

# LEARNING FROM MY EXCUSES

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Valerie Lanard, QS 2018

# It all started as Tracking Exercise...

120 Day Plan!

year	Goal Days of Exercise/Year
2004	61 *
2005	120
2006	120
2007	145
2008	145
2009	145
2010	145
2011	183
2012	244
2013	243
2014	243
2015	243
2016	244
2017	313
2018	313

\* started in June

# This is how my tracking began in 2004

13	Date	Exercise	Score	notes	progress	
14	<b>YEAR 1: 2004</b>					
15	Wed, June 30, 2004	gym, running	1		0.7	
16	Thu, July 01, 2004				0.3	
17	Fri, July 02, 2004				0.0	
18	Sat, July 03, 2004	hike	1		0.7	
19	Sun, July 04, 2004				0.4	
20	Mon, July 05, 2004	hike	1		1.0	
21	Tue, July 06, 2004				0.7	
22	Wed, July 07, 2004	gym, running	1		1.4	
23	Thu, July 08, 2004				1.0	
24	Fri, July 09, 2004				0.7	
25	Sat, July 10, 2004				0.4	
26	Sun, July 11, 2004	mile walk, steps @ Hope's	0		0.1	
27	Mon, July 12, 2004				-0.3	
28	Tue, July 13, 2004	gym, running	1		0.4	
29	Wed, July 14, 2004				0.1	
30	Thu, July 15, 2004	painting Hope's house, 4.5 hours	1	sick	0.8	
31	Fri, July 16, 2004				0.4	

