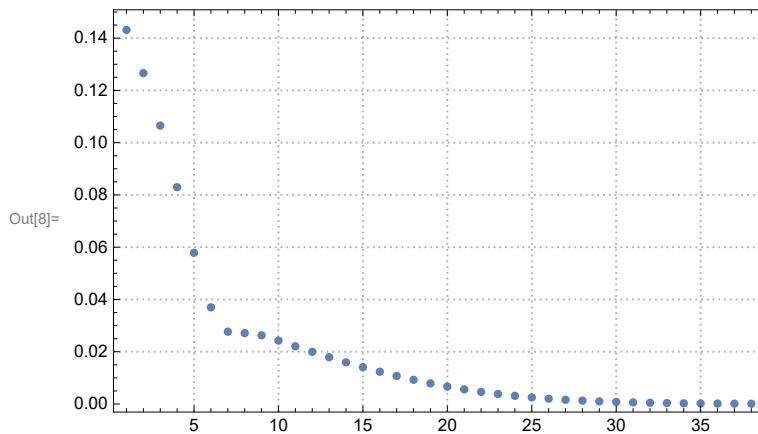In[7]:= `d = Import[NotebookDirectory[] <> "~log.txt", "Table"];`

In[8]:= `ListPlot[d[[All, 2]], PlotTheme → "Detailed", PlotRange → All]`

Out[8]=

In[9]:= `ListPlot[Transpose@d[[All, 4 ;; 6]], PlotTheme → "Detailed", PlotRange → All]`

Out[9]=