

## Ken's Original Early Type-1 Diabetic Log header legend:

The original log was hand written in a spiral bound notebook. This is a digital illustration of that log. The entries are for example only, somewhat representative from memory. Unfortunately, the original logs have apparently been discarded years ago.

Date MM/DD/YY	Time	Test mg/dl	Finger	Insulin		Food	Calories					Activity	
				R	NPH		Starch	Fruit	Veggies	Protein	Fat		Total
10/22/1990	5:30AM	87	R1	12	-	-	0	0	0	0	0	0	Out of bed, shave, etc.
	6:00 AM	102	R2	-	-	WW Toast, Apple, Carrot, Orange Juice	240	120	30	31	23	390	Prepare & eat breakfast.
	7:00 AM	85	R3	-	-	-	0	0	0	0	0	0	At work desk.
	10:00 AM	70	R4	-	-	Apple snack	0	60	0	5	4	60	At work desk.
	11:30AM	75	L1	9	-	-	0	0	0	0	0	0	At work desk.
	12:00 PM	69	L2	-	-	Potato, Broccoli, Apple	200	60	30	23	17	290	Walk 3 blocks to lunch.
	1:00 PM	90	L3	-	-	-	0	0	0	0	0	0	Walk 3 blocks to work.
	1:30 PM	88	L4	-	-	-	0	0	0	0	0	0	At work desk.
	2:30 PM	70	R1	-	-	Apple snack	0	85	0	7	5	85	At work desk.
	4:30 PM	93	R2	-	-	-	0	0	0	0	0	0	At work desk.
	5:30 PM	95	R3	-	-	-	0	0	0	0	0	0	At work desk.
	5:45 PM	85	R4	-	-	-	0	0	0	0	0	0	1 mile jog at YMCA
	6:10 PM	76	L1	12	-	-	0	0	0	0	0	0	After YMCA
	6:30 PM	68	L2	-	-	WG Bread, Pinto Beans, Apple, Orange	240	140	0	30	23	380	Prepare and eat dinner
	7:30 PM	80	L3	-	-	-	0	0	0	0	0	0	Paper work at desk
	8:45 AM		L4	-	15	1 oz WG Bread, apple slice	80	20	0	8	6	100	Bed time snack

Legend	Description
<b>Date (MM/DD/YY)</b>	Date of log entry. Entered only with new day.
<b>Time</b>	Time of log entry.
<b>Test mg/dl</b>	Glucometer test results.
<b>Finger</b>	Finger pricked for glucometer blood sample.
<b>Insulin R, NPH</b>	Insulin units injected. R=Regular insulin and NPH is NPH insulin.
<b>Food</b>	Food eaten.
<b>Calories</b>	Meal or snack caloric detail. All calories derived from food item weight and looked up on calorie chart.
<b>Activity</b>	Physical activity and notes since last entry.

Note: Prior to 1998, I was using Regular and NPH insulin, after which I switched to Humalog and Lantus.

Beyond simply determining an insulin dose, this log was used for learning the effect (rate of change, timing and duration) of different foods and activities. The goal was to determine what to eat for the lowest possible insulin intake as well as the easiest to manage stable glucose levels.

This log was accompanied by a food calorie per ounce booklet.

During the first year, meals were kept very simple with as few ingredients as possible to prevent confusion between the effects of individual foods. As time progressed and the effects were becoming clear, more ingredients were added to learn the interactions of combinations.

The provided sample represents a time period after learning that fats kept under 10% and animal product free, starch centered plant based foods could allow glucose control rivaling or exceeding that of a non-diabetic. It was found that rapid response to insulin and sugars (insulin-sensitive) allows for more precise control because of the near real-time insulin to glucose and glucose to insulin response. Fats and animal products induce insulin resistance which creates a time lag making it difficult to accurately predict and time insulin doses. The time lag also reduces life activity dynamics because doing or eating anything off schedule further complicates the time-lagged control.