

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	7. Januar 2015

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-07 00:42:00		after	216				
Insulin	2014-12-07 00:42:00				NovoRapid	1		
Glicemy	2014-12-07 11:21:00	Breakfast I	before	214				
Note	2014-12-07 11:22:00							Frühstück : 2 Brötchen (4 BE)
Insulin	2014-12-07 11:23:00	Breakfast I			NovoRapid	6		
Glicemy	2014-12-07 15:08:00	Lunch	before	266				
Note	2014-12-07 15:08:00							Mittags : Brötchen und Gemüse Reste (2.5 BE)
Insulin	2014-12-07 15:10:00	Lunch			NovoRapid	5.5		
Glicemy	2014-12-07 19:38:00	Dinner	before	113				
Note	2014-12-07 19:38:00							Abends : Suppe mit Nudeln (10 BE)
Insulin	2014-12-07 19:39:00	Dinner			NovoRapid	10		
Insulin	2014-12-07 21:00:00				Lantus	7		
Glicemy	2014-12-07 21:47:00	Supper	before	143				
Note	2014-12-07 21:47:00							Mousse (4 BE). Insulin geteilt
Insulin	2014-12-07 21:55:00	Supper			NovoRapid	2		
Insulin	2014-12-07 23:28:00	Supper			NovoRapid	2		
Glicemy	2014-12-08 00:40:00		after	167				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-08 02:33:00		after	112				
Note	2014-12-08 02:34:00							Mandeln in Zucker
Glicemy	2014-12-08 08:40:00	Breakfast I	before	212				
Note	2014-12-08 08:55:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-08 08:57:00	Breakfast I			NovoRapid	5		
Glicemy	2014-12-08 11:59:00	Lunch	before	155				
Note	2014-12-08 12:11:00							Mittags : Salat und Suppe mit Brot (5 BE)
Insulin	2014-12-08 12:13:00	Lunch			NovoRapid	6		
Glicemy	2014-12-08 16:01:00	Afternoon tea	before	105				
Note	2014-12-08 16:02:00							Snack : 2 Schieben Eiweißbrot mit Salami und Käse. (1 BE)
Insulin	2014-12-08 16:02:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-12-08 20:21:00	Dinner	before	214				
Note	2014-12-08 20:22:00							Abends : Vegetarisch Chili mit Reis (11 BE)
Insulin	2014-12-08 20:29:00	Dinner			NovoRapid	13		
Insulin	2014-12-08 21:04:00				Lantus	7		
Glicemy	2014-12-08 22:30:00	Supper	before	193				
Note	2014-12-08 22:30:00							Kekse (7 BE)

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-09 21:49:00	Supper			NovoRapid	1.5		
Glicemy	2014-12-09 23:46:00	Supper	after	120				
Glicemy	2014-12-10 00:49:00		after	101				
Note	2014-12-10 00:51:00							Schokolade (1 BE)
Glicemy	2014-12-10 07:31:00	Breakfast I	before	229				
Note	2014-12-10 07:33:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-10 07:33:00	Breakfast I			NovoRapid	4.5		
Glicemy	2014-12-10 11:57:00	Lunch	before	219				
Note	2014-12-10 12:17:00							Mittags : pasta mit Broccoli (5 BE)
Insulin	2014-12-10 12:18:00	Lunch			NovoRapid	7.5		
Glicemy	2014-12-10 14:44:00	Lunch	after	124				
Glicemy	2014-12-10 15:45:00	Afternoon tea	before	149				
Note	2014-12-10 15:45:00							Snack : 2 Schieben Eiweißbrot mit Salami (1 BE)
Insulin	2014-12-10 15:46:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2014-12-10 19:28:00	Dinner	before	300				
Note	2014-12-10 19:28:00							Abends : Asiatischen Buffet (10 BE)
Insulin	2014-12-10 19:29:00	Dinner			NovoRapid	14		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-10 21:28:00	Dinner	after	128				
Glicemy	2014-12-10 22:06:00		after	95				
Note	2014-12-10 22:06:00							Schokolade (1 BE)
Glicemy	2014-12-10 23:51:00		after	134				
Glicemy	2014-12-11 08:59:00	Breakfast I	before	234				
Note	2014-12-11 09:00:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-11 09:02:00	Breakfast I			NovoRapid	7		
Glicemy	2014-12-11 11:22:00	Lunch	before	140				
Note	2014-12-11 11:22:00							Mittags : Vegetarisch Chili Reste (5 BE)
Insulin	2014-12-11 11:29:00	Lunch			NovoRapid	5		
Glicemy	2014-12-11 13:55:00	Lunch	after	96				
Note	2014-12-11 13:56:00							Traubenzucker und Riegel
Glicemy	2014-12-11 17:38:00	Dinner	before	129				
Note	2014-12-11 17:39:00							Abends : Vietnameses Curry (7 BE)
Insulin	2014-12-11 17:46:00	Dinner			NovoRapid	7		
Note	2014-12-11 18:58:00							Yogurt (4 BE)
Insulin	2014-12-11 18:58:00	Snack			NovoRapid	3		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-11 21:00:00				Lantus	7		
Glicemy	2014-12-11 21:06:00	Dinner	after	276				
Note	2014-12-11 21:06:00							Fühle ein bisschen krank
Note	2014-12-11 21:10:00							Kekse (5 BE)
Insulin	2014-12-11 21:11:00	Supper			NovoRapid	9.5		
Glicemy	2014-12-11 23:03:00	Supper	after	130				
Glicemy	2014-12-11 23:51:00		after	69				
Note	2014-12-11 23:51:00							Mandeln mit Zucker und Schokolade (1 BE)
Glicemy	2014-12-12 00:15:00		after	132				
Glicemy	2014-12-12 01:11:00		after	158				
Glicemy	2014-12-12 07:31:00	Breakfast I	before	172				
Note	2014-12-12 07:31:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-12 07:33:00	Breakfast I			NovoRapid	5		
Glicemy	2014-12-12 09:41:00	Breakfast II	before	279				
Note	2014-12-12 09:41:00							Bin immer noch Erkältet.
