

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	17. September 2014

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-10 00:19:00			after	355				
Insulin	2014-09-10 00:19:00					NovoRapid	2		
Glicemy	2014-09-10 07:59:00	Breakfast I		before	218				
Meal	2014-09-10 07:59:00	Breakfast I	88						
Note	2014-09-10 08:00:00								Frühstück: Müsli mit Milch und Kaffee (7 BE)
Insulin	2014-09-10 08:01:00	Breakfast I				NovoRapid	8		
Physical activity	2014-09-10 09:20:00							10	Fahrradfahren zur Arbeit (46 kcal)
Glicemy	2014-09-10 12:18:00	Lunch		before	122				
Meal	2014-09-10 12:32:00	Lunch	62						
Note	2014-09-10 12:32:00								Mittags: 290g salat, Kaffee (5 BE)
Insulin	2014-09-10 12:34:00	Lunch				NovoRapid	3		
Glicemy	2014-09-10 15:56:00	Afternoon tea		before	141				
Insulin	2014-09-10 15:57:00	Afternoon tea				NovoRapid	1		
Meal	2014-09-10 16:00:00	Afternoon tea	10						
Note	2014-09-10 16:01:00								Snack: 2 Scheiben Eiweißbrot mit Mandelmus, salami, Camembert und Kaffee (1 BE)
Physical activity	2014-09-10 18:00:00							10	Fahrradfahren bis PHBF (46 kcal)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-10 19:09:00	Dinner		before	203				
Meal	2014-09-10 19:14:00	Dinner	85						
Note	2014-09-10 19:14:00								Abends: Falafel Schawarma mut pita, hummus und salat (7 BE)
Insulin	2014-09-10 19:16:00	Dinner				NovoRapid	8		
Insulin	2014-09-10 21:01:00					Lantus	5		
Glicemy	2014-09-10 21:41:00	Supper		before	205				
Note	2014-09-10 21:43:00								Supper: Mignon (1 BE)
Meal	2014-09-10 21:45:00	Supper	16						
Insulin	2014-09-10 21:45:00	Supper				NovoRapid	1		
Weight	2014-09-10 21:52:00								
Glicemy	2014-09-10 23:39:00			after	274				
Insulin	2014-09-10 23:40:00					NovoRapid	1		
Meal	2014-09-11 07:58:00	Breakfast I	68						
Note	2014-09-11 07:58:00								Frühstück: Shreddies mit Milch und Kaffee (6 BE)
Glicemy	2014-09-11 08:03:00	Breakfast I		before	182				
Insulin	2014-09-11 08:04:00	Breakfast I				NovoRapid	7		
Glicemy	2014-09-11 12:00:00	Lunch		before	126				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-11 12:16:00	Lunch	40						
Insulin	2014-09-11 12:17:00	Lunch				NovoRapid	3		
Note	2014-09-11 12:18:00								Mittags: 280g salat, Scheibe brot und Kaffee (3 BE)
Note	2014-09-11 15:48:00								Snack: 2 Schieben Eiweißbrot mit Mandelmus, Salami, Käse und Kaffee (1 BE)
Glicemy	2014-09-11 15:49:00	Afternoon tea		before	134				
Insulin	2014-09-11 15:59:00	Afternoon tea				NovoRapid	2		
Meal	2014-09-11 16:00:00	Afternoon tea	9						
Meal	2014-09-11 20:19:00	Dinner	104						
Note	2014-09-11 20:19:00								Abends: Kichererbsen curry mit Hazelnussreis. Yogurt trink (9 BE)
Glicemy	2014-09-11 20:24:00	Dinner		before	209				
Insulin	2014-09-11 20:25:00	Dinner				NovoRapid	11		
Insulin	2014-09-11 21:06:00					Lantus	5		
Glicemy	2014-09-12 00:24:00			after	195				
Insulin	2014-09-12 00:25:00					NovoRapid	1		
Glicemy	2014-09-12 08:09:00	Breakfast I		before	193				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-12 08:10:00	Breakfast I	56						
Note	2014-09-12 08:11:00								Frühstück: Shreddies mit Milch und Kaffee (5 BE)
Insulin	2014-09-12 08:12:00	Breakfast I				NovoRapid	6		
Physical activity	2014-09-12 09:16:00							10	Fahrradfahren zur Arbeit (46 kcal)
Glicemy	2014-09-12 11:53:00	Lunch		before	160				
Note	2014-09-12 11:59:00								Mittags: Kichererbsen curry mit Tofu und Hazelnussreis. Kaffee (7 BE)
Meal	2014-09-12 12:00:00	Lunch	72						
Insulin	2014-09-12 12:01:00	Lunch				NovoRapid	8		
Glicemy	2014-09-12 14:10:00			after	78				
Note	2014-09-12 14:10:00								4 Dextroenergie, feeling woozy, shakey and palpitations
Glicemy	2014-09-12 15:00:00			after	200				
Note	2014-09-12 15:58:00								Snack: 2 Schieben Eiweißbrot mit Brotaufstrich, Salami und Käse. Kaffee (1 BE)
Meal	2014-09-12 16:00:00	Afternoon tea	9						
Glicemy	2014-09-12 16:00:00	Lunch		before	168				
Insulin	2014-09-12 16:09:00	Afternoon tea				NovoRapid	2		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-12 19:41:00								Abends: Kürbissuppe, 2 Schiben Eiweißbrot, Tee und Yoghurt Getränk (8 BE)
Meal	2014-09-12 19:50:00	Dinner	91						
Glicemy	2014-09-12 19:59:00	Dinner		before	197				
Insulin	2014-09-12 19:59:00	Dinner				NovoRapid	9		
Insulin	2014-09-12 21:05:00					Lantus	5		
Meal	2014-09-12 21:47:00	Supper	11						
Note	2014-09-12 21:47:00								Supper: Edelbitter Schokolade (1 BE)
Insulin	2014-09-12 21:48:00	Supper				NovoRapid	1		
Glicemy	2014-09-13 00:09:00			after	234				
Insulin	2014-09-13 00:10:00					NovoRapid	2		
Glicemy	2014-09-13 08:31:00	Breakfast I		before	153				
Meal	2014-09-13 08:31:00	Breakfast I	80						
Note	2014-09-13 08:33:00								Frühstück: Shreddies mit Milch und Kaffee (7 BE)
Insulin	2014-09-13 08:34:00	Breakfast I				NovoRapid	7		
Glicemy	2014-09-13 12:14:00	Lunch		before	138				
Meal	2014-09-13 12:18:00	Lunch	80						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-13 12:18:00	Lunch				NovoRapid	7		
Note	2014-09-13 12:19:00								Mittags: Kichererbsen curry, eiweißbrot, gekochtes Ei und Kaffee (7 BE)
Glicemy	2014-09-13 14:32:00			after	78				
Note	2014-09-13 14:43:00								feeling woozy, 2 Dextroenergie. busy before and after lunch with shopping and cooking
Glicemy	2014-09-13 15:10:00			after	143				
Note	2014-09-13 16:00:00								Snack: Eiweißbrot Sandwich mit Salami, Käse und gekochtes Ei. Pfannkuchen. Kaffee (4 BE)
Meal	2014-09-13 16:01:00	Afternoon tea	42						
Glicemy	2014-09-13 16:18:00	Afternoon tea		before	117				
Insulin	2014-09-13 16:20:00	Afternoon tea				NovoRapid	3		
Note	2014-09-13 19:52:00								Abends: Chilli sin Carne, Pumpkin pie, 1.5 Kartoffeln (12 BE)
Meal	2014-09-13 20:57:00	Dinner	130						
Glicemy	2014-09-13 21:00:00	Dinner		before	244				
Insulin	2014-09-13 21:00:00	Dinner				NovoRapid	14		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-09-13 21:30:00					Lantus	5		
Glicemy	2014-09-13 22:47:00			after	291				
Insulin	2014-09-13 22:52:00	Supper				NovoRapid	3		
Note	2014-09-13 22:55:00								Supper: Chilli und pumpkin pie
Glicemy	2014-09-14 01:11:00			after	268				
Insulin	2014-09-14 01:12:00					NovoRapid	3		
Meal	2014-09-14 08:55:00	Breakfast I	55						
Note	2014-09-14 08:56:00								Frühstück: Shreddies mit Milch und Kaffee (5 BE)
Glicemy	2014-09-14 08:58:00	Breakfast I		before	241				
Insulin	2014-09-14 08:59:00	Breakfast I				NovoRapid	9		
Note	2014-09-14 12:06:00								brunch at max
Glicemy	2014-09-14 12:18:00	Lunch		before	125				
Insulin	2014-09-14 12:26:00	Lunch				NovoRapid	7		
Glicemy	2014-09-14 13:56:00	Snack		before	268				
Insulin	2014-09-14 13:56:00	Snack				NovoRapid	4		
Note	2014-09-14 17:55:00								Kaffee (4 g). Kein spritzen
Meal	2014-09-14 19:04:00	Dinner	78						