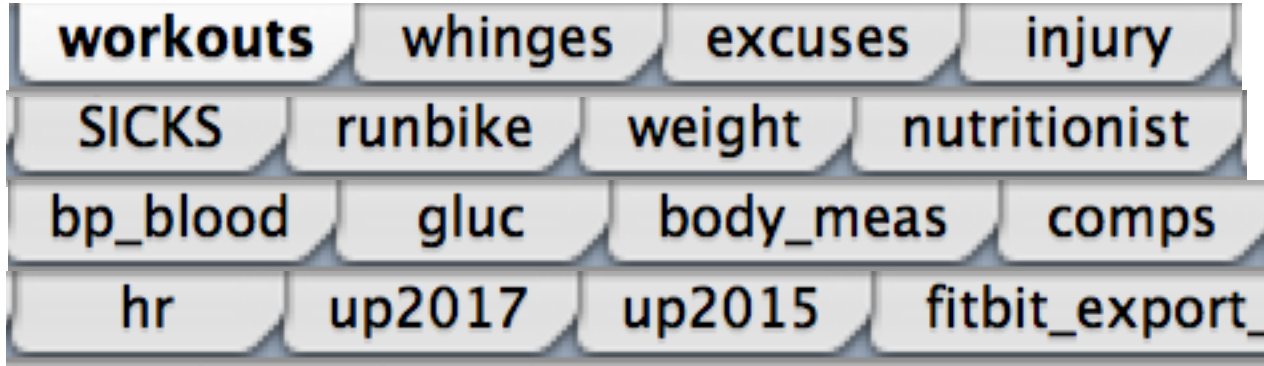
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE
1		year	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004														
2		days in year	365	365	365	365	365	365	365	365	365	365	365	365	365	365	365														
3		required rate	1.17	1.17	1.50	1.50	1.50	1.50	1.50	1.50	2.52	2.52	2.52	2.52	3.04	3.04	3.05														
4		days/week - goal score	6.00	6.00	4.67	4.67	4.67	4.67	4.67	4.67	2.78	2.78	2.77	2.78	2.30	2.30	2.30														
5		days/week active: actual	5.8	6.2	6.5	6.0	6.1	5.2	5.8	5.3	3.9	4.6	2.6	3.0	2.3	2.2	2.0														
6		exercise goal days	313	313	244	243	243	243	244	183	145	145	145	145	120	120	61		max st	####											
7	120/145/?? Day Plan	active days	213	324	340	313	319	272	301	274	201	242	137	158	122	113	54														
8		yearly score (to date)	207.0	287.3	313.8	262.0	266.0	259.3	265.3	233.2	135.4	146.2	122.5	154.5	114.0	110.0	52.5														
9		avg steps/day	11432	6731	7641	6900	7536	8527	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	5755	5405	#DIV/0!	#DIV/0!		categories												
10		exercise affecting injury days (end of year)																													
11				365 - Lfoot F 110 - Lknee 87 - Lkn	351 LKnee( 26 - Lknee(130 - tailbone(12 17 - LKn	190 - LKnee (190)								0	0 11 - knee (11)	99 - LFoc 30 - LFoc	0													maybe injury	
12																															
13	Date	Exercise	Score	Day Number	Days Left	ed Mile	subtot	times	progress	notes	days active	steps	notes2	run?	walk	gym?	n cl	bl	vi	pl	sl	sv	ot	fl	kn	ac	s				
5158	Tue, June 19, 2018	bike to/from work, city walk	C	1	170	195	145.7	137.75	175	-8.0			launch day at work, no morning walk	1	11208	7420	0	1	0	0	0	1	0	0	0	0	0	0	0	0	
5159	Wed, June 20, 2018	bike 22 mi gravel	CS	1	171	194	146.6	138.75	174	-7.8				1	3537	7140	0	0	0	0	0	1	0	0	0	0	0	0	1	0	
5160	Thu, June 21, 2018	suki walk, city walk, bike to/from bart	C	1	172	193	147.4	139.75	173	-7.7				1	12883	9736	0	1	0	0	0	1	0	0	0	0	0	0	0	0	
5161	Fri, June 22, 2018	core video 28 min, city walk	SC	1	173	192	148.3	140.75	172	-7.5				1	6476	3205	0	1	0	0	0	0	1	0	0	0	0	0	1	0	
5162	Sat, June 23, 2018	bike 27 mi hills	SC	1	174	191	149.1	141.75	171	-7.4				1	17410	7688	0	0	0	0	1	0	0	0	0	0	0	0	1	0	
5163	Sun, June 24, 2018	bike 25 mi hills	SC	1	175	190	150.0	142.75	170	-7.3				1	17108	8636	0	0	0	0	1	0	0	0	0	0	0	0	1	0	
5164	Mon, June 25, 2018	suki walk, city walk	C	1	176	189	150.9	143.75	169	-7.1				1	11426	8437	0	1	0	0	0	1	0	0	0	0	0	0	0	0	
5165	Tue, June 26, 2018	kcm kettlebells 38 min, city walk	SC	1	177	188	151.7	144.75	168	-7.0				1	10432	6639	0	1	0	0	0	0	1	0	0	0	0	0	1	0	
5166	Wed, June 27, 2018	suki walk	C	1	178	187	152.6	145.75	167	-6.8				1	10966	7082	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5167	Thu, June 28, 2018	suki walk, city walk	C	1	179	186	153.4	146.75	166	-6.7				1	12086	8899	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5168	Fri, June 29, 2018	core 26 min, city walk	SC	1	180	185	154.3	147.75	165	-6.5			slumber in sf	1	9767	5861	0	1	0	0	0	0	0	0	0	0	0	1	0		
5169	Sat, June 30, 2018	city walk	C	0.5	181	184	155.1	148.25	165	-6.9				1	5024	2170	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5170	Sun, July 01, 2018	bike 38 mi, >3500 ft ascent, stretch video 30 min	CSF	1	182	183	156.0	149.25	164	-6.8				1	21673	10623	0	0	0	0	0	0	1	1	0	0	0	0	1	0	
