Spreadsheet from hell

What I learned in 18 months of tracking my health

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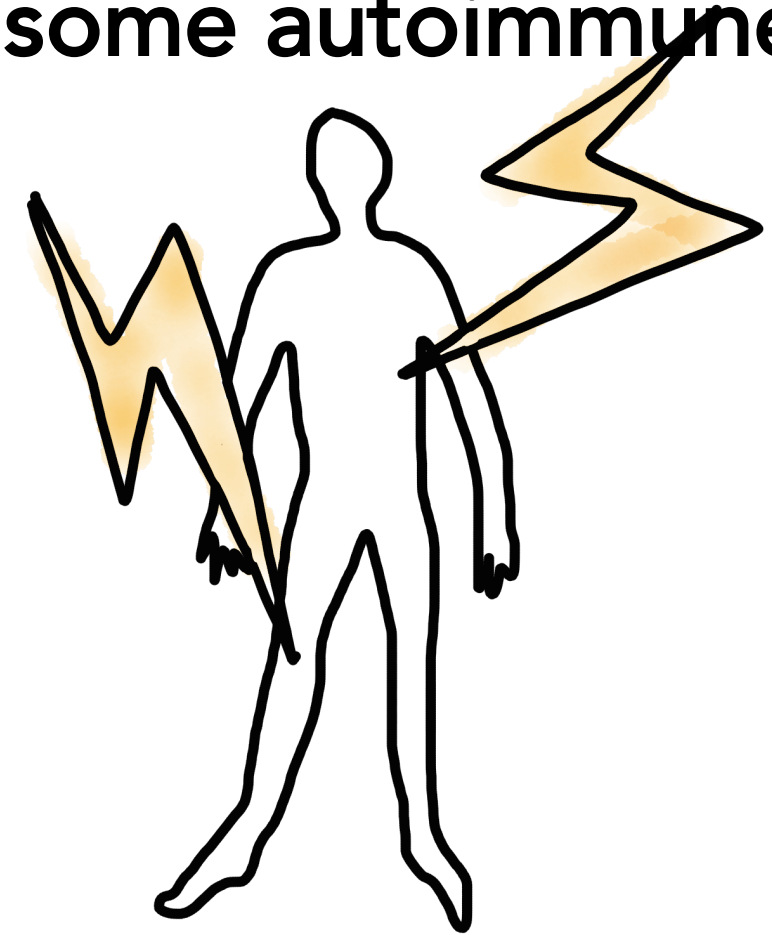
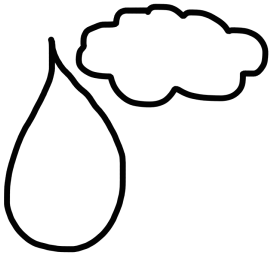
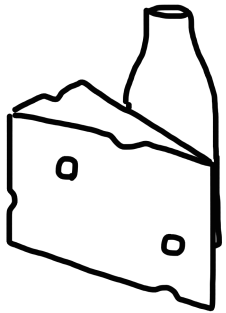
I've got some autoimmune stuff



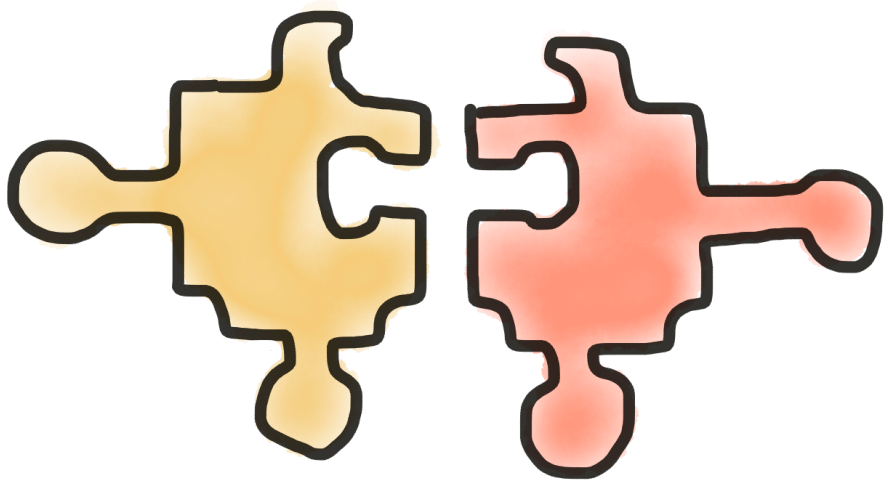
…leading to ‘symptom soup’

