

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	18. März 2015

[illegible]

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-03-11 21:00:00				Lantus	9		
Glicemy	2015-03-11 22:12:00		after	110				
Glicemy	2015-03-11 23:26:00		after	160				
Glicemy	2015-03-11 23:44:00		after	214				
Insulin	2015-03-11 23:44:00				NovoRapid	1.5		
Glicemy	2015-03-12 08:05:00	Breakfast I	before	114				
Note	2015-03-12 08:05:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-12 08:05:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-03-12 11:47:00	Lunch	before	153				
Note	2015-03-12 12:06:00							Mittags : Salat und Brot (2 BE)
Insulin	2015-03-12 12:07:00	Lunch			NovoRapid	2		
Note	2015-03-12 12:40:00							Schokolade (1.5 BE)
Glicemy	2015-03-12 13:34:00	Lunch	after	207				
Insulin	2015-03-12 13:35:00	Snack			NovoRapid	1.5		
Glicemy	2015-03-12 14:32:00	Snack	after	205				
Glicemy	2015-03-12 14:55:00	Afternoon tea	before	164				
Note	2015-03-12 14:58:00							Snack : Brot mit Käse (3 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-03-12 14:58:00	Afternoon tea			NovoRapid	3		
Glicemy	2015-03-12 16:55:00		after	159				
Glicemy	2015-03-12 17:16:00		after	146				
Note	2015-03-12 17:19:00							Flasche Cola (2.5 BE)
Physical activity	2015-03-12 17:25:00						80	Fußball
Glicemy	2015-03-12 17:48:00		after	192				
Note	2015-03-12 17:48:00							1 Dextroenergie
Glicemy	2015-03-12 18:39:00		after	183				
Glicemy	2015-03-12 19:40:00	Dinner	before	147				
Note	2015-03-12 19:41:00							Abends : Udon Nudeln mit tofu (5 BE)
Insulin	2015-03-12 19:45:00	Dinner			NovoRapid	3		
Glicemy	2015-03-12 21:10:00		after	89				
Note	2015-03-12 21:10:00							Schokolade (1.5 BE)
Insulin	2015-03-12 21:10:00				Lantus	8		
Glicemy	2015-03-12 22:19:00		after	122				
Glicemy	2015-03-12 23:07:00		after	158				
Glicemy	2015-03-12 23:40:00		after	142				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-13 02:30:00		after	208				
Glicemy	2015-03-13 08:19:00	Breakfast I	before	95				
Note	2015-03-13 08:20:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-13 08:20:00	Breakfast I			NovoRapid	2		
Glicemy	2015-03-13 11:03:00	Breakfast I	after	153				
Glicemy	2015-03-13 12:13:00	Lunch	before	115				
Note	2015-03-13 12:30:00							Mittags : Lamm Biryani und Batura (8 BE)
Insulin	2015-03-13 12:30:00	Lunch			NovoRapid	8		
Glicemy	2015-03-13 14:32:00	Lunch	after	139				
Glicemy	2015-03-13 16:22:00	Afternoon tea	before	160				
Note	2015-03-13 16:22:00							Snack : Brot mit Käse und Yogurt (3 BE)
Insulin	2015-03-13 16:23:00	Afternoon tea			NovoRapid	4		
Glicemy	2015-03-13 17:41:00	Afternoon tea	after	127				
Glicemy	2015-03-13 20:03:00	Dinner	before	205				
Note	2015-03-13 20:03:00							Abends : Currywurst mit Süßkartoffel Pommes (5 BE)
Insulin	2015-03-13 20:04:00	Dinner			NovoRapid	6.5		
Insulin	2015-03-13 21:02:00				Lantus	9		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-13 21:41:00	Dinner	after	60				
Note	2015-03-13 21:41:00							2 Dextroenergie und Schokolade
Glicemy	2015-03-13 22:19:00		after	141				
