

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	12. November 2014

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-05 08:05:00	Breakfast I	before	183				
Note	2014-11-05 08:05:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)
Insulin	2014-11-05 08:05:00	Breakfast I			NovoRapid	5		
Physical activity	2014-11-05 09:28:00						10	Fahrradfahren zur Arbeit
Glicemy	2014-11-05 11:59:00	Lunch	before	160				
Note	2014-11-05 12:00:00							Mittags : Salat und Yogurt. Kaffee (10 BE)
Insulin	2014-11-05 12:01:00	Lunch			NovoRapid	11		
Glicemy	2014-11-05 15:51:00	Afternoon tea	before	186				
Note	2014-11-05 15:52:00							Snack: 2 Schieben Eiweißbrot mit Nussmus und Käse. Kaffee (2 BE)
Insulin	2014-11-05 16:02:00	Afternoon tea			NovoRapid	3		
Glicemy	2014-11-05 20:05:00	Dinner	before	160				
Note	2014-11-05 20:06:00							Abends : Falafel Teller mit Brot (9 BE)
Insulin	2014-11-05 20:07:00	Dinner			NovoRapid	10		
Glicemy	2014-11-05 21:29:00	Dinner	after	73				
Note	2014-11-05 21:30:00							Traubenzucker, Cola und Schokolade
Glicemy	2014-11-05 23:18:00		after	196				
Insulin	2014-11-05 23:19:00				NovoRapid	1		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-06 08:23:00	Breakfast I	before	261				
Note	2014-11-06 08:23:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-06 08:29:00	Breakfast I			NovoRapid	7		
Glicemy	2014-11-06 12:18:00	Lunch	before	76				
Note	2014-11-06 12:18:00							Mittags : Gozleme mit Kartoffeln, Pilze und Aubergine (4 BE)
Insulin	2014-11-06 12:19:00	Lunch			NovoRapid	3		
Glicemy	2014-11-06 19:39:00	Dinner	before	178				
Note	2014-11-06 19:40:00							Abends : Vegetarisch Enchiladas (9 BE)
Insulin	2014-11-06 19:42:00	Dinner			NovoRapid	11		
Insulin	2014-11-06 21:11:00				Lantus	7		
Glicemy	2014-11-06 22:08:00	Supper	before	142				
Note	2014-11-06 22:08:00							Schokolade (1 BE)
Glicemy	2014-11-07 00:19:00		after	263				
Insulin	2014-11-07 00:20:00				NovoRapid	3		
Glicemy	2014-11-07 08:17:00	Breakfast I	before	155				
Note	2014-11-07 08:17:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-07 08:17:00	Breakfast I			NovoRapid	4		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-11-07 11:50:00							Mittags : Enchiladas Reste (6 BE)
Glicemy	2014-11-07 11:52:00	Lunch	before	153				
Insulin	2014-11-07 11:56:00	Lunch			NovoRapid	6		
Glicemy	2014-11-07 14:32:00	Lunch	after	153				
Note	2014-11-07 15:58:00							Snack : Yoghurt (4 BE)
Glicemy	2014-11-07 15:59:00	Afternoon tea	before	164				
Insulin	2014-11-07 16:00:00	Afternoon tea			NovoRapid	5		
Note	2014-11-07 18:46:00							Abends : Lamm mit Reis (8 BE)
Glicemy	2014-11-07 18:56:00	Dinner	before	176				
Insulin	2014-11-07 18:56:00	Dinner			NovoRapid	10		
Insulin	2014-11-07 21:19:00				Lantus	7		
Glicemy	2014-11-07 22:30:00	Dinner	after	73				
Note	2014-11-07 22:31:00							Cola und Schokolade
Glicemy	2014-11-07 23:41:00		after	172				
Insulin	2014-11-07 23:41:00				NovoRapid	1		
Glicemy	2014-11-08 08:35:00	Breakfast I	before	227				
Note	2014-11-08 08:35:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-08 08:35:00	Breakfast I			NovoRapid	6		
Glicemy	2014-11-08 12:54:00	Lunch	before	111				
Note	2014-11-08 12:54:00							Mittags : 2 Schieben Eiweißbrot mit Salami und Käse. Yogurt und Kaffee (5 BE)
Glicemy	2014-11-08 16:23:00	Afternoon tea	before	104				
Note	2014-11-08 16:23:00							Snack : Kaffee und Kuchen (4 BE)
Insulin	2014-11-08 16:25:00	Afternoon tea			NovoRapid	4		
Glicemy	2014-11-08 18:25:00	Dinner	before	157				
Note	2014-11-08 18:25:00							Abends : Bibimbap (5 BE)
Insulin	2014-11-08 18:26:00	Dinner			NovoRapid	6		
Insulin	2014-11-08 21:19:00				Lantus	7		