So many things impact how I feel



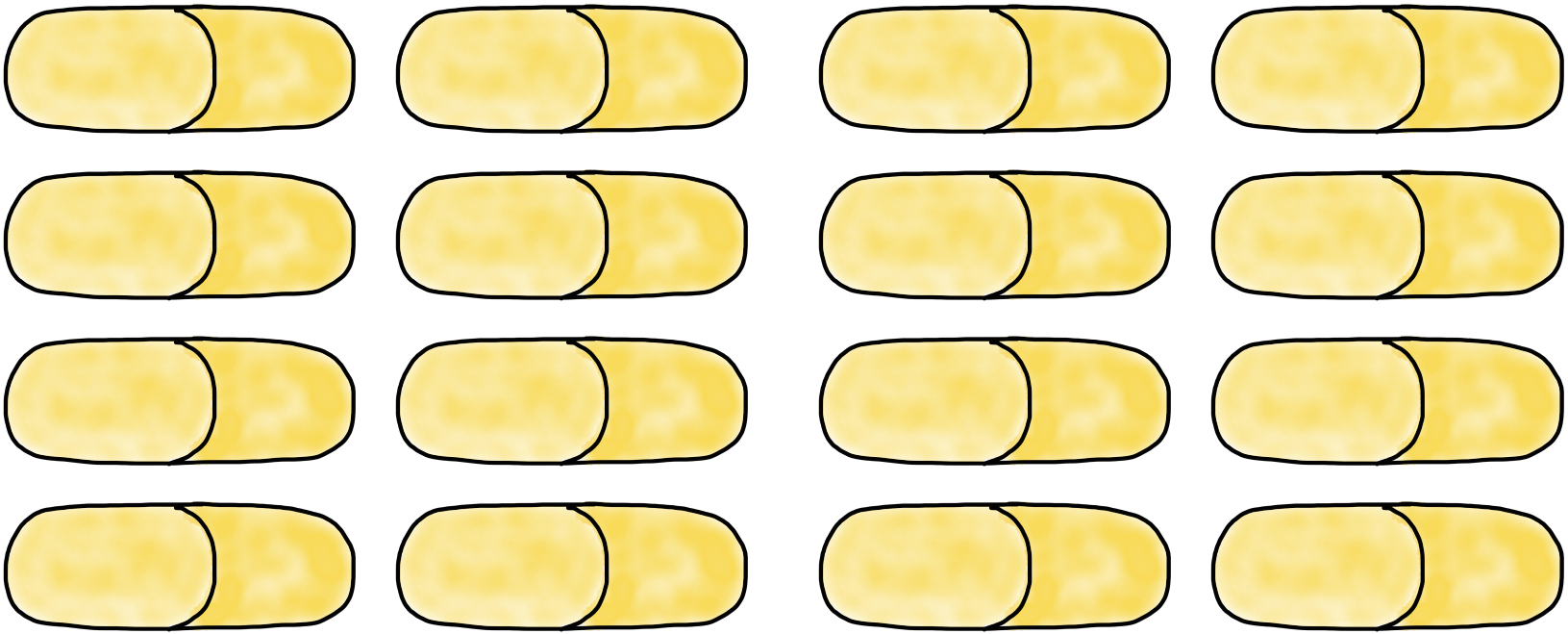


It’s a puzzle I’m always trying to solve

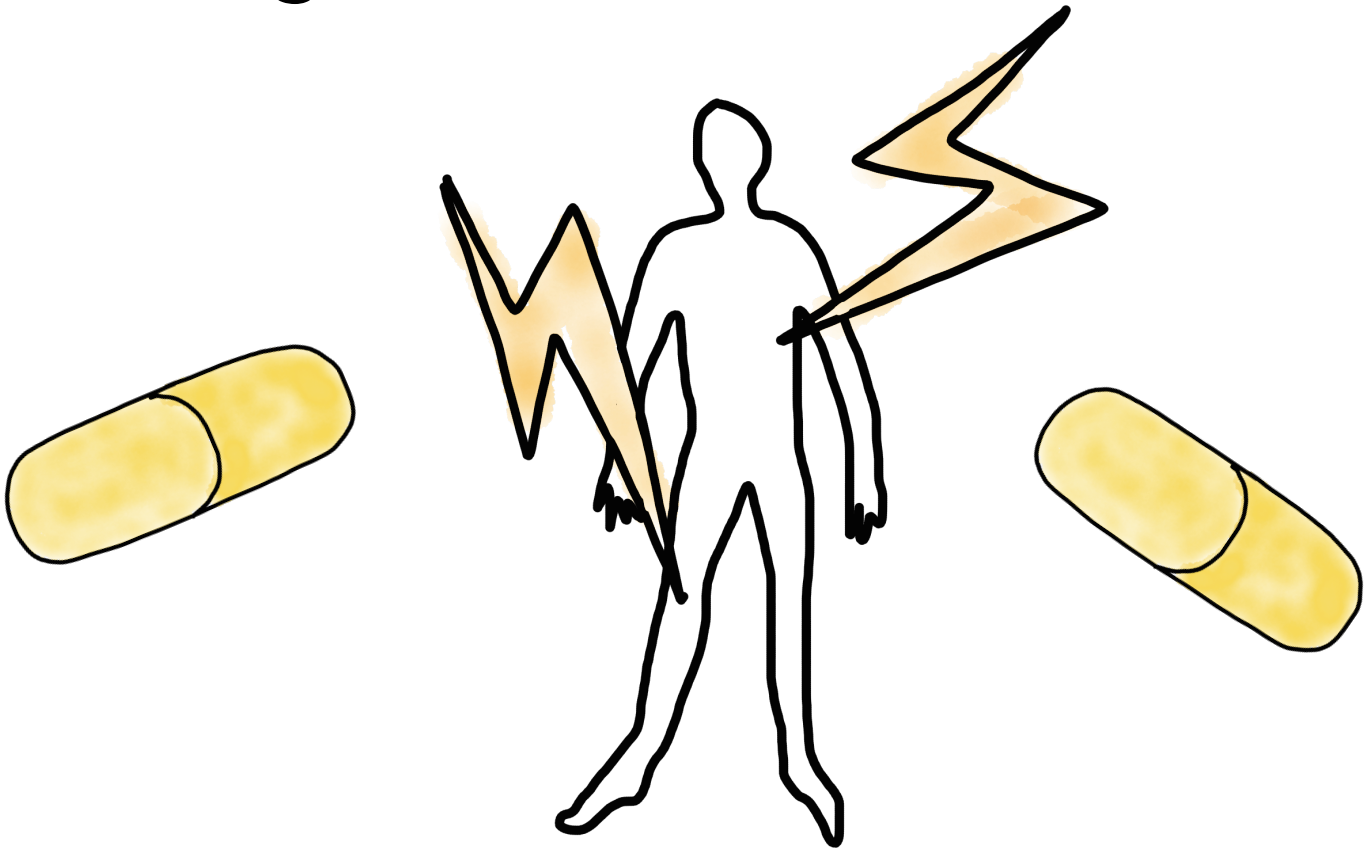


But that ain’t enough to make me track

I wanted to try to reduce a supplement

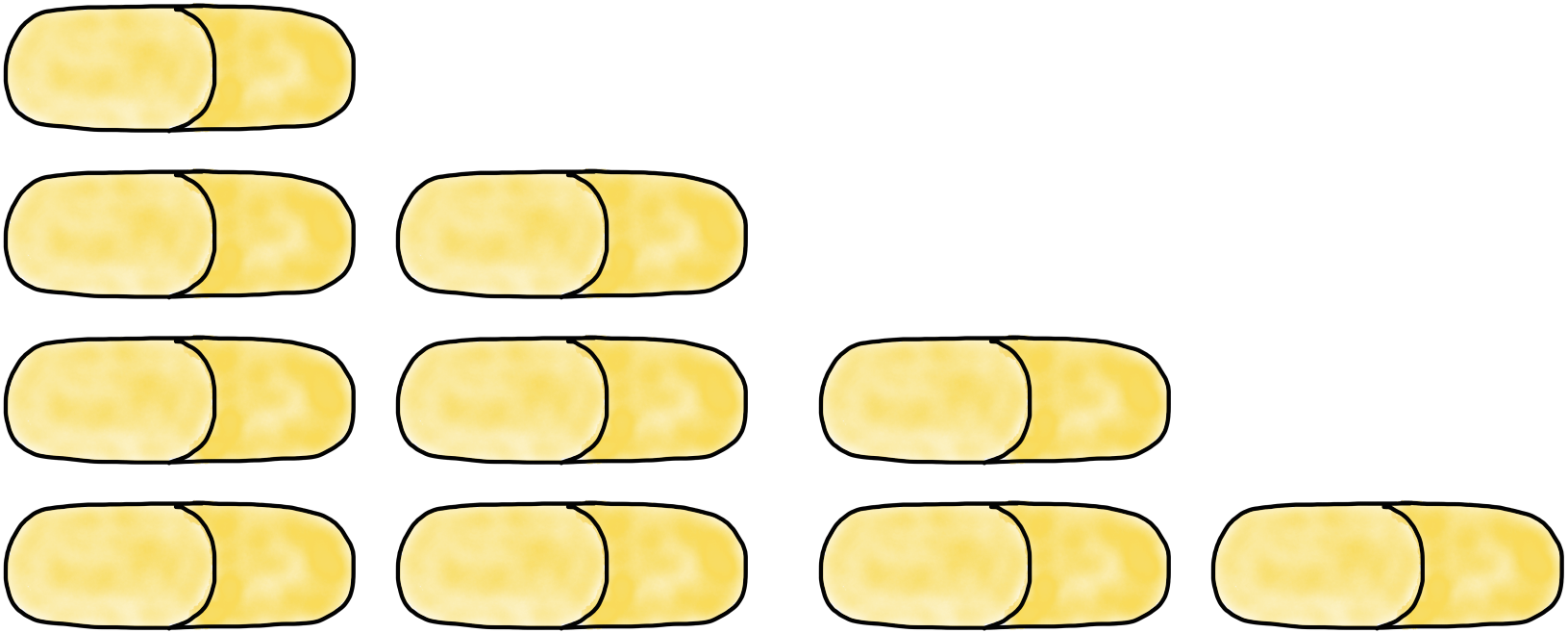


Long-term effects unknown!

