends : Pizza (5 BE)
Glicemy	2014-10-11 20:22:00	Dinner		before	165				
Insulin	2014-10-11 20:23:00	Dinner				NovoRapid	6		
Insulin	2014-10-11 21:02:00					Lantus	6		
Glicemy	2014-10-11 21:41:00			after	217				
Glicemy	2014-10-11 22:59:00			after	123				
Glicemy	2014-10-12 00:50:00			after	163				
Insulin	2014-10-12 00:50:00					NovoRapid	1		
Meal	2014-10-12 09:42:00	Breakfast I	68						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-12 09:42:00								Frühstück : Haferflocken mit Milch und Kaffee (6 BE)
Glicemy	2014-10-12 09:44:00	Breakfast I		before	221				
Insulin	2014-10-12 09:57:00	Breakfast I				NovoRapid	8		
Glicemy	2014-10-12 12:52:00	Lunch		before	117				
Meal	2014-10-12 12:55:00	Lunch	126						
Note	2014-10-12 12:55:00								Mittags : Bulgur salat, Stück Schokolade Kuchen und Kaffee (11 BE)
Insulin	2014-10-12 12:57:00	Lunch				NovoRapid	11		
Glicemy	2014-10-12 14:52:00	Lunch		after	142				
Glicemy	2014-10-12 16:03:00	Afternoon tea		before	126				
Meal	2014-10-12 16:03:00	Afternoon tea	56						
Note	2014-10-12 16:03:00								Snack : 2 Schieben Eiweißbrot und Yogurt (5 BE)
Insulin	2014-10-12 16:03:00	Afternoon tea				NovoRapid	5		
Glicemy	2014-10-12 17:42:00	Afternoon tea		after	237				
Note	2014-10-12 18:34:00								Abends : Burger mit Süßkartoffel. Kaffee (8 BE)
Glicemy	2014-10-12 18:35:00	Dinner		before	203				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-12 18:36:00	Dinner				NovoRapid	10		
Insulin	2014-10-12 21:13:00					Lantus	6		
Glicemy	2014-10-12 21:48:00			after	312				
Insulin	2014-10-12 21:49:00					NovoRapid	3		
Glicemy	2014-10-12 23:25:00			after	220				
Insulin	2014-10-12 23:26:00					NovoRapid	2		
Glicemy	2014-10-13 01:58:00			after	133				
Note	2014-10-13 02:00:00								Sehr Schwitzig aufgestanden
Glicemy	2014-10-13 07:14:00	Breakfast I		before	200				
Meal	2014-10-13 07:24:00	Breakfast I	63						
Note	2014-10-13 07:24:00								Frühstück : 2 Schieben Vollkornbrot mit Käse und Salami. (6 BE)
Insulin	2014-10-13 07:25:00	Breakfast I				NovoRapid	8		
Glicemy	2014-10-13 09:38:00	Breakfast I		after	177				
Glicemy	2014-10-13 12:20:00	Lunch		before	150				
Note	2014-10-13 12:20:00								mittags : 3 schieben Brot 5 BE
Insulin	2014-10-13 12:23:00	Lunch				NovoRapid	5		
Glicemy	2014-10-13 15:06:00	Afternoon tea		before	228				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-13 15:08:00								snack : Schokolade (1 BE)
Insulin	2014-10-13 15:08:00	Afternoon tea				NovoRapid	3		
Glicemy	2014-10-13 17:47:00			after	105				
Note	2014-10-13 17:50:00								2 vollkorn Knäckebröt (1 BE)
Glicemy	2014-10-13 20:36:00	Dinner		before	130				
Note	2014-10-13 20:41:00								Restaurant Abendessen mit Dessert
Insulin	2014-10-13 21:21:00	Dinner				NovoRapid	9		
Insulin	2014-10-13 21:26:00					Lantus	6		
Glicemy	2014-10-14 00:24:00			after	230				
Insulin	2014-10-14 00:24:00					NovoRapid	2		
Glicemy	2014-10-14 06:40:00	Breakfast I		before	180				
Note	2014-10-14 06:47:00								Frühstück : 2 Schieben Vollkornbrot mit Käse und Salami (6 BE)