Glicemy	2015-03-13 23:28:00		after	218				
Insulin	2015-03-13 23:28:00				NovoRapid	1		
Glicemy	2015-03-14 09:00:00	Breakfast I	before	172				
Note	2015-03-14 09:00:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-14 09:00:00	Breakfast I			NovoRapid	4		
Glicemy	2015-03-14 11:53:00	Lunch	before	112				
Note	2015-03-14 11:53:00							Mittags : Brot mit Käse und gekochtes Ei (3.5 BE)
Insulin	2015-03-14 11:55:00	Lunch			NovoRapid	3		
Glicemy	2015-03-14 13:43:00		after	110				
Note	2015-03-14 13:43:00							1 Traubenzucker
Glicemy	2015-03-14 15:11:00	Afternoon tea	before	182				
Note	2015-03-14 15:12:00							Snack : Brot und Yogurt (3 BE)
Insulin	2015-03-14 15:12:00	Afternoon tea			NovoRapid	4		
Glicemy	2015-03-14 18:58:00		after	183				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-03-14 20:05:00	Dinner	before	149				
Note	2015-03-14 20:05:00							Abends : Gebratene Nudeln mit Ente (7 BE)
Insulin	2015-03-14 20:06:00	Dinner			NovoRapid	7		
Insulin	2015-03-14 21:35:00				Lantus	9		
Glicemy	2015-03-14 22:12:00	Supper	before	87				
Note	2015-03-14 22:13:00							Schokolade (1.5 BE)
Glicemy	2015-03-14 23:47:00		after	148				
Glicemy	2015-03-15 00:03:00		after	122				
Note	2015-03-15 00:05:00							1 Riegel
Glicemy	2015-03-15 09:40:00	Breakfast I	before	155				
Note	2015-03-15 09:40:00							Mittags : Haferflocken mit Milch (3 BE)
Insulin	2015-03-15 09:40:00	Breakfast I			NovoRapid	2.5		
Glicemy	2015-03-15 11:41:00		after	208				
Physical activity	2015-03-15 11:53:00						82	Laufen
Glicemy	2015-03-15 12:18:00		after	126				
Note	2015-03-15 12:18:00							1 flüssige Dextroenergie
Glicemy	2015-03-15 12:42:00		after	125				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-03-15 12:42:00							3 Dextroenergie
Glicemy	2015-03-15 13:07:00		after	138				
Note	2015-03-15 13:07:00							2 Dextroenergie
Glicemy	2015-03-15 13:26:00		after	156				
Glicemy	2015-03-15 14:35:00		after	130				
Glicemy	2015-03-15 14:52:00	Lunch	before	126				
Note	2015-03-15 14:52:00							Mittags : Salat und Brot (4 BE)
Insulin	2015-03-15 14:53:00	Lunch			NovoRapid	2		
Glicemy	2015-03-15 17:40:00	Afternoon tea	before	131				
Note	2015-03-15 17:40:00							Snack : Brot mit Käse (1 BE)
Insulin	2015-03-15 17:41:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-03-15 19:26:00		after	156				
Note	2015-03-15 19:27:00							Abends : Wurst und Süßkartoffel Püree (4 BE)
Insulin	2015-03-15 19:27:00	Dinner			NovoRapid	4		
Glicemy	2015-03-15 20:46:00	Supper	before	70				
Note	2015-03-15 20:46:00							Schokolade (3 BE)
Glicemy	2015-03-15 21:13:00		after	71				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-03-15 21:14:00				Lantus	8		
Note	2015-03-15 21:14:00							2 Traubenzucker
Glicemy	2015-03-15 21:25:00		after	81				
Glicemy	2015-03-15 21:31:00		after	102				
Glicemy	2015-03-15 22:08:00	Snack	before	162				
Note	2015-03-15 22:08:00							Schokolade (1.5 BE)
Insulin	2015-03-15 22:08:00	Snack			NovoRapid	2		
Glicemy	2015-03-16 00:02:00		after	121				
Note	2015-03-16 00:04:00							Riegel