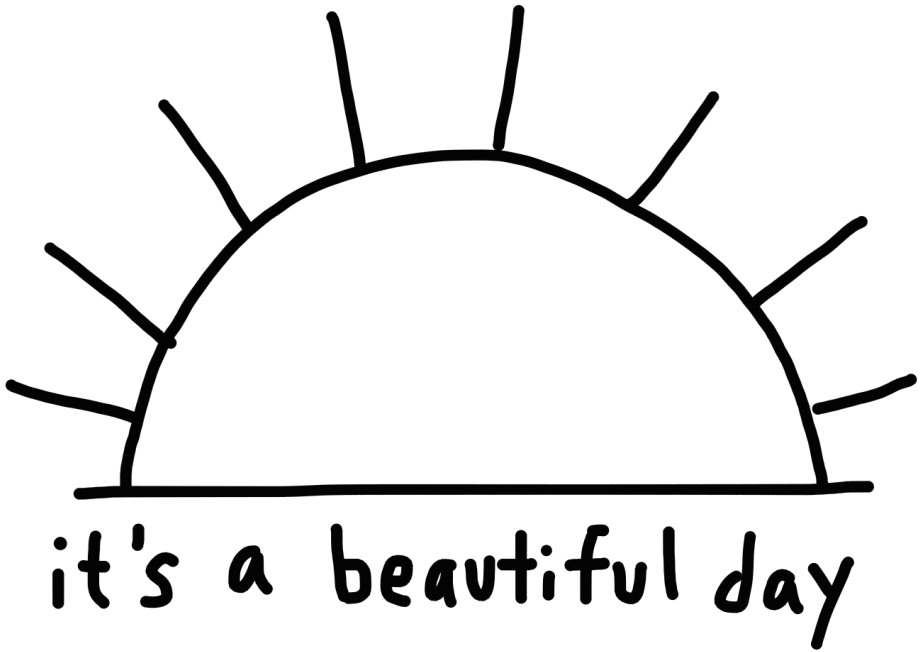


Weird things happen when I reduce

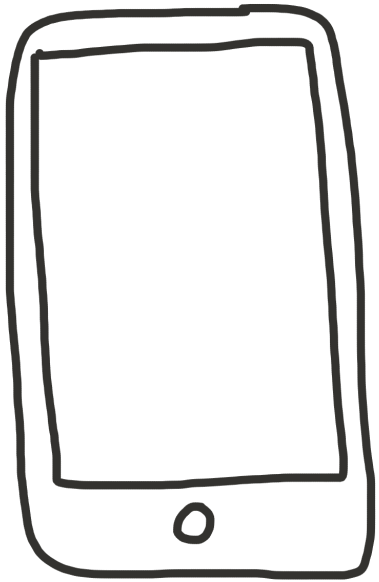
So I decided to track again



Keeping track in my mind doesn't work

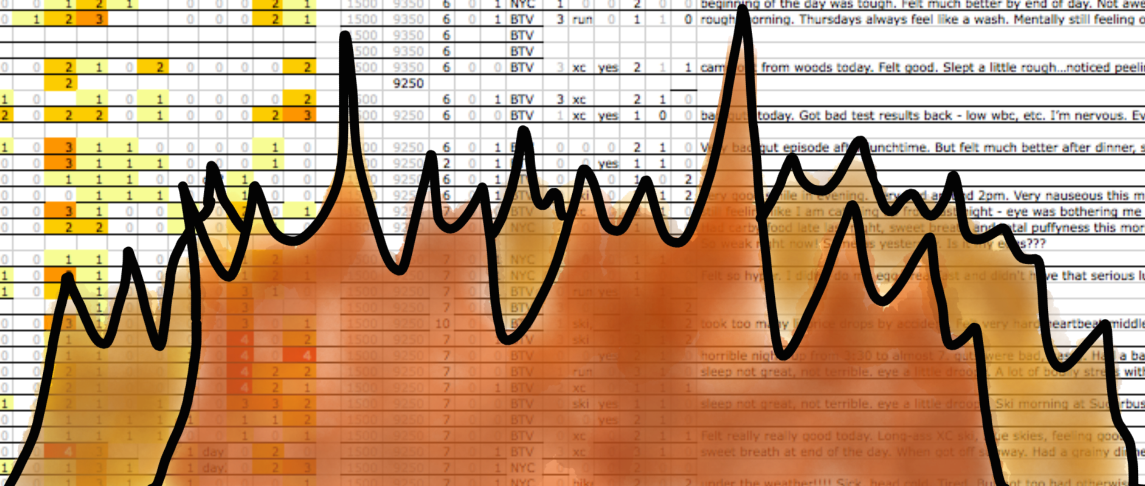


I didn’t want to track in the moment, and didn’t want to track food.