Insulin	2014-10-14 06:48:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-14 10:38:00	Breakfast II		before	183				
Note	2014-10-14 10:38:00								4 Schieben Vollkorn Knäckebröt (1 BE)
Insulin	2014-10-14 10:39:00	Breakfast II				NovoRapid	2		
Glicemy	2014-10-14 12:43:00	Lunch		before	252				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-14 12:47:00								mittags : chilli con carne, Hackfleisch bällchen mit Kartoffelsalat (5 BE)
Insulin	2014-10-14 12:48:00	Lunch				NovoRapid	8		
Glicemy	2014-10-14 15:28:00	Afternoon tea		before	139				
Note	2014-10-14 15:29:00								snack : 4 Scheiben vollkorn Knäckebrot und Schokolade (4 BE)
Insulin	2014-10-14 15:29:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-14 17:45:00	Afternoon tea		after	154				
Glicemy	2014-10-14 19:41:00	Dinner		before	138				
Note	2014-10-14 20:12:00								Abends : Salat, Fleisch mit Rosmarinkartoffeln (6 BE)
Insulin	2014-10-14 20:27:00	Dinner				NovoRapid	6		
Insulin	2014-10-14 20:56:00					Lantus	6		
Glicemy	2014-10-14 23:54:00			after	177				
Insulin	2014-10-14 23:54:00					NovoRapid	1		
Glicemy	2014-10-15 06:41:00	Breakfast I		before	216				
Note	2014-10-15 06:48:00								Frühstück : 2 Schieben Vollkornbrot mit Käse und Salami (6 BE)
Insulin	2014-10-15 06:50:00	Breakfast I				NovoRapid	8		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-15 10:32:00	Breakfast II		before	202				
Note	2014-10-15 10:32:00								Snack : 4 Scheiben vollkorn Knäckebröt (1 BE)
Insulin	2014-10-15 10:33:00	Breakfast II				NovoRapid	3		
Glicemy	2014-10-15 12:33:00	Lunch		before	233				
Note	2014-10-15 12:34:00								mittags : pasta und Brötchen (5 BE)
Insulin	2014-10-15 12:34:00	Lunch				NovoRapid	7		
Glicemy	2014-10-15 14:49:00	Afternoon tea		before	199				
Note	2014-10-15 14:49:00								Snack : Vollkornbrot und Schokolade (5 BE)
Insulin	2014-10-15 14:50:00	Afternoon tea				NovoRapid	6		
Glicemy	2014-10-15 16:58:00	Snack		before	276				
Note	2014-10-15 16:59:00								14 Schieben Vollkorn Knäckebröt (4 BE)
Insulin	2014-10-15 17:12:00	Snack				NovoRapid	7		
Glicemy	2014-10-15 19:38:00	Snack		before	135				
Note	2014-10-15 19:39:00								Schokolade (1 BE)
Insulin	2014-10-15 19:39:00	Snack				NovoRapid	1		
Glicemy	2014-10-15 20:20:00	Dinner		before	156				
Note	2014-10-15 20:21:00								Abends : Ente Kross mit Nudeln (6 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-15 20:25:00	Dinner				NovoRapid	6		
Insulin	2014-10-15 21:21:00					Lantus	6		
Glicemy	2014-10-15 22:57:00			after	101				
Note	2014-10-15 23:00:00								1 Scheibe Eiweißbrot (3.8g Kohlenhydrate)
Meal	2014-10-16 07:38:00	Breakfast I	65						
Note	2014-10-16 07:38:00								Frühstück : Haferflocken mit Milch und Kaffee (6 BE)
Glicemy	2014-10-16 07:41:00	Breakfast I		before	265				
Insulin	2014-10-16 07:42:00	Breakfast I				NovoRapid	9		
Physical activity	2014-10-16 08:49:00							21	Fahrradfahren zur Arbeit (100 kcal)
Glicemy	2014-10-16 10:02:00	Breakfast II		before	159				
Note	2014-10-16 10:03:00								Snack: Schokolade (2 BE)
Insulin	2014-10-16 10:04:00	Breakfast II				NovoRapid	2		

