

Diabetes Log

Patient Name	Jane Coates
Diabetes Type	Type 1
Insulin Types	NovoRapid and Lantus
Report Generated	27. November 2014

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-19 08:12:00	Breakfast I	before	136				
Note	2014-11-19 08:14:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-19 08:14:00	Breakfast I			NovoRapid	4		
Glicemy	2014-11-19 12:31:00	Lunch	before	187				
Note	2014-11-19 12:31:00							Mittags : Vietnameses Baguette (5 BE)
Insulin	2014-11-19 12:32:00	Lunch			NovoRapid	6		
Note	2014-11-19 15:49:00							Snack : 2 Schieben Eiweißbrot mit Käse (1 BE)
Glicemy	2014-11-19 15:53:00	Afternoon tea	before	151				
Insulin	2014-11-19 15:54:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-11-19 19:28:00	Dinner	before	147				
Note	2014-11-19 19:28:00							Abends : Udon Nudeln mit tofu (7 BE)
Insulin	2014-11-19 19:29:00	Dinner			NovoRapid	7		
Insulin	2014-11-19 20:02:00				Lantus	7		
Glicemy	2014-11-20 00:33:00		after	185				
Insulin	2014-11-20 00:33:00				NovoRapid	1		
Glicemy	2014-11-20 08:26:00	Breakfast I	before	194				
Note	2014-11-20 08:27:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)

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Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-21 01:17:00		after	85				
Note	2014-11-21 01:20:00							2 Traubenzucker und Schokolade
Glicemy	2014-11-21 09:05:00	Breakfast I	before	183				
Note	2014-11-21 09:06:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-21 09:21:00	Breakfast I			NovoRapid	6		
Note	2014-11-21 11:58:00							Mittags : 2 Schieben Eiweißbrot mit Salami und Käse. Yogurt (3 BE)
Glicemy	2014-11-21 11:58:00	Lunch	before	199				
Insulin	2014-11-21 12:10:00	Lunch			NovoRapid	4		
Glicemy	2014-11-21 17:06:00	Lunch	after	144				
Note	2014-11-21 17:16:00							Kaffee und Kürbiskerne
Glicemy	2014-11-21 19:17:00	Dinner	before	171				
Note	2014-11-21 19:17:00							Abends : Ente mit Kartoffeln und Balsamico Sauce (8 BE)
Insulin	2014-11-21 19:19:00	Dinner			NovoRapid	9		
Note	2014-11-21 20:57:00							Creme Brulee (2 BE)
Insulin	2014-11-21 21:00:00				Lantus	7		
Glicemy	2014-11-21 21:33:00	Supper	before	131				
Insulin	2014-11-21 21:34:00	Supper			NovoRapid	2		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-22 00:45:00		after	177				
Insulin	2014-11-22 00:45:00				NovoRapid	1		
Note	2014-11-22 09:18:00							Frühstück : Haferflocken mit Milch und Kaffee (3 BE)
Glicemy	2014-11-22 09:18:00	Breakfast I	before	182				
Insulin	2014-11-22 09:22:00	Breakfast I			NovoRapid	4		
Note	2014-11-22 11:39:00							Mittags : Lachs Brunch (5 BE)
Glicemy	2014-11-22 11:54:00	Lunch	before	181				
Insulin	2014-11-22 11:55:00	Lunch			NovoRapid	5		
Glicemy	2014-11-22 17:12:00	Afternoon tea	before	156				
Note	2014-11-22 17:13:00							Snack : Kaffee und Schokolade (1 BE)
Insulin	2014-11-22 17:13:00	Afternoon tea			NovoRapid	2		
Note	2014-11-22 20:09:00							Abends : Vegetarisch Burger mit Süßkartoffel Pommes (10 BE)
Glicemy	2014-11-22 20:10:00	Dinner	before	117				
Insulin	2014-11-22 20:11:00	Dinner			NovoRapid	11		
Insulin	2014-11-22 21:00:00				Lantus	7		
Note	2014-11-22 21:06:00							Schokolade Dessert mit Himbeersauce (9 BE)
Insulin	2014-11-22 21:06:00	Supper			NovoRapid	9		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Glicemy	2014-11-23 00:31:00		after	240				
Insulin	2014-11-23 00:33:00				NovoRapid	2		
Glicemy	2014-11-23 09:54:00	Breakfast I	before	200				
Note	2014-11-23 09:54:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-23 10:03:00	Breakfast I			NovoRapid	4		
Glicemy	2014-11-23 11:32:00		after	375				
Insulin	2014-11-23 11:32:00				NovoRapid	2		
Glicemy	2014-11-23 11:55:00		after	241				
Glicemy	2014-11-23 12:17:00		after	192				
Glicemy	2014-11-23 12:38:00		after	133				
Physical activity	2014-11-23 12:45:00						10	Laufen
Glicemy	2014-11-23 13:54:00	Lunch	before	94				
Note	2014-11-23 13:57:00							Mittags : 2 Schieben Eiweißbrot mit Käse (1 BE)
Note	2014-11-23 14:25:00							Schokolade Dessert (4 BE)
Insulin	2014-11-23 14:26:00	Lunch			NovoRapid	4		
Glicemy	2014-11-23 20:32:00	Dinner	before	168				
Insulin	2014-11-23 21:58:00				Lantus	7		