1	Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	acne	red bumps on feet	peeling on feet or hands
45	12/25/13	10:28pm	0	3	4	2	2	3	4	1	1	2	1	0	1	3		
46	12/26/13	11:30pm	0	2	2	2	1	2	2	0	1	3	0	0	3	3		
47	12/27/13		0	2	0	0	0	1	3	1	1	3	2	0	0	3		
48	12/28/13		0	1	0	0	0	0	1	0			1	0	0			
49	12/29/13	11:59pm	1	2	1	0	1	1	2	0	2	3	0	0	1	1		
50	12/30/13	10:20pm	0	0	2	0	0	0	1	0	1	2	0	0	1	1		
51	1/1/14	2:21AM	0	2	0	0	0	0	1	0	1	2	0	0	1	3		
52	1/1/14	10:45pm	0	0	0	0	0	0	1	0	2	3	0	0	1	4		
53	1/2/14	11:08pm	0	0	0	0	0	0	1	0	1	3	1	0	1	1		
54	1/3/14		0															
55	1/4/14	9:40pm	0	2	3	0	1	0	1	0	0	2	0	0	2	2		
56	1/5/14	9:18pm	0	1	0	0	1	1	1	0	1	3	0	0	4	1		
57	1/6/14		1	1	0	2	1	0	1	1	0	3	0	0	3	1		
58	1/7/14	6:02pm	2	1	0	0	1	0	2	1	0	2	0	0	3	1		
59	1/8/14	3:00pm	3															
60		11:59pm		3	3	1	4	1	1	2	0	2		3	2	2		
61	1/9/14	10:24pm	0	2	2	0	1	1	1	0	0	3	0	0	1	1		
62	1/10/14	11:59pm	1	3	0	0	1	1	1	1	0	3	0	1	0	2	3	
63	1/11/14	11:59pm	0	1	0	0	0	0	2	0	0	3	0	0	0	2	2	
64	1/12/14	11:00pm	0	2	2	0	0	0	1	0	2	4	0	1	2	3	1	
65	1/13/14	10:20am							3	2					3			
66	1/14/14	11:59pm	0	4	1	1	1	1	3	0	1	3	0	0	0	4	1	
67	1/15/14	9:48pm	0	3	0	0	1	0	1	0	2	2	0	0	1	2	1	
68	1/16/14	11:32pm	0	3	0	0	1	1	3	1	3	4	0	1	2	3		
69	1/17/14																	
70	1/18/14																	
71	1/19/14	11:29pm	0	2	0	0	0	0	1	0	3	3	0	0	2	1	0	2
72	1/20/14	8:40am	2												2			
73	1/20/14	8:55pm		2	2	0	0	0	1	1	1	2	1	0		1	0	1
74	1/21/14	9:35pm	2	4	3	1	1	2	1	1	0	3	2	0	2	2	0	1
75	1/22/14	2:15pm	4															
76	1/22/14	11:45pm		2	3	1	1	1	2	0	1	3	1	0	3	1	1	0
77	1/23/14		2	1	2	0	1	0	2	0	0	3	0	0	3	1	1	1
78	1/24/14		0	1	1	0	0	0	2	0	0	3	0	0	1	1	1	0
79	1/25/14	6:30pm	0	3	1	1	2	0	2	0	3	3	0	0	0	1	1	1
80	1/26/14	11:25pm	0	3	2	1	2	2	2	0	1	3	0	0	3	1	0	0
81	1/27/14	10:37pm	0	3	1	2	3	2	2	0	0	3	0	0	2	2	0	0
82	1/28/14	12:30pm	3	4	1	3	2	2										
83	1/28/14	7:54pm		3	1	1	2	2	2	0	0	3	0	0	1	1		0
84	1/29/14	next day	2	2	0	0	1	1	1	0	2	4	1	0	[illegible]	1	[illegible]	0
85	1/30/14	9:45pm	4	2	2	0	1	1	2	0	0	4	1	0	[illegible]	1	[illegible]	[illegible]
86	1/31/14	next day								0						1		
87	2/1/14	next day	0	1			0	1	2	0	2	3	0	0	3	1	[illegible]	[illegible]
88	2/2/14	10:20pm	0	1	1	1	0	1	3	0	2	3	0	0	1	1	[illegible]	[illegible]
89	2/3/14	10:00pm	4	0	0	0	0	1	2	2	2	3	0	0	1	1	[illegible]	[illegible]
90	2/4/14	10:48pm	1	2	3	1	2	2	2	0	1	4	0	0	2	1	[illegible]	[illegible]
91	2/5/14	10:30pm	3	2	0	0	1	1	2	0	0	4	0	0	2	1	[illegible]	[illegible]
92	2/6/14	9:30pm	0	1	3	0	2	1	1	0	0	4	1	0	2	1	[illegible]	[illegible]
93	2/7/14	10:05pm	0	2	2	1	2	2	2	1	1	4	0	0	1	1	1	1
94	2/8/14	8:30pm	1	0	0	0	0	1	1	0	1	4	0	0	1	1	1	1
95	2/9/14	11:45pm	0	2	0	0	2	3	2	1	2	4	0	0	4	3	[illegible]	[illegible]
96	2/10/14	9:30pm	2	2	2	1	1	1	1	0	1	3	1	0	1	3	1	[illegible]
97	2/11/14	11:00pm	1	1	0	0	1	1	2	1	1	4	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]