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-14 19:05:00								Abends: Bulgur salat,Pilze,Käse,2 Schieben Eiweißbrot (7 BE)
Glicemy	2014-09-14 19:12:00	Dinner		before	240				
Insulin	2014-09-14 19:14:00	Dinner				NovoRapid	10		
Insulin	2014-09-14 21:05:00					Lantus	5		
Meal	2014-09-14 21:37:00	Supper	6						
Note	2014-09-14 21:37:00								Edelbitter Schokolade (1 BE)
Insulin	2014-09-14 21:38:00	Supper				NovoRapid	1		
Glicemy	2014-09-14 21:38:00	Supper		before	160				
Glicemy	2014-09-14 23:48:00			after	232				
Insulin	2014-09-14 23:48:00					NovoRapid	2		
Glicemy	2014-09-15 08:10:00	Breakfast I		before	206				
Meal	2014-09-15 08:11:00	Breakfast I	81						
Note	2014-09-15 08:11:00								Frühstück : Shreddies mit Milch und Kaffee (7 BE)
Insulin	2014-09-15 08:12:00	Breakfast I				NovoRapid	9		
Physical activity	2014-09-15 09:30:00							20	Fahrradfahren zur Arbeit (92 kcal)
Glicemy	2014-09-15 11:57:00	Lunch		before	96				