Note	2014-12-12 09:42:00							2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2014-12-12 09:43:00	Breakfast II			NovoRapid	5		

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-13 12:20:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-12-13 12:26:00	Breakfast I			NovoRapid	7.5		
Glicemy	2014-12-13 14:21:00		after	204				
Glicemy	2014-12-13 15:25:00		after	167				
Insulin	2014-12-13 15:25:00				NovoRapid	0.5		
Glicemy	2014-12-13 19:57:00	Dinner	before	281				
Note	2014-12-13 19:59:00							Abends : Gnocchi (13 BE)
Insulin	2014-12-13 20:00:00	Dinner			NovoRapid	17.5		
Insulin	2014-12-13 21:16:00				Lantus	7		
Glicemy	2014-12-13 22:09:00		after	287				
Insulin	2014-12-13 22:09:00				NovoRapid	6		
Note	2014-12-13 22:09:00							Stück Zitronenkuchen (2 BE)
Glicemy	2014-12-14 00:01:00		after	290				
Insulin	2014-12-14 00:18:00				NovoRapid	2		
Glicemy	2014-12-14 05:32:00		after	315				
Insulin	2014-12-14 05:32:00				NovoRapid	4		
Glicemy	2014-12-14 10:54:00	Breakfast I	before	232				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-14 11:07:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-14 11:14:00	Breakfast I			NovoRapid	7		
Glicemy	2014-12-14 13:20:00	Breakfast I	after	233				
Insulin	2014-12-14 13:20:00				NovoRapid	3		
Glicemy	2014-12-14 14:23:00		after	251				
Glicemy	2014-12-14 15:24:00	Afternoon tea	before	154				
Note	2014-12-14 15:24:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2014-12-14 15:25:00	Afternoon tea			NovoRapid	1.5		
Glicemy	2014-12-14 17:25:00		after	208				
Glicemy	2014-12-14 18:20:00	Snack	before	261				
Note	2014-12-14 18:20:00							Yogurt (4 BE)
Insulin	2014-12-14 18:21:00	Snack			NovoRapid	8.5		
Glicemy	2014-12-14 20:06:00	Dinner	before	278				
Note	2014-12-14 20:07:00							Abends : Lachs mit Reis (4 BE)
Insulin	2014-12-14 20:16:00	Dinner			NovoRapid	8.5		
Insulin	2014-12-14 20:42:00				Lantus	7		
Glicemy	2014-12-14 22:37:00	Dinner	after	208				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-14 23:33:00		after	217				
Insulin	2014-12-14 23:33:00				NovoRapid	2		
Glicemy	2014-12-15 09:43:00	Breakfast I	before	329				
Note	2014-12-15 09:43:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-15 09:47:00	Breakfast I			NovoRapid	8.5		
Glicemy	2014-12-15 11:42:00		after	309				
Glicemy	2014-12-15 12:37:00	Lunch	before	247				
Note	2014-12-15 12:37:00							Mittags : 4 Scheiben Eiweißbrot mit Salami und Käse. (2 BE)
Insulin	2014-12-15 12:37:00	Lunch			NovoRapid	5.5		
Glicemy	2014-12-15 14:35:00	Lunch	after	218				
Glicemy	2014-12-15 15:22:00		after	146				
Glicemy	2014-12-15 17:02:00		after	206				
Insulin	2014-12-15 17:05:00				NovoRapid	1		
Glicemy	2014-12-15 19:41:00	Dinner	before	188				
Note	2014-12-15 19:42:00							Abends : Vegetarisch Chili mit Reis (7 BE)
Insulin	2014-12-15 19:46:00	Dinner			NovoRapid	8		
Insulin	2014-12-15 21:10:00				Lantus	7		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-15 21:52:00	Supper	before	227				
Note	2014-12-15 21:52:00							Stück Zitronenkuchen (4 BE)
Insulin	2014-12-15 21:53:00	Supper			NovoRapid	7		
Glicemy	2014-12-16 00:01:00		after	296				
Insulin	2014-12-16 00:01:00				NovoRapid	2		
Glicemy	2014-12-16 09:45:00	Breakfast I	before	203				
Note	2014-12-16 09:45:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-16 09:51:00	Breakfast I			NovoRapid	6.5		
Glicemy	2014-12-16 12:04:00		after	339				
Insulin	2014-12-16 12:04:00				NovoRapid	6		
Glicemy	2014-12-16 13:04:00		after	212				
Note	2014-12-16 14:02:00							Mittags : Risotto (7.5 BE)
Glicemy	2014-12-16 14:08:00	Lunch	before	137				
Insulin	2014-12-16 14:10:00	Lunch			NovoRapid	7.5		
Glicemy	2014-12-16 16:44:00	Lunch	after	168				
Insulin	2014-12-16 16:45:00				NovoRapid	0.5		
Glicemy	2014-12-16 19:42:00	Dinner	before	146				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-16 19:45:00							Abends : Sommerrollen und Curry mit Reis (8 BE)