1	sweet breath	period	sore breasts	stress	sleep probs	medication change?	cellcept	quercetin	licorice drops	tea tree on feet	oregano	location	humidity	exercise	bath	carbs	caffeine	booze	NOTES	AM
45	2		4		0		1500	9350	6	0	1	LAX	0	hike				1		
46	0		3	0	0		1500	9350	6	0	1	LAX	0	wal	0	2	1	2		
47	0	cran	3	0	0		1500	9350	7	0	1	LAX	0	0	0	2	0	2	some palpitations before falling asleep	
48							1500	9350	6		1				0	2	1	4	winery tour in malibu! Some palpitations before falling asleep	
49	0		4	1	2		1500	9350	6	0	0	trave	1	0	yes	2	0	0		
50	1	cran	4	1	0		1500	9350	7	0	0	BTV	2	yog	yes	2	1	1	Cold day back in the house! Back in BTV after LA. Fingers a little numb but overall ok.	
51	0		3	2	0		1500	9350	7	0	1	BTV	2	wal	0	2	1	4	New year's eve in BTV. Pretty good day. Felt rather manic. Cleaned obsessively much of the day. Also starting period soon so.	
52	0		4	2	0		1500	9350	7	0	0	BTV	2	run	yes	2	1	0		
53	1		3	2	1		1500	9350	7	0	1	BTV	2	0	yes	1	0	0		
54			3				1500	9350	7			BTV		0	0		0	3		
55	0		3	0	1		1500	9350	7	0	1	BTV	1	ski	yes	2	1	0		
56	0		4	0	1		1500	9350	7	0	0	BTV	4	xc	0	2	0	0		
57	0	day	3	1	1		1500	9350	7	0	1	BTV	1	0	0		1	1		
58	0	day	3	2	4		1500	9350	7	0	1	BTV	1	0	yes		1	0	Up in the night. Felt puffy and painful fingers/right knee. Hot. I think I ate something. Was up for 2-3 hours, finally fell asleep	
59								9350											bad guts while at work. Slightly tingly legs. I feel surprised, haven't had in awhile.	
60	1	day	1	2	2		1500		7	0	0	BTV	1	run	yes	3	1	1	Very very weak at night. Had El Cortijo standard dinner with 1 glass wine.	
61	1	day	1	1	0		1500	9350	7	0	1	BTV	1	0	0	1	0	0		
62	0	0	0	1	2		1500	9350	7	0	0	BTV	3	0	yes	1	2	0	noticed bumps on feet for the first time in a long time. Been having a lot of symptoms recently. Trying to adjust eating and b	
63	0	0	0	0	1		1500	9350	7	0	1	BTV	3	run	0	3	0	3	a few glasses of cider in and sweet potato pancakes in the morning...cat show!!	
64	0	0	0	0	0		1500	9350	6	0	0	BTV	3	yog	0	2	1	1		
65					3		1500	9350	6	0		BTV							swollen joints this morning. Woke up in the night. Feel tired/exhausted. Feel 'inflamed'	
66	0	0	0	2	0		1500	9350	6	1	0	NYC	4	0	0	1	0	1	weak, tired day. Felt like shite. Hard to smile, weak eyes, social awkwardness. Hard to interact with people. Skin is off the cha	
67	0	0	0	2	1		1500	9350	6	0	1	NYC	1	0	0	2	0	0	beginning of the day was tough. Felt much better by end of day. Not awesome sleep. Stressed about trying to figure out my r	
68	0	0	0	2	1		1500	9350	6	0	1	BTV	3	run	0	1	1	0	rough morning. Thursdays always feel like a wash. Mentally still feeling out of sorts, but much better after talked it out with N	
69							1500	9350	6			BTV								
70							1500	9350	6			BTV								
71	0	0	0	0	2		1500	9350	6	0	0	BTV	3	xc	yes	2	1	1	cam[illegible] from woods today. Felt good. Slept a little rough...noticed peeling on left foot today.	
72								9250												
73	0	0	0	0	2		1500		6	0	1	BTV	3	xc		2	1	0		
74	0	0	0	2	3		1500	9250	6	0	0	BTV	1	xc	yes	1	0	0	ba[illegible] today. Got bad test results back - low wbc, etc. I'm nervous. Everything seems weird.	
75																				
76	0	0	0	1	0		1500	9250	6	0	1	[illegible]	0	0	0	2	1	0	V[illegible]y bad gut episode aft[illegible]unchtime. But felt much better after dinner, smile felt really strong this evening. Did not eat much	
77	0	0	0	1	0		1500	9250	2	0	1	[illegible]	0	0	yes	1	1	0		
78	0	[illegible]	1	0	0		1500	9250	6	0	1	BTV	0	0	0	1	0	2		
79	1	[illegible]	1	0	0		1500	9250	6	0	1	BTV	[illegible]	ski	0	[illegible]	1	2	[illegible] good smile in evening. [illegible] around 2pm. Very nauseous this morning! Drank 2 glasses of wine, smile got much wor	
80	0	[illegible]	[illegible]	0	1		[illegible]	[illegible]	7	0	0	BTV	[illegible]	xc	[illegible]	[illegible]	1	0	Still feeling like I am ca[illegible] from last night - eye was bothering me today. I took 7 drops licorice to try to stay strong. I	
81	0	[illegible]	[illegible]	[illegible]	[illegible]		[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	NYC	[illegible]	[illegible]	[illegible]	1	[illegible]	[illegible]	Had carby food late last night, sweet breath and total puffyness this morning. My eye was starting to really go downhill this a	
82																			So weak right now! S[illegible] yester[illegible]. Is it my eyes???	
83	0	0	1	2	1		1500	9250	7	0	1	NYC	[illegible]			1	1			
84	0	0	1	2	1		1500	9250	7	0	[illegible]	NYC	[illegible]			1			Felt so hyper. I did[illegible] do my ego[illegible] breakfast and didn't have that serious lull at noon. I need to think about that and whether e	
85	0	0	3	1	0		1500	9250	7	0	[illegible]	BTV		run	yes	1	0			
86			3				1500	9250	7	0	[illegible]	BTV	3					2		
87	[illegible]	[illegible]	3	0	1		1500	9250	10	0	[illegible]	BTV	1	ski,			1	2	took too many licorice drops by accident. Felt very hard heartbeat middle of day, woke up with heart beating in the middle of	
88	[illegible]	[illegible]	4	0	2		1500	9250	7	0	[illegible]	BTV		ski		1		2		
89	[illegible]	[illegible]	4	0	4		1500	9250	7	0	0	BTV	0		yes	2	1	0	horrible night up from 3:30 to almost 7. guts were bad, [illegible]. Had a bad gut day, very bad.	
90	[illegible]	[illegible]	4	2	2		1500	9250	7	0	0	BTV		run		3	1	0	sleep not great, not terrible. eye a little droopy. A lot of bodily stress with all the bad guts. A little stressed as I went down to	
91	[illegible]	[illegible]	4	2	1		1500	9250	7	0	1	BTV	2	xc		1	1	1		
92	1	[illegible]	3	3	2		1500	9250	7	0	0	BTV	0	ski	yes	1	1	0	sleep not great, not terrible. eye a little droopy. Ski morning at Sugarbush!!	
93	1	1	1	1	2		1500	9250	7	0	0	BTV	0		yes	2	1			2/16/14
94	1	0	1	0	1		1500	9250	7	0	0	BTV	0	xc		2	1	1	Felt really really good today. Long-ass XC ski, blue skies, feeling good	
95	1	day	0	2	0		1500	9250	7	0	1	BTV	3	xc		3	1	0	sweet breath at end of the day. When got off subway. Had a grainy dinner. In NYC now, bad flossage, boo. Hands have felt a	
96	1	day	0	2	3		1500	9250	7	0	1	NYC	0			2	0			
97	1	[illegible]	0	0	1		1500	9250	7	0	1	NYC	0	hike		2	0	2	under the weather!!!! Sick, head cold. Tired. But not too bad otherwise	



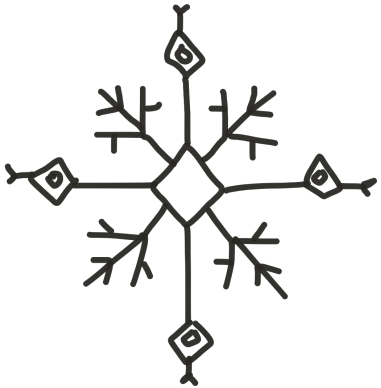
I tracked it symptoms, aggravators, etc.

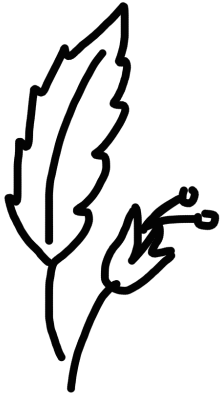
Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	stress	sleep probs	cellcept	quercetin	licorice drops	curcumin (was tea tree on feet)	oregano	location	humidity	exercise	bath	caffeine	booze	NOTES
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1	2	1750	9000	6	500	1	DC	4	0	0	1	1	15 mg pred, eyes very weak