5171	Mon, July 02, 2018	suki walk, city walk	C	1	183	182	156.9	150.25	163	-6.6				1	14192	11448	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5172	Tue, July 03, 2018	arma 30 min video, city walk	SC	1	184	181	157.7	151.25	162	-6.5				1	7325	5445	0	1	0	0	0	0	1	0	0	0	0	0	1	0	
5173	Wed, July 04, 2018	bike in livermore 25.6 hills	SC	1	185	180	158.6	152.25	161	-6.3				1	1895	4583	0	0	0	0	1	0	0	0	0	0	0	0	1	0	
5174	Thu, July 05, 2018	suki walk, city walk	C	1	186	179	159.4	153.25	160	-6.2				1	11230	7908	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5175	Fri, July 06, 2018	core 26 min, city walk	SC	1	187	178	160.3	154.25	159	-6.0				1	6102	3005	0	1	0	0	0	0	0	0	0	0	0	0	1	0	
5176	Sat, July 07, 2018	bike 37.4 hills in orinda	CS	1	188	177	161.1	155.25	158	-5.9				1	22367	10214	0	0	0	0	0	1	0	0	0	0	0	0	1	0	
5177	Sun, July 08, 2018			0	189	176	162.0	155.25	158	-6.8			rest day, TIRED	0	2722	501	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5178	Mon, July 09, 2018	suki walk, city walk	C	1	190	175	162.9	156.25	157	-6.6				1	12921	9185	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5179	Tue, July 10, 2018	kcm weights 30 min, walk	SC	1	191	174	163.7	157.25	156	-6.5				1	11426	7084	0	1	0	0	0	1	0	0	0	0	0	0	1	0	
5180	Wed, July 11, 2018	walking 3mi	C	0.75	192	173	164.6	158	155	-6.6				1	6819	5179	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5181	Thu, July 12, 2018	suki walk, city walk	C	1	193	172	165.4	159	154	-6.4				1	7945	3992	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5182	Fri, July 13, 2018	angel island, bike, frisby, hula hoop	CS	1	194	171	166.3	160	153	-6.3			company party	1	13463	6154	0	1	0	0	0	0	0	0	0	0	0	0	1	0	
5183	Sat, July 14, 2018	36.6 mi biking hills in livermore	C	1	195	170	167.1	161	152	-6.1				1	17782	6522	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
5184	Sun, July 15, 2018			0	196	169	168.0	161	152	-7.0			rest	0	3023	710	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
5185	Mon, July 16, 2018	suki walk, city walk, bike to/from bart	C	1	197	168	168.9	162	151	-6.9			bike hangover	1	12200	8508	0	1	0	0	0	1	0	0	0	0	0	0	0	0	
5186	Tue, July 17, 2018	conditioning video 31 min, bike to/from bart	SC	1	198	167	169.7	163	150	-6.7				1	8225	4658	0	0	0	0	0	1	1	0	0	0	0	0	1	0	
5187	Wed, July 18, 2018	suki walk, city walk	C	1	199	166	170.6	164	149	-6.6				1	12885	8689	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
5188	Thu, July 19, 2018	suki walk, city walk, bike to/from bart	C	1	200	165	171.4	165	148	-6.4				1	10808	8227	0	1	0	0	0	1	0	0	0	0	0	0	0	0	
5189	Fri, July 20, 2018	core workout 26 min, city walk	SC	1	201	164	172.3	166	147	-6.3				1	12271	6848	0	1	0	0	0	0	0	0	0	0	0	0	1	0	
5190	Sat, July 21, 2018	bike 56.7 mi, 5k climbing bike skill handling class 4	CS	1	202	163	173.1	167	146	-6.1				1	27929	12495	0	0	0	0	0	1	0	0	0	0	0	0	1	0	
2017																		2017													
2015																		2015													
2013																		2013													
2011																		2011													
2010																		2010													
2009																		2009													
2008																		2008													
2007																		2007													
2006																		2006													
2005																		2005													
2004																		2004													

