



Blood Glucose Level Log

#	Reference	Date Time	Description	Requested By	Product/Service Type	BG Level
1	1730	29-08-2014 21:17	Got up 3:30pm - Skipped Breakfast, Evening Meal 6:45pm - Roast beef Roll & Canned Tomato Soup	Rodney Sheppard - Personal	Personal Data Log	8.9
2	1730	30-08-2014 3:05	Snow ball approx. 4 hours before	Rodney Sheppard - Personal	Personal Data Log	5.7
3	1730	30-08-2014 7:07	Roast beef Roll at 5:00am	Rodney Sheppard - Personal	Personal Data Log	12.3
4	1730	30-08-2014 13:30	Got up 2:05pm test before breakfast; 2 x Toast with Marg	Rodney Sheppard - Personal	Personal Data Log	7.8
5	1730	30-08-2014 18:44	Just before dinner - Peperonni pizza with anchovie	Rodney Sheppard - Personal	Personal Data Log	6.8
6	1730	30-08-2014 22:58	Just before taking Glyade	Rodney Sheppard - Personal	Personal Data Log	11
7	1730	31-08-2014 4:23	approx. 3 hours after Savoy bisc. snack	Rodney Sheppard - Personal	Personal Data Log	9.1
8	1730	31-08-2014 18:27	Got up 7:00pm; level taken before eating; had left over pizza & snow ball	Rodney Sheppard - Personal	Personal Data Log	10.4
9	1730	01-09-2014 16:28	Got up 5:00pm	Rodney Sheppard - Personal	Personal Data Log	8.6
10	1730	01-09-2014 20:46	a couple of hours after evening meal; beef rending with rice; and a snowball	Rodney Sheppard - Personal	Personal Data Log	8.4
11	1730	02-09-2014 1:03	just before a roast beef roll and a carrot	Rodney Sheppard - Personal	Personal Data Log	4.8
12	1730	02-09-2014 16:00	got up 4:40pm	Rodney Sheppard - Personal	Personal Data Log	8.2
13	1730	02-09-2014 23:47	approx. 4 hr after dinner; sesame prawn toast and 6 steamed dim sims.	Rodney Sheppard - Personal	Personal Data Log	7.7
14	1730	03-09-2014 13:02	got up 1:15pm; skipped breakfast	Rodney Sheppard - Personal	Personal Data Log	8.2
15	1730	03-09-2014 22:08	a few hours after dinner; ham stake and pineapple; with chips and half chicken stick	Rodney Sheppard - Personal	Personal Data Log	6.4
16	1730	04-09-2014 14:34	Got up 3:15pm	Rodney Sheppard - Personal	Personal Data Log	6.7

17	1730	04-09-2014 22:41	4 hours after dinner; curry laska seafood noodles and fried wonton	Rodney Sheppard - Personal	Personal Data Log	5.7
18	1730	05-09-2014 13:31	got up 2:15pm	Rodney Sheppard - Personal	Personal Data Log	8.3
19	1730	05-09-2014 22:08	approx. 3.5 hours after dinner; 3 hot dogs	Rodney Sheppard - Personal	Personal Data Log	6.7
20	1730	06-09-2014 16:53	Got up 4:30pm; skipped breakfast	Rodney Sheppard - Personal	Personal Data Log	11.6
21	1730	06-09-2014 20:53	approx. 2 hrs after dinner; hamburger; fish onion rings; sav in batter	Rodney Sheppard - Personal	Personal Data Log	8.4
22	1730	07-09-2014 14:04	got up 3pm	Rodney Sheppard - Personal	Personal Data Log	9.4
23	1730	07-09-2014 22:46	3 hours after dinner; Mexican fathers day	Rodney Sheppard - Personal	Personal Data Log	9.4
24	1730	08-09-2014 15:16	*** New Uncalibrated strips read 10.9 at same time; just as a comparison ***; got up 4pm	Rodney Sheppard - Personal	Personal Data Log	9.2