Insulin	2014-12-16 19:47:00	Dinner			NovoRapid	8		
Glicemy	2014-12-16 21:49:00	Dinner	after	245				
Insulin	2014-12-16 21:50:00				NovoRapid	3		
Glicemy	2014-12-16 23:54:00		after	266				
Insulin	2014-12-16 23:54:00				NovoRapid	3		
Glicemy	2014-12-17 08:23:00	Breakfast I	before	223				
Note	2014-12-17 08:23:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-17 08:26:00	Breakfast I			NovoRapid	7		
Glicemy	2014-12-17 10:51:00	Breakfast I	after	188				
Glicemy	2014-12-17 12:02:00	Lunch	before	145				
Note	2014-12-17 12:08:00							Mittags : Pasta (6 BE)
Insulin	2014-12-17 12:09:00	Lunch			NovoRapid	6.5		
Glicemy	2014-12-17 14:38:00	Lunch	after	157				
Glicemy	2014-12-17 15:10:00	Afternoon tea	before	132				
Note	2014-12-17 15:11:00							Snack : Yoghurt (4 BE)
Insulin	2014-12-17 15:11:00	Afternoon tea			NovoRapid	4		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-17 19:21:00	Dinner	before	115				
Note	2014-12-17 19:22:00							Abends : Falafel mit Pommes und Brot (10 BE)
Insulin	2014-12-17 19:22:00	Dinner			NovoRapid	10		
Glicemy	2014-12-17 22:04:00	Supper	before	90				
Note	2014-12-17 22:05:00							Schokolade (1.5 BE)
Glicemy	2014-12-17 23:12:00		after	183				
Insulin	2014-12-17 23:12:00				NovoRapid	0.5		
Glicemy	2014-12-18 08:22:00	Breakfast I	before	211				
Note	2014-12-18 08:22:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-18 08:27:00	Breakfast I			NovoRapid	6.5		
Glicemy	2014-12-18 12:00:00	Lunch	before	171				
Note	2014-12-18 12:04:00							Mittags : Salat und Brot (4 BE)
Insulin	2014-12-18 12:13:00	Lunch			NovoRapid	4.5		
Glicemy	2014-12-18 14:12:00	Lunch	after	130				
Glicemy	2014-12-18 15:22:00		after	95				
Note	2014-12-18 15:23:00							Dextroenergie
Glicemy	2014-12-18 16:16:00	Snack	before	126				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-18 16:16:00							Snack : Riegel (2 BE)
Insulin	2014-12-18 16:17:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-12-18 19:32:00	Dinner	before	170				
Note	2014-12-18 19:38:00							Abends : Meeresfruchte curry mit Reis (7 BE)
Insulin	2014-12-18 19:40:00	Dinner			NovoRapid	7.5		
Insulin	2014-12-18 21:06:00				Lantus	8		
Glicemy	2014-12-18 22:12:00	Dinner	after	249				
Note	2014-12-18 22:13:00							Schokolade (1 BE)
Insulin	2014-12-18 22:14:00	Supper			NovoRapid	4.5		
Glicemy	2014-12-19 00:18:00		after	115				
Note	2014-12-19 00:19:00							Traubenzucker
Glicemy	2014-12-19 05:00:00		after	116				
Note	2014-12-19 05:06:00							2 Schieben Eiweißbrot mit Käse (1 BE)
Glicemy	2014-12-19 06:16:00		after	211				
Insulin	2014-12-19 06:20:00				NovoRapid	1.5		
Glicemy	2014-12-19 08:29:00		after	219				
Insulin	2014-12-19 08:30:00				NovoRapid	2.5		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-19 10:33:00	Lunch	before	133				
Note	2014-12-19 10:33:00							Vollkornbrötchen mit Schinken und Ei (2 BE)
Insulin	2014-12-19 10:34:00	Lunch			NovoRapid	2		
Glicemy	2014-12-19 14:33:00	Snack	before	156				
Note	2014-12-19 14:36:00							Reis (7 BE)
Insulin	2014-12-19 14:37:00	Snack			NovoRapid	7.5		
Glicemy	2014-12-19 16:46:00	Afternoon tea	after	86				
Glicemy	2014-12-19 18:21:00	Dinner	before	180				
Note	2014-12-19 18:22:00							Abends : Bratwurst und Bratkartoffeln (3 BE)
Insulin	2014-12-19 18:25:00	Dinner			NovoRapid	4		
Insulin	2014-12-19 21:34:00				Lantus	8		
Glicemy	2014-12-19 22:12:00		after	178				
Insulin	2014-12-19 22:12:00				NovoRapid	1		
Glicemy	2014-12-20 07:53:00	Breakfast I	before	145				
Note	2014-12-20 07:53:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-20 08:00:00	Breakfast I			NovoRapid	3		
Glicemy	2014-12-20 12:37:00	Lunch	before	160				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-20 12:37:00							Mittags : Schrippe und Stück Kuchen (6 BE)
Insulin	2014-12-20 12:38:00	Lunch			NovoRapid	6		
Glicemy	2014-12-20 17:08:00	Dinner	before	173				
Note	2014-12-20 17:08:00							Abends : Phad Thai (7 BE)
Insulin	2014-12-20 17:16:00	Dinner			NovoRapid	8		