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-23 21:58:00	Dinner			NovoRapid	4		
Glicemy	2014-11-23 23:09:00	Supper	before	226				
Note	2014-11-23 23:11:00							Schokolade Dessert (4 BE)
Insulin	2014-11-23 23:17:00	Supper			NovoRapid	6		
Glicemy	2014-11-24 00:32:00		after	202				
Glicemy	2014-11-24 08:03:00	Breakfast I	before	166				
Note	2014-11-24 08:03:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-24 08:04:00	Breakfast I			NovoRapid	5		
Physical activity	2014-11-24 09:23:00						10	Fahrradfahren zur Arbeit
Glicemy	2014-11-24 11:51:00	Lunch	before	102				
Note	2014-11-24 11:51:00							Mittags : Salat (3 BE)
Insulin	2014-11-24 12:08:00	Lunch			NovoRapid	3		
Glicemy	2014-11-24 15:50:00	Afternoon tea	before	211				
Note	2014-11-24 15:51:00							Snack : Rucola Sandwich (2 BE)
Insulin	2014-11-24 15:51:00	Afternoon tea			NovoRapid	4		
Glicemy	2014-11-24 20:00:00	Dinner	before	164				
Note	2014-11-24 20:01:00							Abends : Nut Roast mit Möhren und Champignons (8 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-24 20:09:00	Dinner			NovoRapid	9		
Insulin	2014-11-24 21:03:00				Lantus	7		
Note	2014-11-24 21:10:00							Banoffee (8 BE)
Insulin	2014-11-24 21:10:00	Supper			NovoRapid	8		
Glicemy	2014-11-25 00:32:00		after	124				
Glicemy	2014-11-25 08:18:00	Breakfast I	before	172				
Note	2014-11-25 08:18:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-25 08:22:00	Breakfast I			NovoRapid	5		
Glicemy	2014-11-25 11:44:00	Lunch	before	139				
Note	2014-11-25 11:45:00							Mittags : Nut Roast Reste (4 BE)
Insulin	2014-11-25 11:46:00	Lunch			NovoRapid	4		
Glicemy	2014-11-25 15:34:00	Afternoon tea	before	80				
Note	2014-11-25 15:35:00							Snack : 2 Schieben Eiweißbrot mit Käse und Nussmus (2 BE)
Insulin	2014-11-25 15:35:00	Afternoon tea			NovoRapid	1		
Glicemy	2014-11-25 17:00:00	Afternoon tea	after	145				
Glicemy	2014-11-25 19:12:00	Dinner	before	216				
Note	2014-11-25 19:13:00							Abends : Udon Nudeln mit tofu (5 BE)

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Insulin	2014-11-25 19:16:00	Dinner			NovoRapid	7		
Insulin	2014-11-25 21:01:00				Lantus	7		
Glicemy	2014-11-25 21:53:00	Supper	before	133				
Note	2014-11-25 21:54:00							Banoffee (5 BE)
Insulin	2014-11-25 21:56:00	Supper			NovoRapid	5		
Glicemy	2014-11-26 00:26:00		after	230				
Insulin	2014-11-26 00:27:00				NovoRapid	2		
Note	2014-11-26 08:19:00							Frühstück : Haferflocken mit Milch und Kaffee (5 BE)
Glicemy	2014-11-26 08:22:00	Breakfast I	before	214				
Insulin	2014-11-26 08:25:00	Breakfast I			NovoRapid	7		
Note	2014-11-26 11:38:00							Mittags : Brot mit Ei und Kartoffelsalat (9 BE)
Glicemy	2014-11-26 11:52:00	Lunch	before	147				
Insulin	2014-11-26 11:52:00	Lunch			NovoRapid	9		
Glicemy	2014-11-26 15:39:00	Afternoon tea	before	198				
Note	2014-11-26 15:39:00							Snack : Baguette mit Schinken (4 BE)
Insulin	2014-11-26 15:51:00	Afternoon tea			NovoRapid	5		
Glicemy	2014-11-26 20:19:00	Dinner	before	294				

Activity	Time	Meal	Glycemia (before/after)	Glycemia (mg/dl)	Insulin Type	Units Injected	Exercise (mins)	Text
Note	2014-11-26 20:19:00							Baguette hat Süßes Senf
Note	2014-11-26 20:20:00							Abends : Puten Geschneltztes mit Bratkartoffeln (4 BE)
Insulin	2014-11-26 20:21:00	Dinner			NovoRapid	8		
Insulin	2014-11-26 21:02:00				Lantus	7		
Note	2014-11-26 21:30:00							Schokolade Dessert (2 BE)
Insulin	2014-11-26 21:30:00	Supper			NovoRapid	2		
Glicemy	2014-11-26 23:52:00		after	113				
Note	2014-11-26 23:54:00							Nüsse
Glicemy	2014-11-27 04:14:00		after	203				
Insulin	2014-11-27 04:15:00				NovoRapid	1		
Glicemy	2014-11-27 06:38:00	Breakfast I	before	165				
Note	2014-11-27 06:39:00							Frühstück : Haferflocken mit Milch und Kaffee (4 BE)
Insulin	2014-11-27 06:42:00	Breakfast I			NovoRapid	5		