25	1730	08-09-2014 23:01	apparax 4.5 hours after dinner; tomato soup and ciabatta vread	Rodney Sheppard - Personal	Personal Data Log	7.7
26	1730	09-09-2014 16:04	got up 4:00 pm	Rodney Sheppard - Personal	Personal Data Log	10.8
27	1730	09-09-2014 23:26	approx. 4 hr after dinner; sesame prawn toast; and potato gems. licorice sack	Rodney Sheppard - Personal	Personal Data Log	11.3
28	1730	10-09-2014 20:56	approx. 2 hr after dinner chicken snitzel	Rodney Sheppard - Personal	Personal Data Log	10
29	1730	10-09-2014 23:27		Rodney Sheppard - Personal	Personal Data Log	3.5
30	1730	11-09-2014 15:55	got up 5pm	Rodney Sheppard - Personal	Personal Data Log	10.3
31	1730	12-09-2014 0:22	dinner 8pm; ham stake pinaple; chips	Rodney Sheppard - Personal	Personal Data Log	7
32	1730	12-09-2014 17:58	got up 7pm	Rodney Sheppard - Personal	Personal Data Log	8.8
33	1730	12-09-2014 23:55	approx. 5 hours after dinner; Lamb curry; and a snow ball; licorice stick	Rodney Sheppard - Personal	Personal Data Log	6.7
34	1730	13-09-2014 15:05	go up 4pm	Rodney Sheppard - Personal	Personal Data Log	9.7
35	1730	13-09-2014 23:19	5 hours after dinner; fish and chips; sav in batter; onion rings	Rodney Sheppard - Personal	Personal Data Log	4.5
36	1730	14-09-2014 15:36	got up 5pm	Rodney Sheppard - Personal	Personal Data Log	9.9
37	1730	15-09-2014 0:46	dinner approx. 7:30pm meat balls and noodles	Rodney Sheppard - Personal	Personal Data Log	6.6
38	1730	15-09-2014 12:09	got up 1pm	Rodney Sheppard - Personal	Personal Data Log	8.1
39	1730	15-09-2014 20:18	approx. 3.5 hr after dinner - roast beef roll; sesame prawn toast - neede sugar fix	Rodney Sheppard - Personal	Personal Data Log	2.4
40	1730	16-09-2014 16:14	got up 5pm	Rodney Sheppard - Personal	Personal Data Log	8.8
41	1730	16-09-2014 23:39	dinner 7pm chilli Con Carne	Rodney Sheppard - Personal	Personal Data Log	8.2
42	1730	17-09-2014 10:25	Got Up 11:00am	Rodney Sheppard - Personal	Personal Data Log	7.6
43	1730	18-09-2014 1:36	dinner 6pm; beef stew	Rodney Sheppard - Personal	Personal Data Log	8.6
44	1730	18-09-2014 8:23	got up 9:30 am	Rodney Sheppard - Personal	Personal Data Log	8.4
45	1730	18-09-2014 23:52	dinner approx. 7:00pm curry laska seafood noodles; and fried won ton	Rodney Sheppard - Personal	Personal Data Log	4.9
46	1730	19-09-2014 14:15	go up 3pm	Rodney Sheppard - Personal	Personal Data Log	9.7
47	1730	20-09-2014 2:40	Dinner 7pm hamburger; fish onion rings; and sav in batter	Rodney Sheppard - Personal	Personal Data Log	5.7
48	1730	20-09-2014 16:31	got up 5:45pm	Rodney Sheppard - Personal	Personal Data Log	10.2
49	1730	21-09-2014 0:34	dinner 7pm lamb curry; ice cream magnum 1:30am	Rodney Sheppard - Personal	Personal Data Log	10.3
50	1730	21-09-2014 17:51	got up 7pm	Rodney Sheppard - Personal	Personal Data Log	9.7
51	1730	21-09-2014 23:15	dinner 8pm; chinese Singapore noodle; pork in plun sauce and onion; satay beef skewers	Rodney Sheppard - Personal	Personal Data Log	7.9