Glicemy	2014-12-20 19:32:00	Supper	before	174				
Note	2014-12-20 19:32:00							Schokolade Kuchen (4 BE)
Insulin	2014-12-20 19:37:00	Supper			NovoRapid	5		
Insulin	2014-12-20 21:08:00				Lantus	8		
Glicemy	2014-12-21 00:06:00		after	246				
Note	2014-12-21 00:06:00							Trüffel gegessen
Insulin	2014-12-21 00:07:00				NovoRapid	2		
Glicemy	2014-12-21 10:38:00	Breakfast I	before	188				
Note	2014-12-21 10:38:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-21 10:42:00	Breakfast I			NovoRapid	5		
Glicemy	2014-12-21 13:05:00	Lunch	before	184				
Note	2014-12-21 13:06:00							Mittags : Bratkartoffeln mit Spiegelei (3 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-21 13:09:00	Lunch			NovoRapid	4.5		
Glicemy	2014-12-21 16:34:00	Afternoon tea	before	154				
Note	2014-12-21 16:34:00							Snack : Schokolade Kuchen (4 BE)
Insulin	2014-12-21 16:34:00	Afternoon tea			NovoRapid	4		
Note	2014-12-21 21:06:00							Abends : Dürum Döner (8 BE)
Glicemy	2014-12-21 21:08:00	Dinner	before	135				
Insulin	2014-12-21 21:09:00	Dinner			NovoRapid	8		
Insulin	2014-12-21 21:09:00				Lantus	8		
Glicemy	2014-12-22 00:04:00		after	202				
Insulin	2014-12-22 00:04:00				NovoRapid	1.5		
Glicemy	2014-12-22 09:56:00	Breakfast I	before	144				
Note	2014-12-22 09:56:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-22 09:57:00	Breakfast I			NovoRapid	4		
Glicemy	2014-12-22 13:02:00	Lunch	before	164				
Note	2014-12-22 13:02:00							Mittags : Stück Kuchen (4 BE)
Insulin	2014-12-22 13:02:00	Lunch			NovoRapid	5		
Glicemy	2014-12-22 18:44:00	Dinner	before	164				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-22 18:44:00							Abends : Pasta mit Meeresfruchte (8 BE)
Insulin	2014-12-22 19:06:00	Dinner			NovoRapid	8.5		
Glicemy	2014-12-22 21:12:00	Supper	before	131				
Note	2014-12-22 21:12:00							Schokolade (1.5 BE)
Insulin	2014-12-22 21:13:00	Supper			NovoRapid	1.5		
Glicemy	2014-12-23 00:26:00		after	220				
Insulin	2014-12-23 00:27:00				NovoRapid	2		
Glicemy	2014-12-23 11:16:00	Breakfast I	before	180				
Note	2014-12-23 11:16:00							Frühstück : Haferflocken mit Milch (4.5 BE)
Insulin	2014-12-23 11:21:00	Breakfast I			NovoRapid	5.5		
Glicemy	2014-12-23 13:42:00	Lunch	before	92				
Note	2014-12-23 13:44:00							Mittags : Frühlingsrolle mit Reisnudeln (9 BE)
Insulin	2014-12-23 13:58:00	Lunch			NovoRapid	9		
Glicemy	2014-12-23 16:30:00	Afternoon tea	before	93				
Note	2014-12-23 16:31:00							Snack : Yoghurt (4 BE)
Insulin	2014-12-23 16:33:00	Afternoon tea			NovoRapid	4		
Glicemy	2014-12-23 20:07:00	Dinner	before	238				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-23 20:07:00							Abends : Fisch mit Reis (5 BE)
Insulin	2014-12-23 20:08:00	Dinner			NovoRapid	8.5		
Insulin	2014-12-23 21:06:00				Lantus	8		
Glicemy	2014-12-23 22:01:00	Supper	before	76				
Note	2014-12-23 22:01:00							Trüffel (4 BE)
Glicemy	2014-12-23 23:52:00	Supper	after	227				
Insulin	2014-12-23 23:52:00				NovoRapid	1.5		
Glicemy	2014-12-24 00:47:00		after	204				
Glicemy	2014-12-24 09:50:00	Breakfast I	before	179				
Note	2014-12-24 09:50:00							Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2014-12-24 09:53:00	Breakfast I			NovoRapid	2		
Glicemy	2014-12-24 11:56:00	Lunch	before	165				
Note	2014-12-24 11:56:00							Mittags : Brunch mit Brot (5 BE)
Insulin	2014-12-24 12:07:00	Lunch			NovoRapid	5.5		
Glicemy	2014-12-24 16:38:00	Afternoon tea	before	183				
Note	2014-12-24 16:39:00							Schokolade Kuchen (5.5 BE)
Insulin	2014-12-24 16:41:00	Afternoon tea			NovoRapid	7		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-24 20:15:00	Dinner	before	220				
Note	2014-12-24 20:16:00							Abends : Back Kartoffeln mit Quark (9.5 BE)
Insulin	2014-12-24 20:17:00	Dinner			NovoRapid	12.5		
Insulin	2014-12-24 21:00:00				Lantus	8		
Note	2014-12-24 21:51:00							Stück Kuchen (3 BE)
Insulin	2014-12-24 21:51:00	Supper			NovoRapid	3		