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-15 12:12:00	Lunch	150						
Note	2014-09-15 12:13:00								Mittags : gnocchi mit Gemüse und Kaffee (14 BE)
Insulin	2014-09-15 12:14:00	Lunch				NovoRapid	14		
Glicemy	2014-09-15 13:53:00	Lunch		after	79				
Note	2014-09-15 13:53:00								2 Dextroenergie, Bitterschokolade mit Kirsche (14g). übergeschätzt Insulin am Mittags
Glicemy	2014-09-15 14:31:00			after	143				
Glicemy	2014-09-15 15:14:00	Afternoon tea		before	96				
Note	2014-09-15 15:20:00								Snack : 1 Scheibe Eiweißbrot, Käse, Jogurt, Kaffee (4 BE)
Meal	2014-09-15 15:21:00	Afternoon tea	46						
Glicemy	2014-09-15 15:57:00	Afternoon tea		after	236				
Glicemy	2014-09-15 17:29:00			after	266				
Note	2014-09-15 19:08:00								Abends: Asia Gourmet Pad Thai mit Tofu Hähnchen
Glicemy	2014-09-15 19:17:00	Dinner		before	214				
Meal	2014-09-15 19:18:00	Dinner	0						
Insulin	2014-09-15 19:18:00	Dinner				NovoRapid	8		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-09-15 20:01:00								Cinestarr süßes popcorn klein
Insulin	2014-09-15 20:01:00	Snack				NovoRapid	1		
Insulin	2014-09-15 20:01:00					Lantus	5		
Glicemy	2014-09-15 23:58:00			after	474				
Insulin	2014-09-15 23:59:00					NovoRapid	7		
Glicemy	2014-09-16 02:39:00			after	73				
Note	2014-09-16 02:40:00								woke up feeling sweaty, 2 dextro energie, some dark chocolate
Glicemy	2014-09-16 02:51:00			after	158				
Glicemy	2014-09-16 08:02:00	Breakfast I		before	217				
Note	2014-09-16 08:03:00								Frühstück : Shreddies mit Milch und Kaffee (7 BE)
Meal	2014-09-16 08:04:00	Breakfast I	74						
Insulin	2014-09-16 08:04:00	Breakfast I				NovoRapid	9		
Physical activity	2014-09-16 09:10:00							25	Spazieren zur Arbeit (92 kcal)
Glicemy	2014-09-16 09:42:00	Breakfast I		after	312				
Glicemy	2014-09-16 11:55:00	Lunch		before	119				
Note	2014-09-16 11:58:00								Mittags: 290g Salat, Scheibe Brot und Kaffee (5 BE)

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Meal	2014-09-16 11:58:00	Lunch	50						
Insulin	2014-09-16 12:12:00	Lunch				NovoRapid	5		
Glicemy	2014-09-16 15:53:00	Afternoon tea		before	109				
Insulin	2014-09-16 15:54:00	Afternoon tea				NovoRapid	5		
Meal	2014-09-16 16:00:00	Afternoon tea	60						
Note	2014-09-16 16:01:00								Snack: 2 Scieben Eiweißbrot, brotaufstrich, Käse, Alpro Yoghurt und Kaffee (5 BE)
Physical activity	2014-09-16 17:55:00							10	Fahrradfahren zum Bahnhof (46 kcal)
Meal	2014-09-16 19:56:00	Dinner	57						
Note	2014-09-16 19:56:00								Abends : Lachs mit Rösti und Schmand, Scheibe Eiweißbrot (6 BE)
Glicemy	2014-09-16 19:57:00	Dinner		before	169				
Insulin	2014-09-16 19:58:00	Dinner				NovoRapid	6		
Insulin	2014-09-16 21:04:00					Lantus	5		
Meal	2014-09-16 21:04:00	Supper	29						
Note	2014-09-16 21:11:00								Bitterschokolade (2 BE)
Insulin	2014-09-16 21:11:00	Supper				NovoRapid	2		

Activity	Time	Meal	Carbohydrates (g)	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-09-16 23:18:00			after	202				
Insulin	2014-09-16 23:19:00					NovoRapid	2		
Glicemy	2014-09-17 07:59:00	Breakfast I		before	213				
Meal	2014-09-17 07:59:00	Breakfast I	81						
Note	2014-09-17 07:59:00								Frühstück : Müsli mit Milch und Kaffee (7 BE)
Insulin	2014-09-17 08:00:00	Breakfast I				NovoRapid	9		
Note	2014-09-17 08:01:00								snack : 2 Schieben Vollkornbrot mit Käse und Schinken. Yogurt 76.2