52	1730	22-09-2014 16:44	got up 3:30pm; skipped breakfast	Rodney Sheppard - Personal	Personal Data Log	9.6
53	1730	22-09-2014 23:48	dinner 6:45pm; left over chinese; nedded sugar fix	Rodney Sheppard - Personal	Personal Data Log	2.8
54	1730	23-09-2014 17:13	got up 3:45pm skipped breakfast	Rodney Sheppard - Personal	Personal Data Log	9.3
55	1730	24-09-2014 1:05	dinner 7pm sesame prawn tost; potato curry	Rodney Sheppard - Personal	Personal Data Log	3.7
56	1730	24-09-2014 13:53	got up 1:45pm	Rodney Sheppard - Personal	Personal Data Log	10.4
57	1730	25-09-2014 0:35	dinner 7:45 pm peperoni pizza	Rodney Sheppard - Personal	Personal Data Log	6.5
58	1730	25-09-2014 16:33	got up 3ppm; skip breakfast	Rodney Sheppard - Personal	Personal Data Log	10.5
59	1730	26-09-2014 0:59	dinner 7:30pm; left over pizza	Rodney Sheppard - Personal	Personal Data Log	9.4
60	1730	26-09-2014 15:57	got up 5pm	Rodney Sheppard - Personal	Personal Data Log	9
61	1730	27-09-2014 3:39	dinner 8pm; lamp curry; cake treat	Rodney Sheppard - Personal	Personal Data Log	9.7
62	1730	27-09-2014 16:23	got up 5:15pm	Rodney Sheppard - Personal	Personal Data Log	9.9
63	1730	27-09-2014 23:15	neede sugar fix; dinner 7pm fish and chips	Rodney Sheppard - Personal	Personal Data Log	3.6
64	1730	28-09-2014 15:57	got up 5:15pm	Rodney Sheppard - Personal	Personal Data Log	10.7
65	1730	29-09-2014 2:54	dinner 7:30pm tomato soup; ciabata bread; roast beef roll	Rodney Sheppard - Personal	Personal Data Log	6.2
66	1730	29-09-2014 22:38	gotup 4:45pm; skiped breakfast/lunch dinner 7:30pm; vegi curry; bread.	Rodney Sheppard - Personal	Personal Data Log	9.4
67	1730	30-09-2014 3:48	tomato soup and salad; and savoy biscuits 12pm	Rodney Sheppard - Personal	Personal Data Log	4.8
68	1730	30-09-2014 13:14	gotup 2:45pm	Rodney Sheppard - Personal	Personal Data Log	8.6
69	1730	01-10-2014 2:05	dinner 7:30pm lamb curry and bread; snow ball	Rodney Sheppard - Personal	Personal Data Log	8.3
70	1730	01-10-2014 17:06	gotup 2:15pm; measured just before main meal	Rodney Sheppard - Personal	Personal Data Log	10.3
71	1730	01-10-2014 22:11	dinner 7pm Irish stew;with bread; snow ball	Rodney Sheppard - Personal	Personal Data Log	4.8
72	1730	02-10-2014 23:26	dinner 6pm; lamb curry; 10pm scones and crisp bread	Rodney Sheppard - Personal	Personal Data Log	6.3
73	1730	03-10-2014 8:05	gotoup9:15am	Rodney Sheppard - Personal	Personal Data Log	6.2
74	1730	03-10-2014 20:41	dinner 7pm fish and chips	Rodney Sheppard - Personal	Personal Data Log	9
75	1730	04-10-2014 11:17	got up 12:30pm	Rodney Sheppard - Personal	Personal Data Log	7.4
76	1730	05-10-2014 22:37	party last night; slept in realy late, dinner 6:30pm lamb curry	Rodney Sheppard - Personal	Personal Data Log	6.8
77	1730	06-10-2014 3:35	dry uscuits and crisp bread witj marg about midnight	Rodney Sheppard - Personal	Personal Data Log	10.4
78	1730	06-10-2014 17:53	gotup 2:30pm	Rodney Sheppard - Personal	Personal Data Log	7.8