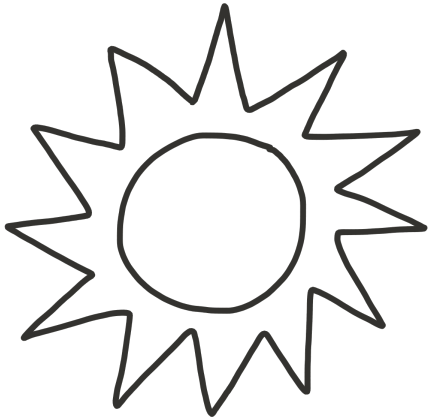
I colored it with a hellish palette

I set a reminder & track nightly

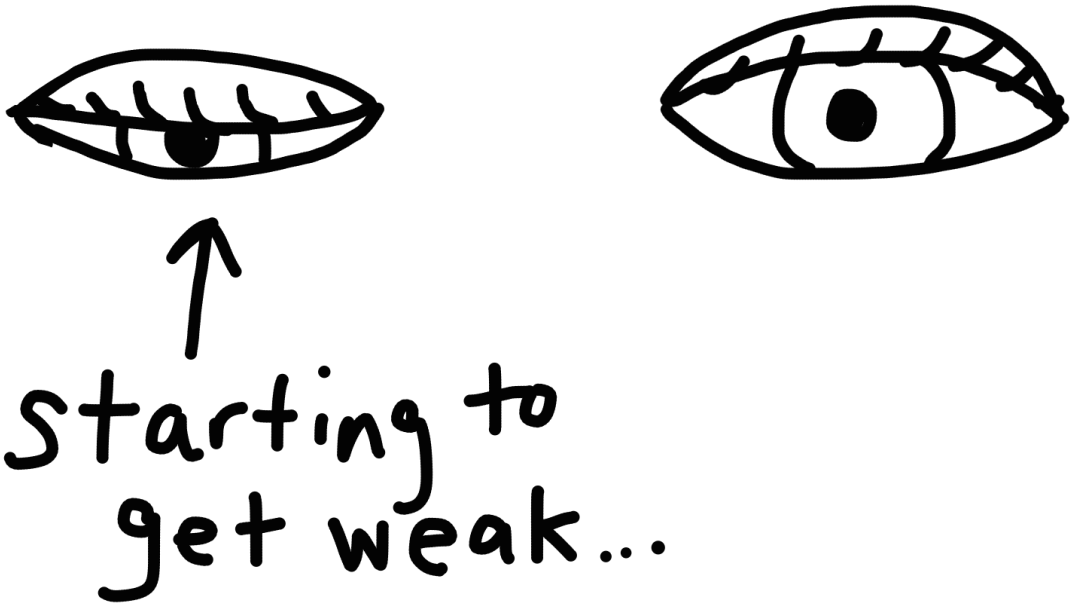
Thus 18 months passed



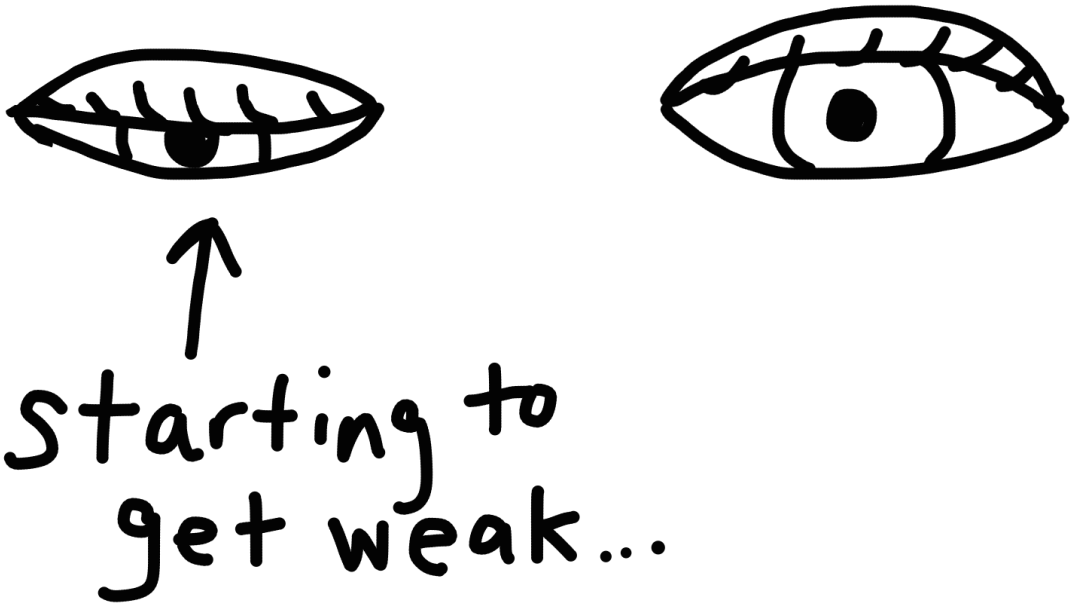




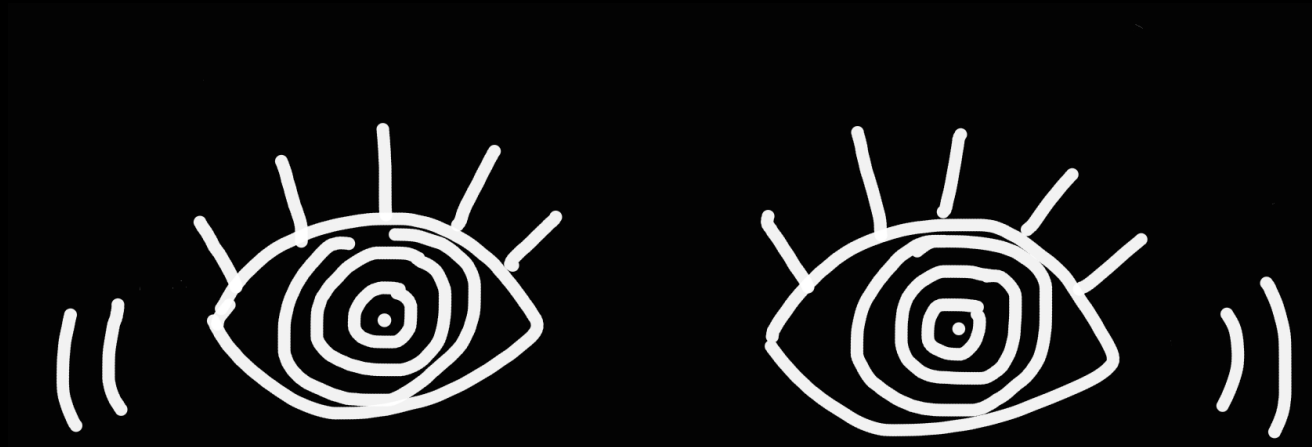
I wasn't able to reduce the supplement



But I prevented crises & learned lots



I sleep poorly (I was in denial)



Booze makes it worse

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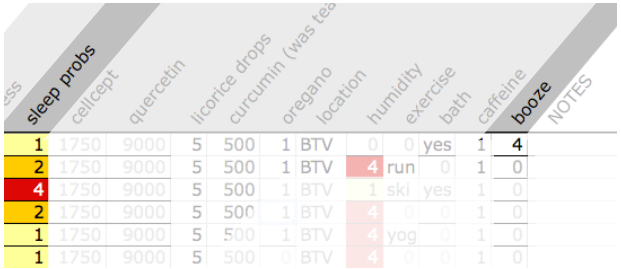
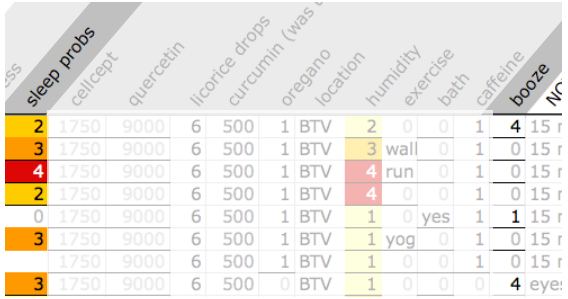
WAKING UP AT 3AM WITH POUNDING HEART and CAN'T GET BACK TO SLEEP

WHY ME...