# Evolution of my spreadsheet tabs

2004



2018



# I've logged injury and travel

13	Date	Exercise	Score	notes	progress
739	Sun, June 18, 2006	hike	1		-9.6
740	Mon, June 19, 2006				-9.9
741	Tue, June 20, 2006	spinning	1		-9.2
742	Wed, June 21, 2006	2mi walk	0.5		-9.0
743	Thu, June 22, 2006			semi-sprained ankle (L)	-9.4
744	Fri, June 23, 2006			semi-sprained ankle, Placerville	-9.7
745	Sat, June 24, 2006	swimming in river	1	semi-sprained ankle, Placerville	-9.0
746	Sun, June 25, 2006			semi-sprained ankle, hurt foot, Placerville	-9.4
747	Mon, June 26, 2006			semi-sprained ankle, hurt foot	-9.7
748	Tue, June 27, 2006			semi-sprained ankle	-10.0
749	Wed, June 28, 2006			semi-sprained ankle	-10.3
750	Thu, June 29, 2006			semi-sprained ankle	-10.7
751	Fri, June 30, 2006			semi-sprained ankle	-11.0
752	Sat, July 01, 2006			semi-sprained ankle	-11.3
753	Sun, July 02, 2006			semi-sprained ankle	-11.7
754	Mon, July 03, 2006			semi-sprained ankle, philly	-12.0
755	Tue, July 04, 2006	walking	0.5	semi-sprained ankle, philly	-11.8
756	Wed, July 05, 2006			semi-sprained ankle, philly	-12.2
757	Thu, July 06, 2006			semi-sprained ankle, philly	-12.5
758	Fri, July 07, 2006			semi-sprained ankle	-12.8

# The “shape” of illness

Date	Exercise	Score	notes	progress
Sun, May 24, 2009	2+ hr bike ride	1		7.0
Mon, May 25, 2009				6.6
Tue, May 26, 2009	suki walk and moving hope	1		7.3
Wed, May 27, 2009	suki walk	0.5	pre sick	7.4
Thu, May 28, 2009	suki walk	0.5	pre sick	7.5
Fri, May 29, 2009			sick, nasal cold	7.1
Sat, May 30, 2009			sick, nasal cold	6.7
Sun, May 31, 2009			sick, nasal cold	6.3
Mon, June 01, 2009			sick, nasal cold	5.9
Tue, June 02, 2009	suki walk	0.5	remnants	6.0
Wed, June 03, 2009	suki walk	0.5		6.1
Thu, June 04, 2009	suki walk	0.5		6.2

# I've extracted illness data into separate tab

excludes injury not due to bacteria/virus				average cold duration (excl sinusitis):	6.8				
				avg sinusitis duration:	14.2				
	duration (includes presick, not remnants)			avg other sick duration:	6.3				
start date	duration (days)	sickness	likely cause	notes	days since last cold	days since last sick	day of week	Cold, Sinusitis, Other	month num
12/15/05	13	cold, then sinusitis	family	scott visiting (caught from him)	120	120	Thu	S	12
2/20/06	7	cold	work stress	Ask8 craziness	187	67	Mon	C	2
4/29/06	6	cold	flights, travel	London	68	68	Sat	C	4
9/9/06	4	cold	family	scott visiting (caught from him)	133	133	Sat	C	9
4/18/07	3	throat bug	?		221	221	Wed	O	4
11/16/07	2	fever, throat	?		433	212	Fri	O	11
1/13/08	9	cold, then sinusitis	?	cold, then sinusitis, antibiotic	491	2	Sun	S	1
4/28/08	9	presick, sinus pain	?	never manifested	597	106	Mon	S	4
10/12/08	6	strep	flights, travel	mexico, plane, bodily abuse,	764	167	Sun	O	10
1/22/09	4	presick	?	didn't manifest	866	102	Thu	O	1
5/27/09	7	cold	?		991	125	Wed	C	5
7/6/09	6	throat bug	?		40	40	Mon	O	7
10/21/09	35	cold, then sinusitis	?	cold, getting better but never	147	107	Wed	S	10
1/1/10	13	cold	flights, travel	nevis trip, 7 days cold + 6 day	219	72	Fri	C	1
11/16/10	8	cold	?		319	319	Tue	C	11
11/16/11	10	cold	?	cold, almost better at thanks,	365	365	Wed	C	11
12/29/11	6	cold	?		43	43	Thu	C	12
1/10/12	5	cold, then sinusitis	?	2nd cold in a row, just got be	12	12	Tue	S	1
7/30/13	8	strep	kissing	strep, 8days (tonsils didn't fe	579	567	Tue	O	7
11/28/13	6	cold	family	started on tday, scott was sic	700	121	Thu	C	11
7/18/15	6	cold	conference, travel	in LA for IDEA for 4 days (dro	597	597	Sat	C	7
12/5/15	6	cold-like virus/fatigue	flights, travel	landed in mexico wed afterno	140	140	Sat	O	12