Glicemy	2014-12-25 00:28:00		after	212				
Insulin	2014-12-25 00:28:00				NovoRapid	1.5		
Note	2014-12-25 10:03:00							Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Glicemy	2014-12-25 10:03:00	Breakfast I	before	238				
Insulin	2014-12-25 10:07:00	Breakfast I			NovoRapid	4.5		
Glicemy	2014-12-25 11:53:00		after	164				
Physical activity	2014-12-25 12:16:00						34	Laufen
Glicemy	2014-12-25 13:15:00	Lunch	before	168				
Note	2014-12-25 13:16:00							Mittags : Salat (9 BE)
Insulin	2014-12-25 13:19:00	Lunch			NovoRapid	10.5		
Glicemy	2014-12-25 16:32:00	Afternoon tea	before	175				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-25 16:32:00							Schokolade Kuchen (4 BE)
Insulin	2014-12-25 16:41:00	Afternoon tea			NovoRapid	5.5		
Note	2014-12-25 19:32:00							Abends: Vegetarisch Shepherds Pie (6 BE)
Glicemy	2014-12-25 19:33:00	Dinner	before	194				
Insulin	2014-12-25 19:34:00	Dinner			NovoRapid	7.5		
Insulin	2014-12-25 21:18:00				Lantus	8		
Glicemy	2014-12-25 21:25:00	Supper	before	209				
Note	2014-12-25 21:25:00							Schokolade Kuchen (4 BE)
Insulin	2014-12-25 21:26:00	Supper			NovoRapid	5		
Glicemy	2014-12-25 23:33:00		after	119				
Note	2014-12-25 23:41:00							2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Glicemy	2014-12-26 00:31:00		after	103				
Note	2014-12-26 00:31:00							2 Dextroenergie
Glicemy	2014-12-26 00:49:00		after	148				
Glicemy	2014-12-26 10:16:00	Breakfast I	before	219				
Note	2014-12-26 10:16:00							Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)
Insulin	2014-12-26 10:17:00	Breakfast I			NovoRapid	4		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-26 12:59:00	Lunch	before	170				
Note	2014-12-26 13:00:00							Mittags : Shepherds Pie Reste (7.5 BE)
Insulin	2014-12-26 13:03:00	Lunch			NovoRapid	8.5		
Glicemy	2014-12-26 16:09:00	Afternoon tea	before	142				
Note	2014-12-26 16:09:00							Snack : Kekse (7 BE)
Insulin	2014-12-26 16:11:00	Afternoon tea			NovoRapid	7.5		
Glicemy	2014-12-26 19:25:00	Dinner	before	185				
Note	2014-12-26 19:25:00							Abends : Schnitzel mit Kartoffeln (9.5 BE)
Insulin	2014-12-26 19:26:00	Dinner			NovoRapid	11		
Insulin	2014-12-26 21:02:00				Lantus	8		
Glicemy	2014-12-26 21:30:00	Supper	before	139				
Note	2014-12-26 21:30:00							Schokolade (1 BE)
Insulin	2014-12-26 21:30:00	Supper			NovoRapid	1		
Glicemy	2014-12-27 00:53:00		after	250				
Glicemy	2014-12-27 09:46:00	Breakfast I	before	311				
Note	2014-12-27 09:46:00							zu viel Schokolade gegessen gestern
Note	2014-12-27 10:10:00							Frühstück : 2 Schieben Eiweißbrot mit Salami und Käse (1 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-27 10:10:00	Breakfast I			NovoRapid	6.5		
Glicemy	2014-12-27 12:42:00	Lunch	before	169				
Note	2014-12-27 12:42:00							Mittags : Kartoffeln und Ei (4 BE)
Insulin	2014-12-27 12:43:00	Lunch			NovoRapid	4.5		
Glicemy	2014-12-27 15:07:00	Lunch	after	85				
Note	2014-12-27 15:07:00							1 Dextroenergie
Glicemy	2014-12-27 15:48:00	Afternoon tea	before	96				
Note	2014-12-27 15:48:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Glicemy	2014-12-27 20:03:00	Dinner	before	190				
Note	2014-12-27 20:06:00							Abends : 5 Scheiben Eiweißbrot mit Salami und Käse (3 BE)
Insulin	2014-12-27 20:07:00	Dinner			NovoRapid	4.5		
Insulin	2014-12-27 21:03:00				Lantus	8		
Note	2014-12-27 21:03:00							Kekse (3.5 BE)
Insulin	2014-12-27 21:04:00	Supper			NovoRapid	3.5		
Glicemy	2014-12-27 22:57:00		after	222				
Insulin	2014-12-27 22:57:00				NovoRapid	3		
Glicemy	2014-12-28 01:36:00		after	156				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-12-28 09:33:00	Breakfast I	before	207				
Note	2014-12-28 09:34:00							Frühstück : Haferflocken mit Milch (4.5 BE)
Insulin	2014-12-28 09:34:00	Breakfast I			NovoRapid	7		
Note	2014-12-28 11:15:00							2 Schieben Eiweißbrot mit Brotaufstrich (1BE)
Insulin	2014-12-28 11:16:00	Breakfast II			NovoRapid	1.5		
