

# Diabetes Log

<b>Patient Name</b>	Jane Coates
<b>Diabetes Type</b>	Type 1
<b>Insulin Types</b>	NovoRapid and Lantus
<b>Report Generated</b>	22. Oktober 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
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		
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				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
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 )
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		
Glicemy	2014-10-16 12:16:00	Lunch		before	177				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-16 12:34:00								Mittags : Salat und Brot. Schokolade und Kaffee ( 6 BE )
Insulin	2014-10-16 12:37:00	Lunch				NovoRapid	7		
Physical activity	2014-10-16 14:44:00							14	Fahrradfahren zur Bahnhof ( 63 kcal )
Glicemy	2014-10-16 16:16:00	Afternoon tea		before	134				
Note	2014-10-16 16:16:00								Snack : 2 Schieben Eiweißbrot mit Salami und Käse. Schokolade (3 BE )
Insulin	2014-10-16 16:18:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-16 19:38:00	Dinner		before	160				
Note	2014-10-16 19:39:00								Abends : Suppe mit 2 Scheiben Eiweißbrot und Schokolade ( 6 BE )
Insulin	2014-10-16 19:48:00	Dinner				NovoRapid	9		
Glicemy	2014-10-16 21:20:00			after	83				
Note	2014-10-16 21:20:00								Schokolade
Insulin	2014-10-16 21:20:00					Lantus	6		
Glicemy	2014-10-16 23:46:00			after	172				
Glicemy	2014-10-17 00:38:00			after	146				
Glicemy	2014-10-17 08:04:00	Breakfast I		before	184				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-10-17 08:04:00	Breakfast I	68						
Note	2014-10-17 08:05:00								Frühstück : Haferflocken mit Milch und Kaffee ( 6 BE )
Insulin	2014-10-17 08:09:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-17 11:45:00			after	105				
Glicemy	2014-10-17 12:22:00	Lunch		before	100				
Note	2014-10-17 12:22:00								Mittags : Vietnameses restaurant, tofu, kokosmilch und Reis (4 BE )
Insulin	2014-10-17 12:59:00	Lunch				NovoRapid	3		
Glicemy	2014-10-17 16:17:00	Afternoon tea		before	330				
Note	2014-10-17 16:18:00								Snack : 2 Schieben Eiweißbrot mit Salami und Käse ( 1 BE )
Insulin	2014-10-17 16:18:00	Afternoon tea				NovoRapid	7		
Glicemy	2014-10-17 17:57:00			after	54				
Note	2014-10-17 17:58:00								3 Dextroenergie
Glicemy	2014-10-17 18:14:00			after	117				
Meal	2014-10-17 19:49:00	Dinner	93						
Note	2014-10-17 19:49:00								Abends : Suppe mit eiweißbrot und yogurt (8 BE )

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-17 19:52:00	Dinner		before	131				
Insulin	2014-10-17 19:59:00	Dinner				NovoRapid	10		
Insulin	2014-10-17 21:13:00					Lantus	6		
Glicemy	2014-10-17 23:14:00	Supper		before	107				
Note	2014-10-17 23:15:00								Frikadellen (2 BE )
Insulin	2014-10-17 23:16:00	Supper				NovoRapid	1		
Meal	2014-10-18 08:45:00	Breakfast I	74						
Note	2014-10-18 08:45:00								Frühstück : Haferflocken mit Milch und Kaffee ( 7 BE )
Glicemy	2014-10-18 08:48:00	Breakfast I		before	165				
Insulin	2014-10-18 08:48:00	Breakfast I				NovoRapid	7		
Glicemy	2014-10-18 12:49:00	Lunch		before	112				
Note	2014-10-18 12:49:00								Mittags : hirshroulade mit 2 semmelknodel (5 BE ) IKEA einkaufen
Insulin	2014-10-18 12:50:00	Lunch				NovoRapid	4		
Glicemy	2014-10-18 17:08:00	Afternoon tea		before	166				
Note	2014-10-18 17:08:00								Snack : 2 Schieben Eiweißbrot mit Salami. ( 1 BE )
Insulin	2014-10-18 17:08:00	Afternoon tea				NovoRapid	1		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-10-18 21:11:00					Lantus	6		
Glicemy	2014-10-18 21:23:00	Dinner		before	126				
Note	2014-10-18 21:24:00								Abends : Lamm curry mit Reis ( 5 BE )
Insulin	2014-10-18 21:45:00	Dinner				NovoRapid	7		
Glicemy	2014-10-18 23:46:00			after	156				
Note	2014-10-19 08:47:00								Frühstück : 3 Schieben Eiweißbrot mit Salami. Kaffee ( 2 BE ) Umzug
Meal	2014-10-19 08:49:00	Breakfast I	20						
Glicemy	2014-10-19 08:49:00	Breakfast I		before	203				
Insulin	2014-10-19 09:15:00	Breakfast I				NovoRapid	3		
Glicemy	2014-10-19 15:04:00	Lunch		before	159				
Glicemy	2014-10-19 20:19:00	Dinner		before	120				
Note	2014-10-19 20:19:00								Abends : Pizza, Kräuterbagette (5 BE )
Insulin	2014-10-19 20:20:00	Dinner				NovoRapid	7		
Insulin	2014-10-19 21:10:00					Lantus	6		
Glicemy	2014-10-19 23:13:00			after	217				
Insulin	2014-10-19 23:13:00					NovoRapid	2		
Glicemy	2014-10-20 01:11:00			after	70				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-10-20 01:12:00								2 Dextroenergie.
Meal	2014-10-20 09:43:00	Breakfast I	69						
Note	2014-10-20 09:43:00								Frühstück : Haferflocken mit Milch und Kaffee ( 6 BE )
Glicemy	2014-10-20 09:47:00	Breakfast I		before	175				
Insulin	2014-10-20 09:52:00	Breakfast I				NovoRapid	7		
Note	2014-10-20 12:55:00								Mittags : Pizza und Apfel Strudel ( 4 BE )
Glicemy	2014-10-20 12:57:00	Lunch		before	129				
Insulin	2014-10-20 13:02:00	Lunch				NovoRapid	4		
Glicemy	2014-10-20 15:05:00	Lunch		after	185				
Glicemy	2014-10-20 16:06:00	Afternoon tea		before	110				
Note	2014-10-20 16:06:00								Apfel Strudel und Kaffee ( 4 BE ) Möbel montieren
Insulin	2014-10-20 16:07:00	Afternoon tea				NovoRapid	4		
Glicemy	2014-10-20 17:43:00	Afternoon tea		after	51				
Note	2014-10-20 17:43:00								2 Dextroenergie und Schokolade
Glicemy	2014-10-20 17:54:00			after	109				
Note	2014-10-20 17:57:00								2 Schieben Eiweißbrot
Note	2014-10-20 20:32:00								kichererbsen lentil curry ( 3 BE )



Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-10-20 20:33:00	Dinner	31						
Glicemy	2014-10-20 20:36:00	Dinner		before	203				
Insulin	2014-10-20 20:37:00	Dinner				NovoRapid	7		
Insulin	2014-10-20 21:01:00					Lantus	6		
Note	2014-10-20 22:09:00								Dessert : Apfel Strudel ( 3 BE )
Insulin	2014-10-20 22:09:00	Supper				NovoRapid	3		
Glicemy	2014-10-20 23:15:00			after	169				
Meal	2014-10-21 07:50:00	Breakfast I	69						
Note	2014-10-21 07:51:00								Frühstück : Haferflocken mit Milch und Kaffee ( 6 BE )
Glicemy	2014-10-21 07:51:00	Breakfast I		before	201				
Insulin	2014-10-21 07:52:00	Breakfast I				NovoRapid	8		
Physical activity	2014-10-21 09:30:00							25	Gehen zur Arbeit
Glicemy	2014-10-21 12:11:00	Lunch		before	80				
Note	2014-10-21 12:22:00								Mittags : Elche mit Servietten Knödeln. Vollkornbrot und Kaffee ( 5 BE )
Insulin	2014-10-21 12:23:00	Lunch				NovoRapid	4		
Glicemy	2014-10-21 14:23:00	Lunch		after	163				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-10-21 16:20:00	Afternoon tea		before	162				
Meal	2014-10-21 16:21:00	Afternoon tea	21						
Note	2014-10-21 16:22:00								Snack: 3 Schieben Eiweißbrot mit Käse und Salami. Kaffee (2 BE)
Insulin	2014-10-21 16:23:00	Afternoon tea				NovoRapid	4		
Physical activity	2014-10-21 18:29:00							10	Fahrradfahren zur Bahnhof
Glicemy	2014-10-21 18:45:00	Dinner		before	165				
Note	2014-10-21 18:46:00								Abends : Laska mit Garnelen ( 5 BE )
Insulin	2014-10-21 18:55:00	Dinner				NovoRapid	8		
Insulin	2014-10-21 21:03:00					Lantus	6		
Glicemy	2014-10-21 21:46:00	Supper		before	214				
Note	2014-10-21 21:46:00								Abendessen untergestetzt. Snack : Schokolade ( 1 BE )
Insulin	2014-10-21 21:49:00	Supper				NovoRapid	3		
Glicemy	2014-10-22 00:33:00			after	83				
Note	2014-10-22 00:39:00								Eiweißbrot mit Schokocreme (1 BE )
Glicemy	2014-10-22 03:56:00			after	176				
Glicemy	2014-10-22 07:56:00	Breakfast I		before	210				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-10-22 07:58:00	Breakfast I	89						
Note	2014-10-22 07:58:00								Frühstück : Haferflocken mit Milch und Nüsse. Kaffee ( 8 BE )
Insulin	2014-10-22 08:02:00	Breakfast I				NovoRapid	10		
Glicemy	2014-10-22 10:11:00	Breakfast I		after	107				
Note	2014-10-22 10:14:00								1 Dextroenergie
Glicemy	2014-10-22 10:57:00			after	92				
Note	2014-10-22 10:57:00								1 Dextroenergie . Möbel montiert und zur Arbeit pendeln