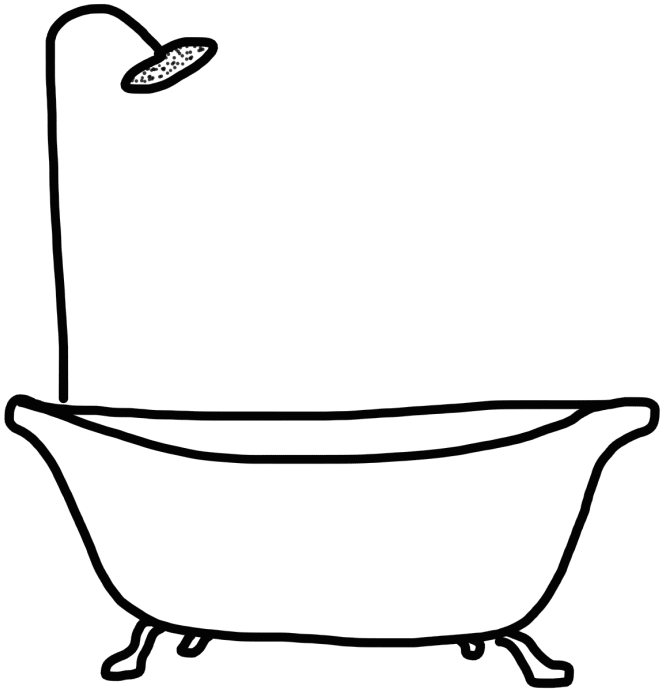


sleep probs	cellcept	quercetin	licorice drops	curcumin (was tee	oregano	location	humidity	exercise	bath	caffeine	booze	NOTES
1	1750	9000	5	500	1	BTV	0	0	yes	1	4	
2	1750	9000	5	500	1	BTV	4	run	0	1	0	
4	1750	9000	5	500	1	BTV	1	ski	yes	1	0	
2	1750	9000	5	500	1	BTV	4	0	0	1	0	
1	1750	9000	5	500	1	BTV	4	yog	0	1	0	
1	1750	9000	5	500	0	BTV	4	0	0	1	0	

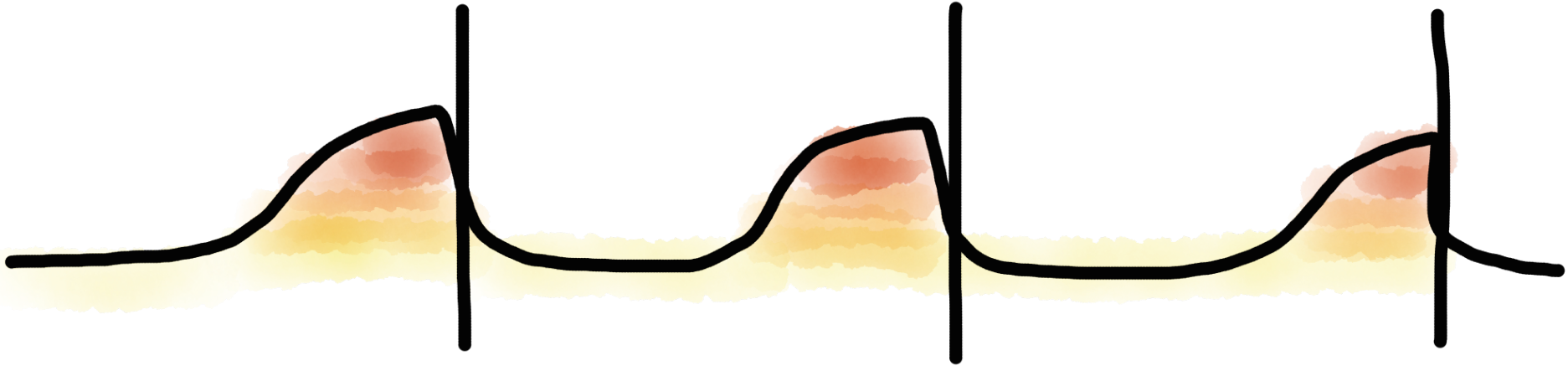


sleep probs	cellcept	quercetin	licorice drops	curcumin (was	oregano	location	humidity	exercise	bath	caffeine	booze	NO
2	1750	9000	6	500	1	BTV	2	0	0	1	4	15 r
3	1750	9000	6	500	1	BTV	3	wall	0	1	0	15 r
4	1750	9000	6	500	1	BTV	4	run	0	1	0	15 r
2	1750	9000	6	500	1	BTV	4	0	0	1	0	15 r
0	1750	9000	6	500	1	BTV	1	0	yes	1	1	15 r
3	1750	9000	6	500	1	BTV	1	yog	0	1	0	15 r
	1750	9000	6	500	1	BTV	1	0	0	1	0	15 r
3	1750	9000	6	500	0	BTV	1	0	0	0	4	eye

Exercise, baths improve sleep



My symptoms get BAD before my period



We changed my meds based on this

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	str
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	3	2	0	1	1	1	0	1
5/14/15		0	2	0	0	0	3	2	1	2	2					1	1	1	0	0	
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	2	2	1	1	1	0	0	2
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	2	3	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day1	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day2	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day3	1