Glicemy	2014-12-28 14:24:00	Lunch	before	200				
Note	2014-12-28 14:26:00							Mittags : Brot mit Spiegelei (1 BE)
Insulin	2014-12-28 14:27:00	Lunch			NovoRapid	3.5		
Glicemy	2014-12-28 16:42:00	Afternoon tea	before	103				
Note	2014-12-28 16:46:00							Kekse (5 BE)
Insulin	2014-12-28 16:47:00	Afternoon tea			NovoRapid	5		
Glicemy	2014-12-28 19:25:00	Dinner	before	117				
Note	2014-12-28 19:26:00							Abends : Hähnchenbrust Curry mit Reis (9.5 BE)
Insulin	2014-12-28 19:32:00	Dinner			NovoRapid	9.5		
Note	2014-12-28 19:53:00							Apfelmus Tiramisu (4 BE)
Insulin	2014-12-28 19:54:00	Supper			NovoRapid	4		
Glicemy	2014-12-28 22:22:00	Supper	after	243				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-28 22:22:00				NovoRapid	3.5		
Glicemy	2014-12-29 00:30:00		after	231				
Insulin	2014-12-29 00:30:00				NovoRapid	1.5		
Glicemy	2014-12-29 02:33:00		after	194				
Glicemy	2014-12-29 09:55:00	Breakfast I	before	231				
Note	2014-12-29 09:55:00							Frühstück : Haferflocken mit Milch (4.5 BE)
Insulin	2014-12-29 09:58:00	Breakfast I			NovoRapid	8		
Glicemy	2014-12-29 11:55:00	Breakfast I	after	181				
Glicemy	2014-12-29 13:02:00	Breakfast II	before	120				
Note	2014-12-29 13:10:00							Mittags : 2 Schieben Eiweißbrot mit Brotaufstrich und Käse (1 BE)
Insulin	2014-12-29 13:12:00	Breakfast II			NovoRapid	1		
Glicemy	2014-12-29 14:40:00	Lunch	before	151				
Note	2014-12-29 14:41:00							Mittags : Gebackene Camembert mit Brot (3 BE)
Insulin	2014-12-29 14:42:00	Lunch			NovoRapid	3		
Glicemy	2014-12-29 16:45:00	Lunch	after	90				
Note	2014-12-29 16:46:00							1 Kekse
Glicemy	2014-12-29 19:18:00	Dinner	before	134				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-29 19:19:00							Abends : Burger mit Süßkartoffel Pommes (10 BE)
Insulin	2014-12-29 19:19:00	Dinner			NovoRapid	10		
Note	2014-12-29 20:00:00							Dessert : Schokolade pudding (3 BE)
Insulin	2014-12-29 20:01:00	Supper			NovoRapid	3		
Insulin	2014-12-29 20:53:00				Lantus	8		
Glicemy	2014-12-29 22:18:00	Supper	after	339				
Insulin	2014-12-29 22:19:00				NovoRapid	6		
Glicemy	2014-12-30 00:24:00		after	142				
Glicemy	2014-12-30 04:58:00		after	148				
Glicemy	2014-12-30 11:09:00	Breakfast I	before	270				
Note	2014-12-30 11:11:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-30 11:18:00	Breakfast I			NovoRapid	8.5		
Glicemy	2014-12-30 16:07:00	Afternoon tea	before	136				
Note	2014-12-30 16:10:00							Snack : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2014-12-30 16:10:00	Afternoon tea			NovoRapid	1		
Insulin	2014-12-30 19:41:00	Dinner			NovoRapid	140		
Note	2014-12-30 19:42:00							Abends : Schweinefleisch mit Muffens (5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-12-30 19:42:00	Dinner			NovoRapid	5		
Note	2014-12-30 20:26:00							Flüssige Schokolade Dessert (4.5 BE)
Insulin	2014-12-30 20:27:00	Supper			NovoRapid	4.5		
Insulin	2014-12-30 21:02:00				Lantus	8		
Glicemy	2014-12-30 22:59:00	Dinner	after	264				
Insulin	2014-12-30 22:59:00				NovoRapid	3		
Glicemy	2014-12-31 00:48:00		after	170				
Glicemy	2014-12-31 02:32:00		after	171				
Glicemy	2014-12-31 10:47:00	Breakfast I	before	249				
Note	2014-12-31 10:52:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2014-12-31 11:11:00	Breakfast I			NovoRapid	7.5		
Glicemy	2014-12-31 14:19:00	Lunch	before	166				
Note	2014-12-31 14:20:00							Mittags : Yoghurt (5 BE)
Insulin	2014-12-31 14:23:00	Lunch			NovoRapid	5.5		
Note	2014-12-31 15:39:00							Flüssige Schokolade Dessert (5 BE)
Insulin	2014-12-31 15:39:00	Snack			NovoRapid	5		
Glicemy	2014-12-31 19:46:00	Dinner	before	115				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-12-31 20:28:00							Abends : Raclette
Insulin	2014-12-31 20:28:00	Dinner			NovoRapid	3		
Insulin	2014-12-31 21:06:00				Lantus	8		
Note	2014-12-31 21:39:00							Schokolade Fondue (9 BE)
Insulin	2014-12-31 21:40:00	Supper			NovoRapid	9		
Glicemy	2014-12-31 23:45:00		after	224				