79	1730	06-10-2014 23:37	dinner 7pm beef and potato curry with toast and crips bread, beef roll after test at 1am	Rodney Sheppard - Personal	Personal Data Log	5.2
80	1730	07-10-2014 13:38	got up 3pm	Rodney Sheppard - Personal	Personal Data Log	9.7
81	1730	07-10-2014 23:36	dinner 7pm lamb curry and toast; steam pudding and custard.	Rodney Sheppard - Personal	Personal Data Log	4.7
82	1730	08-10-2014 16:40	got up 3:30pm	Rodney Sheppard - Personal	Personal Data Log	10.1
83	1730	09-10-2014 0:52	dinner 7pm irish stew and toast	Rodney Sheppard - Personal	Personal Data Log	5.4
84	1730	09-10-2014 19:16	got up 3:30pm	Rodney Sheppard - Personal	Personal Data Log	9.1

85	1730	10-10-2014 2:44	dinner 7:30pm curry laska seafood noodles; fried wonton	Rodney Sheppard - Personal	Personal Data Log	5.9
86	1730	10-10-2014 23:09	dinner 8pm lamb curry with rie bread toast; 2 crisp bread	Rodney Sheppard - Personal	Personal Data Log	8
87	1730	11-10-2014 2:15	roast beef roll snack	Rodney Sheppard - Personal	Personal Data Log	9.5
88	1730	11-10-2014 13:30	gotup 1pm	Rodney Sheppard - Personal	Personal Data Log	7.4
89	1730	11-10-2014 19:17	taken just befor dinner; fish and chips; sav in batter; pnion rings; 2 dims sims	Rodney Sheppard - Personal	Personal Data Log	9.9
90	1730	12-10-2014 18:35	gotup 6:30pm	Rodney Sheppard - Personal	Personal Data Log	9.7
91	1730	13-10-2014 3:47	snack 1am crisp bread; onion rings	Rodney Sheppard - Personal	Personal Data Log	7.4
92	1730	13-10-2014 22:56	dinner 7:30pm lamb curry on toast; snow ball crisp bread.	Rodney Sheppard - Personal	Personal Data Log	7.4
93	1730	14-10-2014 5:04	crisps bread snack 2:30am	Rodney Sheppard - Personal	Personal Data Log	9.6
94	1730	15-10-2014 2:40	dinner 7:30pm; chinese assortment	Rodney Sheppard - Personal	Personal Data Log	7.3
95	1730	15-10-2014 14:54	got up 2:45	Rodney Sheppard - Personal	Personal Data Log	9.5
96	1730	16-10-2014 0:34	dinner 7pm 2 pies; snow ball; 10:30 crisp bread.	Rodney Sheppard - Personal	Personal Data Log	9.7
97	1730	16-10-2014 11:50	woke up and measured; then went back to bed	Rodney Sheppard - Personal	Personal Data Log	6.8
98	1730	17-10-2014 1:59	dinner 7:30pm garlic prawn noodles; saty checn sticks	Rodney Sheppard - Personal	Personal Data Log	9.2
99	1730	18-10-2014 16:27	gotup 4:30pm	Rodney Sheppard - Personal	Personal Data Log	9.7
100	1730	18-10-2014 23:46	dinner 6pm chicken schnitzel; chicken stick	Rodney Sheppard - Personal	Personal Data Log	6
101	1730	19-10-2014 15:14	gotup 3:15pm	Rodney Sheppard - Personal	Personal Data Log	10.1
102	1730	20-10-2014 0:43	dinner 7:30pm corned beef and mash potato; snow ball	Rodney Sheppard - Personal	Personal Data Log	4.6
103	1730	20-10-2014 16:21	gotup 4:15pm	Rodney Sheppard - Personal	Personal Data Log	10.4
104	1730	21-10-2014 2:26	snack 6:30 beef roll; dinner 8pm lamb curry and pappadams	Rodney Sheppard - Personal	Personal Data Log	3.6