Glicemy	2014-11-08 22:14:00	Supper	before	196				
Note	2014-11-08 22:25:00							Kekse (7 BE)
Insulin	2014-11-08 22:26:00	Supper			NovoRapid	8		
Glicemy	2014-11-09 00:16:00		after	87				
Note	2014-11-09 00:17:00							Cola
Glicemy	2014-11-09 09:32:00	Breakfast I	before	169				
Note	2014-11-09 09:32:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-09 09:38:00	Breakfast I			NovoRapid	6		
Glicemy	2014-11-09 13:01:00		after	96				
Note	2014-11-09 13:01:00							Kürbis verarbeitet. Kaffee und Schokolade
Glicemy	2014-11-09 13:52:00	Lunch	before	91				
Note	2014-11-09 13:52:00							Mittags : Tofu Curry mit Reis (5 BE)
Insulin	2014-11-09 13:54:00	Lunch			NovoRapid	4		
Glicemy	2014-11-09 20:30:00	Dinner	before	173				
Note	2014-11-09 20:31:00							Abends : Linsen Curry (6 BE)
Insulin	2014-11-09 20:32:00	Dinner			NovoRapid	8		
Insulin	2014-11-09 21:04:00	Supper			NovoRapid	8		
Insulin	2014-11-09 21:12:00				Lantus	7		
Note	2014-11-09 21:12:00							2 Bratäpfel (8 BE)
Glicemy	2014-11-10 00:59:00		after	66				
Note	2014-11-10 00:59:00							Cola und Schokolade
Glicemy	2014-11-10 08:14:00	Breakfast I	before	148				
Note	2014-11-10 08:15:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-10 08:16:00	Breakfast I			NovoRapid	3		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Physical activity	2014-11-10 09:51:00						10	Fahrradfahren zur Arbeit
Glicemy	2014-11-10 11:47:00	Lunch	before	210				
Insulin	2014-11-10 11:58:00	Lunch			NovoRapid	9		
Note	2014-11-10 12:00:00							Mittags : Linsen Curry (7 BE)
Glicemy	2014-11-10 14:48:00	Lunch	after	78				
Note	2014-11-10 14:49:00							Schokolade
Glicemy	2014-11-10 15:53:00	Afternoon tea	before	83				
Note	2014-11-10 15:53:00							Rucola Sandwich und Kaffee (2 BE)
Insulin	2014-11-10 15:54:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-11-10 20:44:00	Dinner	before	153				
Note	2014-11-10 20:45:00							Abends : Quiche mit Lachs und Krabben (5.5 BE)
Insulin	2014-11-10 20:47:00	Dinner			NovoRapid	6		
Insulin	2014-11-10 21:11:00				Lantus	7		
Glicemy	2014-11-10 22:50:00	Dinner	after	125				
Glicemy	2014-11-11 00:43:00		after	130				
Note	2014-11-11 08:15:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)
Glicemy	2014-11-11 08:18:00	Breakfast I	before	174				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-11 08:18:00	Breakfast I			NovoRapid	5		
Physical activity	2014-11-11 09:59:00						10	Fahrradfahren zur Arbeit
Glicemy	2014-11-11 12:04:00	Lunch	before	82				
Note	2014-11-11 12:07:00							Mittags : Salat und Walnuss Brötchen (4 BE)
Insulin	2014-11-11 12:10:00	Lunch			NovoRapid	3		
Glicemy	2014-11-11 15:49:00	Afternoon tea	before	222				
Note	2014-11-11 15:49:00							Snack : 2 Schieben Eiweißbrot mit Käse und Nussmus (1 BE)
Insulin	2014-11-11 15:50:00	Afternoon tea			NovoRapid	3		
Physical activity	2014-11-11 17:59:00						10	Fahrradfahren zur Bahnhof
Note	2014-11-11 20:30:00							Abends : Pasta mit Tofu (9 BE)
Glicemy	2014-11-11 20:31:00	Dinner	before	188				
Insulin	2014-11-11 20:32:00	Dinner			NovoRapid	11		
Insulin	2014-11-11 21:02:00				Lantus	7		
Glicemy	2014-11-11 21:56:00	Dinner	after	71				
Note	2014-11-11 21:56:00							Cola und Schokolade
Glicemy	2014-11-12 00:00:00		after	131				
Glicemy	2014-11-12 02:35:00		after	151				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-12 08:19:00	Breakfast I	before	169				
Note	2014-11-12 08:19:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)
Insulin	2014-11-12 08:24:00	Breakfast I			NovoRapid	6		
Note	2014-11-12 11:50:00							Mittags : Salat und Brot (3 BE)
Glicemy	2014-11-12 11:55:00	Lunch	before	85				
Insulin	2014-11-12 11:56:00	Lunch			NovoRapid	3		