Insulin	2014-12-31 23:46:00				NovoRapid	2.5		
Glicemy	2015-01-01 02:23:00		after	221				
Note	2015-01-01 02:23:00							2 Schieben Eiweißbrot mit Brottaufstrich (1BE)
Insulin	2015-01-01 02:23:00	Snack			NovoRapid	4		
Glicemy	2015-01-01 11:31:00	Breakfast I	before	317				
Note	2015-01-01 11:31:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2015-01-01 11:35:00	Breakfast I			NovoRapid	9.5		
Glicemy	2015-01-01 13:41:00	Breakfast I	after	247				
Insulin	2015-01-01 13:41:00				NovoRapid	2		
Glicemy	2015-01-01 15:31:00	Afternoon tea	before	110				
Note	2015-01-01 15:32:00							Snack : 2 Schieben Eiweißbrot mit Brottaufstrich (1BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-01 15:35:00	Afternoon tea			NovoRapid	1		
Glicemy	2015-01-01 19:39:00	Dinner	before	131				
Note	2015-01-01 19:39:00							Abends : Gulasch (3 BE)
Insulin	2015-01-01 19:42:00	Dinner			NovoRapid	3		
Insulin	2015-01-01 21:03:00				Lantus	8		
Glicemy	2015-01-01 22:46:00	Supper	before	155				
Note	2015-01-01 22:47:00							Kuchen (12 BE)
Insulin	2015-01-01 22:47:00	Supper			NovoRapid	12		
Glicemy	2015-01-02 00:52:00		after	174				
Glicemy	2015-01-02 02:31:00		after	175				
Glicemy	2015-01-02 11:21:00	Breakfast I	before	247				
Note	2015-01-02 11:49:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2015-01-02 11:49:00	Breakfast I			NovoRapid	7.5		
Glicemy	2015-01-02 15:11:00	Lunch	before	171				
Insulin	2015-01-02 15:12:00	Lunch			NovoRapid	2		
Note	2015-01-02 15:12:00							Mittags : Forelle mit Brötchen (1 BE)
Glicemy	2015-01-02 17:05:00	Afternoon tea	before	177				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-02 17:05:00							Kuchen (12 BE)
Insulin	2015-01-02 17:05:00	Afternoon tea			NovoRapid	12.5		
Glicemy	2015-01-02 19:25:00	Dinner	before	228				
Note	2015-01-02 20:19:00							Abends : Steak mit Kartoffeln (6 BE)
Insulin	2015-01-02 20:20:00	Dinner			NovoRapid	9		
Insulin	2015-01-02 20:51:00				Lantus	8		
Glicemy	2015-01-02 21:48:00	Supper	before	51				
Note	2015-01-02 21:50:00							Kuchen
Glicemy	2015-01-02 22:03:00		after	87				
Glicemy	2015-01-02 22:39:00		after	140				
Glicemy	2015-01-02 23:34:00		after	301				
Insulin	2015-01-02 23:34:00				NovoRapid	5		
Glicemy	2015-01-03 01:29:00		after	258				
Insulin	2015-01-03 01:29:00				NovoRapid	3		
Glicemy	2015-01-03 03:31:00		after	231				
Insulin	2015-01-03 03:31:00				NovoRapid	3		
Glicemy	2015-01-03 10:07:00	Breakfast I	before	255				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-03 10:21:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2015-01-03 10:24:00	Breakfast I			NovoRapid	8		
Glicemy	2015-01-03 14:19:00	Lunch	before	210				
Note	2015-01-03 14:20:00							Mittags : 2 Schieben Eiweißbrot mit Brotaufstrich und Kuchen (11 BE)
Insulin	2015-01-03 14:27:00	Lunch			NovoRapid	13.5		
Glicemy	2015-01-03 16:31:00	Lunch	after	81				
Note	2015-01-03 16:31:00							Schokolade (1.5 BE)
Note	2015-01-03 19:32:00							Abends : Lasagne (10.5 BE)
Glicemy	2015-01-03 19:32:00	Dinner	before	144				
Insulin	2015-01-03 19:46:00	Dinner			NovoRapid	11		
Insulin	2015-01-03 21:10:00				Lantus	8		
Glicemy	2015-01-03 21:43:00	Supper	before	107				
Note	2015-01-03 21:43:00							Schokolade (1.5 BE)
Glicemy	2015-01-04 00:13:00		after	245				
Insulin	2015-01-04 00:14:00				NovoRapid	2		
Glicemy	2015-01-04 09:31:00	Breakfast I	before	287				
Note	2015-01-04 09:31:00							Frühstück : Haferflocken mit Milch (4 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2015-01-04 09:32:00	Breakfast I			NovoRapid	9		
Glicemy	2015-01-04 12:03:00		after	209				
Physical activity	2015-01-04 12:25:00						35	Laufen
Glicemy	2015-01-04 12:40:00		after	156				
Glicemy	2015-01-04 13:15:00		after	166				
Glicemy	2015-01-04 13:38:00	Lunch	before	139				
Note	2015-01-04 13:38:00							Mittags : Lachs mit Eiweißbrot (1 BE)
Insulin	2015-01-04 13:39:00	Lunch			NovoRapid	1		
Glicemy	2015-01-04 20:01:00	Dinner	before	154				