Glicemy	2015-03-16 00:32:00		after	147				
Glicemy	2015-03-16 08:07:00	Breakfast I	before	125				
Note	2015-03-16 08:08:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-16 08:08:00	Breakfast I			NovoRapid	3		
Glicemy	2015-03-16 11:45:00	Lunch	before	82				
Note	2015-03-16 11:46:00							1 Dextroenergie
Glicemy	2015-03-16 12:01:00	Lunch	before	115				
Note	2015-03-16 12:07:00							Mittags : Salat und Brot (2 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-03-16 12:07:00	Lunch			NovoRapid	2		
Glicemy	2015-03-16 14:31:00	Lunch	after	132				
Glicemy	2015-03-16 15:04:00	Afternoon tea	before	138				
Note	2015-03-16 15:05:00							Snack : Brot mit Käse (2 BE)
Insulin	2015-03-16 15:05:00	Afternoon tea			NovoRapid	2		
Glicemy	2015-03-16 18:23:00		after	152				
Glicemy	2015-03-16 20:10:00	Dinner	before	138				
Note	2015-03-16 20:10:00							Abends : Ramen Nudeln (7 BE)
Insulin	2015-03-16 20:10:00	Dinner			NovoRapid	7		
Insulin	2015-03-16 21:00:00				Lantus	9		
Glicemy	2015-03-16 21:03:00	Supper	before	180				
Note	2015-03-16 21:03:00							Schokolade (3 BE)
Insulin	2015-03-16 21:03:00	Supper			NovoRapid	2.5		
Glicemy	2015-03-16 23:21:00	Supper	after	122				
Note	2015-03-16 23:22:00							Riegel
Glicemy	2015-03-17 00:04:00		after	132				
Glicemy	2015-03-17 07:54:00	Breakfast I	before	147				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-03-17 07:54:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-17 07:55:00	Breakfast I			NovoRapid	3		
Glicemy	2015-03-17 11:52:00	Lunch	before	141				
Note	2015-03-17 12:10:00							Mittags : Salat und Brot (3 BE)
Insulin	2015-03-17 12:10:00	Lunch			NovoRapid	3		
Glicemy	2015-03-17 13:32:00	Lunch	after	126				
Note	2015-03-17 13:32:00							2 Dextroenergie
Glicemy	2015-03-17 13:54:00		after	171				
Physical activity	2015-03-17 14:14:00						34	Laufen
Glicemy	2015-03-17 14:24:00		after	120				
Glicemy	2015-03-17 14:42:00		after	77				
Glicemy	2015-03-17 15:03:00	Afternoon tea	before	117				
Note	2015-03-17 15:04:00							Snack : Brot mit Käse und Schokolade (4.5 BE)
Insulin	2015-03-17 15:19:00	Afternoon tea			NovoRapid	3.5		
Glicemy	2015-03-17 17:28:00	Afternoon tea	after	198				
Glicemy	2015-03-17 18:11:00		after	187				
Glicemy	2015-03-17 18:41:00	Dinner	before	175				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-03-17 18:42:00							Abends : Laska mit Garnelen (5 BE)
Insulin	2015-03-17 18:44:00	Dinner			NovoRapid	5.5		
Insulin	2015-03-17 21:00:00				Lantus	9		
Glicemy	2015-03-17 21:10:00	Supper	before	108				
Note	2015-03-17 21:10:00							Schokolade (2.5 BE)
Insulin	2015-03-17 21:11:00	Supper			NovoRapid	2		
Glicemy	2015-03-18 00:01:00		after	143				
Glicemy	2015-03-18 00:36:00		after	141				
Glicemy	2015-03-18 08:12:00	Breakfast I	before	136				
Note	2015-03-18 08:12:00							Frühstück : Haferflocken mit Milch (3 BE)
Insulin	2015-03-18 08:13:00	Breakfast I			NovoRapid	3		
Glicemy	2015-03-18 11:47:00	Lunch	before	118				
Note	2015-03-18 12:08:00							Mittags : Salat und Brot (3 BE)
Insulin	2015-03-18 12:08:00	Lunch			NovoRapid	3		