Exercise seems to help everything

Tracking laziness can mask changes

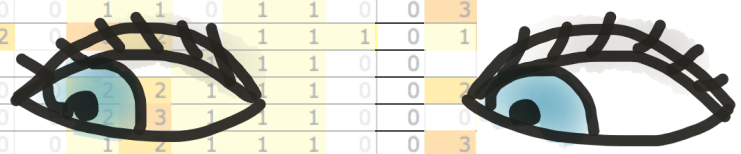
Spreadsheet + vacation = no data

3/22/15	next day	2	3	1	0	2	2	2	3	1	2	0	0	2	1	1	1	1	0	day1	0	0	0	0	0	1750	9000	5	500	1	BTV		xc	0	1	1	switched back to ne
3/23/15	11:05pm	3	3	1	0	3	2	2	4	1	3	2	0	2	1	1	1	1	0	day2	0	2	0	0	0	1750	9000	5	500	1	BTV		0	yes	1	0	my body felt prickly
3/24/15	8:25pm	0	1	1	0	2	2	2	2	1	2	0	0	2	1	1	1	1	0	day3	0	0	0	0	0	1750	9000	5	500	1	BTV		yog	0	1	0	
3/25/15	2:25pm	0	2	0	0	2	1	2	3	1	3	1	0	2	1	1	1	1	0	day4	0	2	yes	shor	4	1750	9000	5	500	1	BTV		0	0	1	0	
3/26/15	7:30pm	0	2	2	0	2	1	1	1	1	2	0	0	1	1	1	1	1	0	day5	0	0	0	0	1	1750	9000	5	500	1	BTV		0	0	1	0	plane to California!
3/27/15		0	2	1	0	2	2	2	3	1	2	0	0	0	1	1	1	1	1	day6	0	0	0	0	3	1750	9000	5	500	1	LAX		hike	0	1	1	drive to SB
3/28/15		0	2	1	0	2	2	2	3	1	2	0	0	0	1	1	1	1	0	0	0	0	0	0	1	1750	9000	5	500	1	SB		hike	0	1	4	wine tour all day!
3/29/15		0	2	1	0	3	2	2	3	1	2	0	2	0	1	1	1	1	0	0	0	0	0	0	2	1750	9000	5	500	1	SB		0	0	1	0	
3/30/15	8:45pm	0	3	1	0	2	2	3	2	1	2	0	0	2	1	1	1	1	0	0	0	2	0	0	1	1750	9000	5	500	1	LAX		wal	0	1	0	
3/31/15												0														1750	9000	5	500	1							
4/1/15												0														1750	9000	5	500	1							
4/2/15												1														1750	9000	5	500	1							
4/3/15												[illegible]														1750	9000	5	500	1							
4/4/15												[illegible]														1750	9000	5	500	1							
4/5/15							2					[illegible]														1750	9000	5	500	1							
4/6/15							2					1														1750	9000	5	500	1							
4/7/15							2					[illegible]														1750	9000	5	500	1							
4/8/15												[illegible]														1750	9000	5	500	1							
4/9/15												[illegible]														1750	9000	5	500	1							
4/10/15												0								ov?						1750	9000	5	500	1							
4/11/15												0									1					1750	9000	5	500	1							
4/12/15	7:45pm	0	1	0	0	1	1	1	2	1	1	0	0	2	1	0	1	1	0	0	1	1	0	0	0	1750	9000	5	500	1	BTV	0	run	yes	1	0	
4/13/15	9:40pm	0	3	1	0	2	0	0	1	2	0	3	0	2	1	1	1	1	0	0	1	1	yes	shor	0	1750	9000	5	500	1	BTV	0	0	0	1	1	back in BTV - super
4/14/15	7:35pm	1	2	0	0	1	1	1	1	1	2	1	0	1	0	1	1	1	1	0	1	1	0	0	0	1750	9000	5	500	1	BTV	0	0	0	1	0	
4/15/15	8:15pm	0	1	0	0	2	1	0	1	1	1	1	0	2	1	1	0	1	1	0	2	2	0	0	4	1750	9000	5	500	1	BTV	0	0	yes	1	0	
4/16/15	9:16pm	0	2	0	0	2	0	0	1	1	1	0	0	3	1	1	0	1	1	0	3	2	0	0	1	1750	9000	5	500	1	BTV	1	yog	0	1	1	
4/17/15	next day	0	2	0	0	1	1	1	1	1	1	0	0	2	1	1	0	0	0	0	3	2	0	0	1	1750	9000	5	500	1	BTV	0	0	yes	1	4	
4/18/15	8:32pm	0	1	0	0	1	1	0	1	1	1	1	0	1	1	1	0	0	0	0	3	0	yes	med	2	1750	9000	5	500	1	BTV	4	run	0	1	0	
4/19/15	9:32pm	0	2	0	0	1	1	1	1	1	3	1	0	3	3	2	0	1	1	0	3	2	0	0	4	1750	9000	5	500	1	BTV	1	ski	yes	1	0	
4/20/15	8:05pm	0	3	0	0	2	1	1	2	1	2	1	0	2	1	2	0	1	0	0	3	2	0	0	2	1750	9000	5	500	1	BTV	4	0	0	1	0	
4/21/15	9:15pm	1	2	0	0	2	1	1	2	1	2	3	0	2	1	3	0	1	1	0	3	2	0	0	1	1750	9000	5	500	1	BTV	4	yog	0	1	0	
4/22/15	9:10pm	0	2	0	0	2	2	1	2	1	2	3	0	2	1	3	0	1	0	0	2	3	0	0	1	1750	9000	5	500	0	BTV	4	0	0	1	0	
4/23/15	next day	0	2	0	1	2	2	2	2	2	2	3	0	3	2	2	1	1	0	day1	1	2	0	0	2	1750	9000	5	500	1	BTV	2	0	0	1	2	double vision pretty

epic road trip

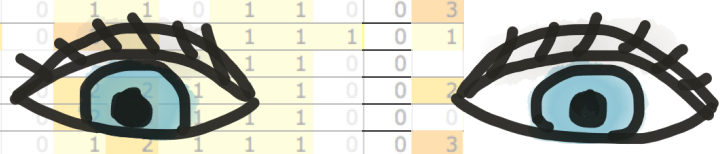
On ‘eyeballing’ the data

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	stre
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	2	2	1	1	1	1	0	1
5/14/15		0	2	0	0	0	3	2	1	2	2	0	0	2	2	1	1	1	0	0	
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	2	2	1	1	1	0	0	2
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	2	3	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day1	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day2	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day3	1

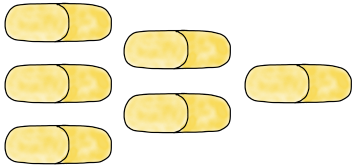


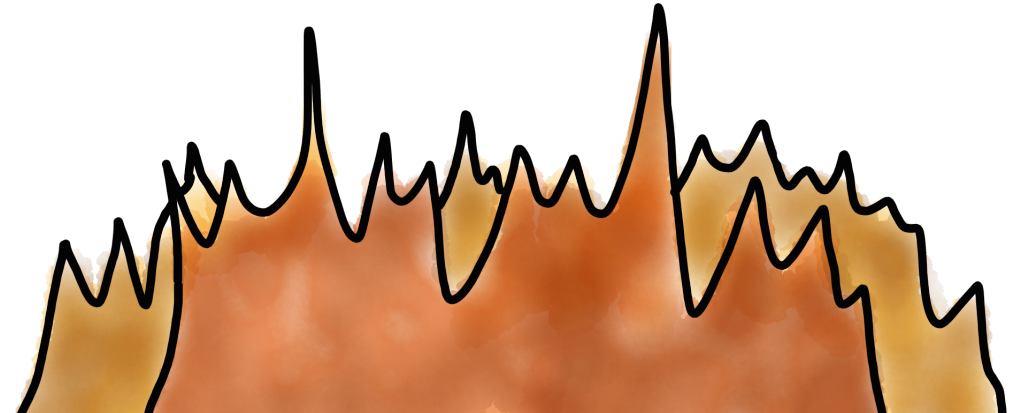
On ‘eyeballing’ the data

Date	Time	bad guts	weak smile	trouble chewing	talking issues	droopy eye	double vision	dry eyes	tingly legs	burning fingers or toes	numb fingertips	heart palpitations	chest pain	achy bones	right knee, fingers swollen/hot	acne	red bumps on feet	peeling on feet or hands	sweet breath	period	str
5/9/15	9:20pm	0	3	0	0	2	3	2	2	3	2	1	0	2	2	1	1	2	0	0	0
5/10/15	9:10pm	3	2	0	0	2	3	1	1	3	2	0	0	2	2	0	1	1	2	0	1
5/11/15	7:20pm	0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0
5/12/15	9:10pm	4	1	0	0	0	3	2	2	2	2	0	0	1	1	0	1	1	0	0	3
5/13/15	9:40pm	0	2	0	1	2	4	2	2	2	2	2	0	2	2	1	1	1	1	0	1
5/14/15		0	2	0	0	0	3	2	1	2	2			2	2	1	1	1	0	0	
5/15/15	next day	0	1	0	0	0	2	2	1	2	2	0	0	2	2	1	1	1	0	0	2
5/16/15	10:15pm	0	3	1	0	2	3	3	3	3	2	0	0	2	2	1	1	1	0	0	0
5/17/15	next day	0	2	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	0	0	3
5/18/15	9:37pm	0	3	0	0	2	4	2	2	2	2	0	0	1	2	1	1	1	2	0	1
5/19/15		0	2	1	0	2	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/20/15	next day	0	3	1	0	3	4	2	2	2	3	0	0	1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1	0	0	3	4	2	2	2	3	0	0	3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2	3	2	2	2	2	1	0	1	1	2	1	2	0	day1	1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	day2	1
5/24/15	next day	0	2	0	1	2	3	2	2	1	3	0	0	2	2	3	1	2	0	day3	1



Why I will continue



Thanks

@katiemccurdy