Note	2015-01-04 20:03:00							Abends : Lasagne (10.5 BE)
Insulin	2015-01-04 20:09:00	Dinner			NovoRapid	11		
Insulin	2015-01-04 21:17:00				Lantus	8		
Glicemy	2015-01-04 22:31:00	Supper	before	217				
Note	2015-01-04 22:31:00							Schokolade (1.5 BE)
Insulin	2015-01-04 22:31:00	Supper			NovoRapid	4.5		
Glicemy	2015-01-05 00:40:00		after	204				
Insulin	2015-01-05 00:41:00				NovoRapid	2		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-05 08:02:00	Breakfast I	before	198				
Note	2015-01-05 08:03:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2015-01-05 08:03:00	Breakfast I			NovoRapid	6.5		
Glicemy	2015-01-05 12:02:00	Lunch	before	166				
Note	2015-01-05 12:09:00							Mittags : Salat und Suppe mit Brot (4 BE)
Insulin	2015-01-05 12:10:00	Lunch			NovoRapid	4.5		
Glicemy	2015-01-05 14:53:00	Afternoon tea	before	207				
Note	2015-01-05 14:54:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-01-05 14:54:00	Afternoon tea			NovoRapid	3.5		
Glicemy	2015-01-05 17:50:00	Afternoon tea	after	94				
Glicemy	2015-01-05 19:06:00	Dinner	before	133				
Note	2015-01-05 19:08:00							Abends : Ente mit Nudeln (9 BE)
Insulin	2015-01-05 19:19:00	Dinner			NovoRapid	9		
Insulin	2015-01-05 21:00:00				Lantus	8		
Glicemy	2015-01-05 23:26:00		after	199				
Insulin	2015-01-05 23:27:00				NovoRapid	1.5		
Glicemy	2015-01-06 00:15:00		after	162				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2015-01-06 08:04:00	Breakfast I	before	221				
Note	2015-01-06 08:04:00							Frühstück : Haferflocken mit Milch (4 BE)
Insulin	2015-01-06 08:05:00	Breakfast I			NovoRapid	7		
Glicemy	2015-01-06 09:03:00	Breakfast I	after	430				
Note	2015-01-06 09:05:00							Kontrolle ob Haferflocken mein Blutzucker nach oben schießt
Glicemy	2015-01-06 10:02:00	Breakfast I	after	275				
Insulin	2015-01-06 10:03:00				NovoRapid	4		
Glicemy	2015-01-06 11:57:00	Lunch	before	89				
Note	2015-01-06 12:10:00							Mittags : Fisch mit Kartoffeln und Brot (5 BE)
Insulin	2015-01-06 12:11:00	Lunch			NovoRapid	4		
Glicemy	2015-01-06 14:22:00	Lunch	after	96				
Note	2015-01-06 14:23:00							Dextroenergie
Glicemy	2015-01-06 15:40:00	Afternoon tea	before	100				
Note	2015-01-06 15:41:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Insulin	2015-01-06 15:42:00	Afternoon tea			NovoRapid	0.5		
Glicemy	2015-01-06 17:58:00	Afternoon tea	after	141				
Glicemy	2015-01-06 19:25:00	Dinner	before	175				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-06 19:25:00							Abends : Falafel Teller mit Brot (6 BE)
Insulin	2015-01-06 19:26:00	Dinner			NovoRapid	7		
Note	2015-01-06 20:18:00							Schokolade (1.5 BE)
Insulin	2015-01-06 20:18:00	Supper			NovoRapid	1		
Insulin	2015-01-06 21:00:00				Lantus	8		
Glicemy	2015-01-06 22:49:00	Supper	after	342				
Insulin	2015-01-06 22:50:00				NovoRapid	5		
Glicemy	2015-01-07 00:20:00		after	94				
Note	2015-01-07 00:21:00							2 Dextroenergie
Glicemy	2015-01-07 00:41:00		after	86				
Note	2015-01-07 00:41:00							2 Dextroenergie, Riegel
Glicemy	2015-01-07 01:08:00		after	101				
Note	2015-01-07 01:08:00							Cola
Glicemy	2015-01-07 01:31:00		after	164				
Glicemy	2015-01-07 02:17:00		after	193				
Insulin	2015-01-07 02:20:00				NovoRapid	0.5		
Glicemy	2015-01-07 08:26:00	Breakfast I	before	179				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2015-01-07 08:26:00							Frühstück : 2 Schieben Eiweißbrot mit Erdnuss muß (1.5 BE)
Insulin	2015-01-07 08:32:00	Breakfast I			NovoRapid	3.5		
Glicemy	2015-01-07 09:43:00	Breakfast I	after	221				
Glicemy	2015-01-07 11:53:00	Lunch	before	241				
Note	2015-01-07 11:53:00							Mittags : Garnelen Salat (3 BE)
Insulin	2015-01-07 11:54:00	Lunch			NovoRapid	6.5		
Glicemy	2015-01-07 13:54:00	Lunch	after	171				
Glicemy	2015-01-07 15:36:00	Afternoon tea	before	112				
Note	2015-01-07 15:36:00							Snack : Yoghurt mit Nüsse (2 BE)
Insulin	2015-01-07 15:37:00	Afternoon tea			NovoRapid	2		

