



**John Doe**

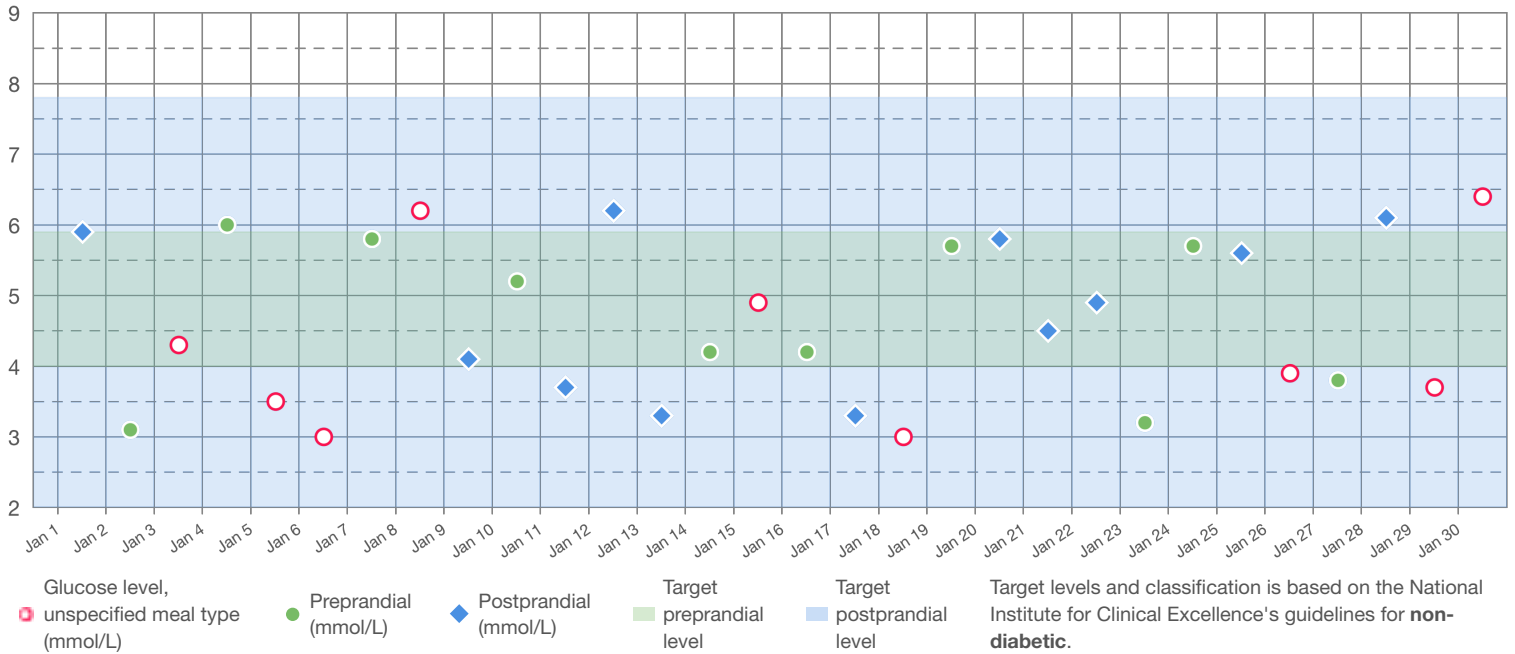
Date of birth Jan 3, 1976

Blood type -

Sex Male

# Blood Sugar Report

From Jan 1, 2021 to Jan 31, 2021



Date	Time	Blood glucose (mmol/L)	Meal	Heart rate	Classification	12 hour recall of dietary intake		
						Sodium	Carbohydrates	Caffeine
Jan 1, 2021	12:26	5.90	Postprandial	60 - 63	Normal	1784 mg	199.73 g	83 mg
Jan 2, 2021	12:10	3.10	Preprandial	63 - 65	Lower	1605 mg	151.215 g	138 mg
Jan 3, 2021	12:15	4.30	Unspecified	62 - 65	-	1405 mg	133.466 g	187 mg
Jan 4, 2021	12:17	6.00	Preprandial	62 - 64	Higher	1983 mg	174.136 g	79 mg
Jan 5, 2021	12:25	3.50	Unspecified	66 - 67	-	1472 mg	164.537 g	86 mg
Jan 6, 2021	12:17	3.00	Unspecified	63 - 66	-	1394 mg	130.41 g	93 mg
Jan 7, 2021	12:14	5.80	Preprandial	60 - 62	Normal	1541 mg	160.785 g	98 mg
Jan 8, 2021	12:15	6.20	Unspecified	60 - 62	-	1674 mg	141.31 g	75 mg
Jan 9, 2021	12:17	4.10	Postprandial	65 - 66	Normal	1523 mg	146.138 g	88 mg
Jan 10, 2021	12:23	5.20	Preprandial	61 - 64	Normal	1736 mg	166.591 g	129 mg
Jan 11, 2021	12:26	3.70	Postprandial	65 - 68	Normal	1727 mg	165.952 g	186 mg
Jan 12, 2021	12:21	6.20	Postprandial	62 - 64	Normal	1382 mg	134.94 g	87 mg
Jan 13, 2021	12:11	3.30	Postprandial	64 - 67	Normal	1702 mg	163.906 g	75 mg
Jan 14, 2021	12:12	4.20	Preprandial	65 - 66	Normal	1732 mg	140.571 g	90 mg
Jan 15, 2021	12:15	4.90	Unspecified	65 - 68	-	1812 mg	165.894 g	162 mg
Jan 16, 2021	12:23	4.20	Preprandial	63 - 64	Normal	1585 mg	145.584 g	97 mg
Jan 17, 2021	12:28	3.30	Postprandial	62 - 64	Normal	1620 mg	174.6 g	164 mg

<b>Jan 18, 2021</b>	12:22	3.00	Unspecified	62 - 65	-	1851 mg	147.854 g	144 mg
<b>Jan 19, 2021</b>	12:17	5.70	Preprandial	63 - 66	Normal	1953 mg	160.484 g	136 mg
<b>Jan 20, 2021</b>	12:13	5.80	Postprandial	63 - 66	Normal	1462 mg	176.747 g	109 mg
<b>Jan 21, 2021</b>	12:15	4.50	Postprandial	61 - 63	Normal	1474 mg	198.394 g	170 mg
<b>Jan 22, 2021</b>	12:25	4.90	Postprandial	62 - 64	Normal	1718 mg	139.342 g	166 mg
<b>Jan 23, 2021</b>	12:22	3.20	Preprandial	65 - 68	Lower	1893 mg	167.087 g	143 mg
<b>Jan 24, 2021</b>	12:21	5.70	Preprandial	66 - 68	Normal	1999 mg	150.395 g	78 mg
<b>Jan 25, 2021</b>	12:25	5.60	Postprandial	65 - 68	Normal	1767 mg	160.927 g	166 mg
<b>Jan 26, 2021</b>	12:29	3.90	Unspecified	63 - 66	-	1647 mg	187.718 g	114 mg
<b>Jan 27, 2021</b>	12:20	3.80	Preprandial	61 - 63	Lower	1483 mg	189.929 g	76 mg
<b>Jan 28, 2021</b>	12:17	6.10	Postprandial	65 - 67	Normal	1406 mg	196.297 g	82 mg
<b>Jan 29, 2021</b>	12:19	3.70	Unspecified	65 - 68	-	1795 mg	152.194 g	94 mg
<b>Jan 30, 2021</b>	12:13	6.40	Unspecified	61 - 64	-	1744 mg	183.394 g	172 mg