105	1730	22-10-2014 1:50	dinner 8pm; pork in plum sauce; satay beef sticks; beef renday and roti	Rodney Sheppard - Personal	Personal Data Log	6.2
106	1730	22-10-2014 10:59	gotup 11am	Rodney Sheppard - Personal	Personal Data Log	6.2
107	1730	22-10-2014 22:25	dinner 7:30pm bbq beef stew on taost; snowball	Rodney Sheppard - Personal	Personal Data Log	6.4
108	1730	23-10-2014 14:12	got up 2:15pm	Rodney Sheppard - Personal	Personal Data Log	10.3
109	1730	24-10-2014 0:45	dinner 8pm; garlic prawn noodle; satay chicken sticks	Rodney Sheppard - Personal	Personal Data Log	9.6
110	1730	24-10-2014 14:04	gotup 2pm	Rodney Sheppard - Personal	Personal Data Log	9.1
111	1730	25-10-2014 2:51	dinner 7:30pm fish; sav in batter onion rings 2 dim sims	Rodney Sheppard - Personal	Personal Data Log	8.5
112	1730	25-10-2014 13:37	gotup 1:15	Rodney Sheppard - Personal	Personal Data Log	10.3
113	1730	26-10-2014 17:49	goup 2:30 pm	Rodney Sheppard - Personal	Personal Data Log	9.8
114	1730	27-10-2014 0:37	dinner 7:30pm beef and potato curry	Rodney Sheppard - Personal	Personal Data Log	3.8
115	1730	27-10-2014 22:37	dinner 7:30pm sesame prawn toast	Rodney Sheppard - Personal	Personal Data Log	6.3
116	1730	29-10-2014 0:19	gotup 1:30pm; dinner 8:30pm bakwed fish; beeaif roll	Rodney Sheppard - Personal	Personal Data Log	10.8
117	1730	29-10-2014 13:32	gotup 1:30pm	Rodney Sheppard - Personal	Personal Data Log	9.6
118	1730	30-10-2014 0:52	dinner 7:30pm braised steak	Rodney Sheppard - Personal	Personal Data Log	7.2
119	1730	31-10-2014 2:40	gotup 3pm; dinner 8pm beef Rendang	Rodney Sheppard - Personal	Personal Data Log	7.2
120	1730	31-10-2014 17:59	didn' tgo to bed; breakfast 8:30 am Macas Bacwn and Egg Muffin ans =d 2 hash browns	Rodney Sheppard - Personal	Personal Data Log	7.2
121	1730	01-11-2014 3:11	dinner 7:30pm fish and chips; Hanburger	Rodney Sheppard - Personal	Personal Data Log	4.8
122	1730	02-11-2014 2:59	gotup 6:30pm; dinner hot dogs	Rodney Sheppard - Personal	Personal Data Log	8.6
123	1730	03-11-2014 23:08	gotup 2:30pm; dinner 7:30pm tacos	Rodney Sheppard - Personal	Personal Data Log	3.7
124	1730	04-11-2014 23:37	gotup 4:30pm; dinner 7:30pm braised steak and potato	Rodney Sheppard - Personal	Personal Data Log	3.8
125	1730	05-11-2014 3:43	snack 1:30am potata chips	Rodney Sheppard - Personal	Personal Data Log	7.9
126	1730	05-11-2014 23:40	gotup 4pm dinner 8pm lamb korma and rie bread toast; snowball	Rodney Sheppard - Personal	Personal Data Log	6.6
127	1730	07-11-2014 2:41	gotup 2:30pm dinner 7:30pm beef rending and roti with coconut rice	Rodney Sheppard - Personal	Personal Data Log	4.3
128	1730	08-11-2014 1:15	gotup 2pm; dinner 6:45 fish and chps	Rodney Sheppard - Personal	Personal Data Log	5.3
129	1730	09-11-2014 2:26	gotup 2:30pm dinner 7:30pm beef rending; roti; cocunut rice	Rodney Sheppard - Personal	Personal Data Log	6.2
130	1730	09-11-2014 21:38	gotup 4:30pm dinner 6:45pm beef stew and toast	Rodney Sheppard - Personal	Personal Data Log	5.4