# I mostly get sick Nov - Jan

Count of mon Column				
Row Labels	cold	sinusitis	other	Grand Total
Nov	4		2	6
Jan	2	2	2	6
Dec	2	1	2	5
Apr	2	1	1	4
Jul	1		2	3
May	2			2
Oct		1	1	2
Jun	1			1
Aug	1			1
Feb	1			1
Sep	1			1
Mar	1			1
<b>Grand Total</b>	<b>18</b>	<b>5</b>	<b>10</b>	<b>33</b>

Count of dayofweek	
Row Labels	Total
Fri	7
Wed	6
Thu	5
Mon	4
Tue	4
Sat	4
Sun	3
<b>Grand Total</b>	<b>33</b>

# I get sick less in recent years



I get sick  
from flights  
and family

PERCEIVED CAUSES	
Count of likely cause	
Row Labels	Total
?	16
family	5
flights, travel	5
kissing	2
conference, travel	1
movie	1
public transit	1
work	1
work stress	1
<b>Grand Total</b>	<b>33</b>

# Times I got sick from family



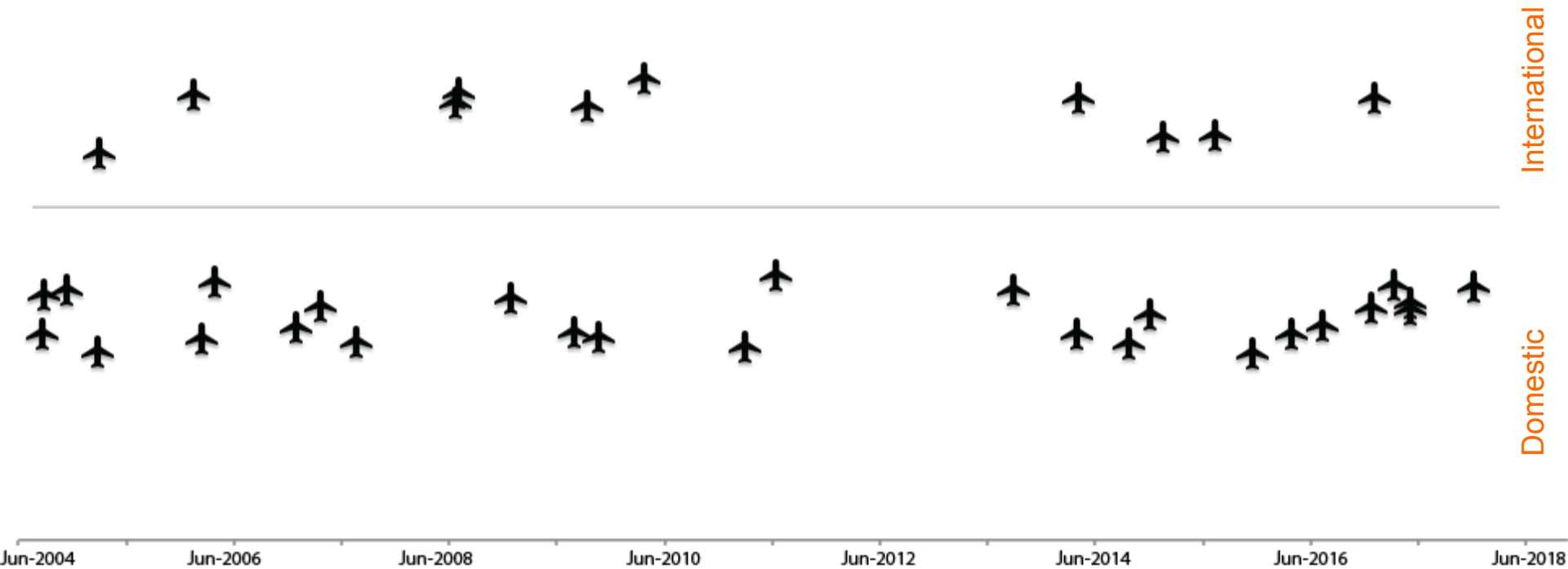
from sibling



from sibling's family

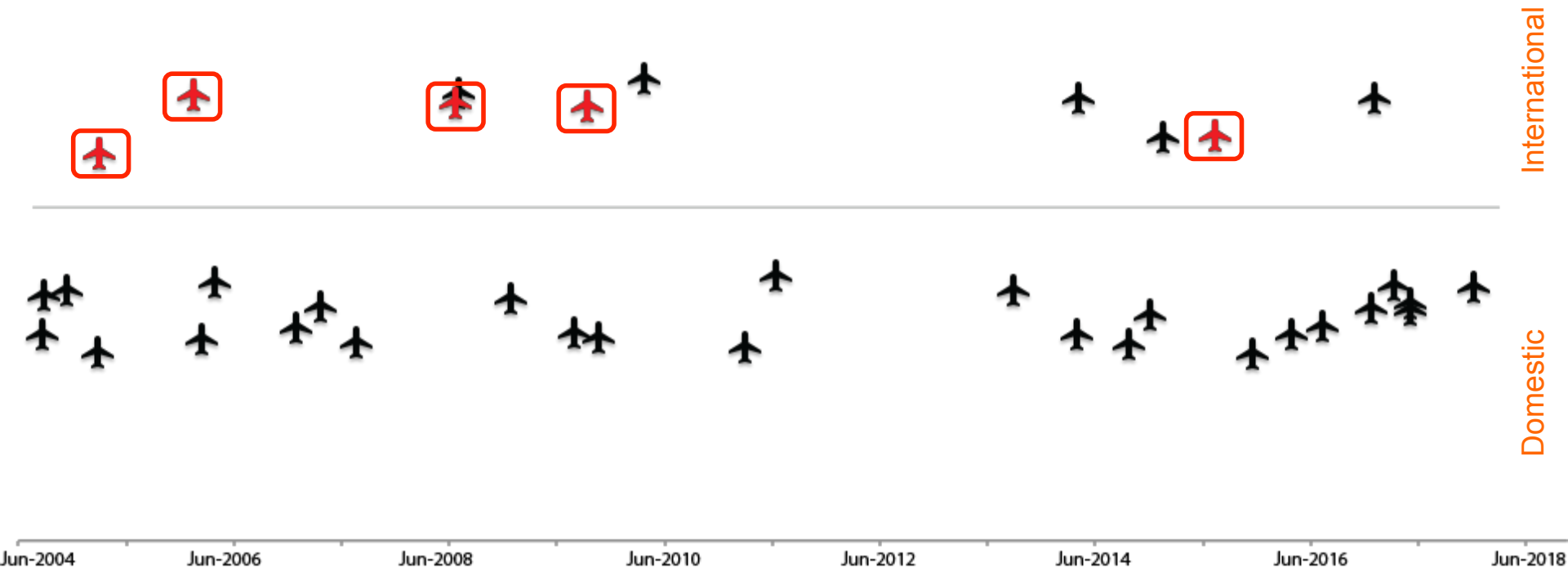


# I've taken 36 trips involving air travel

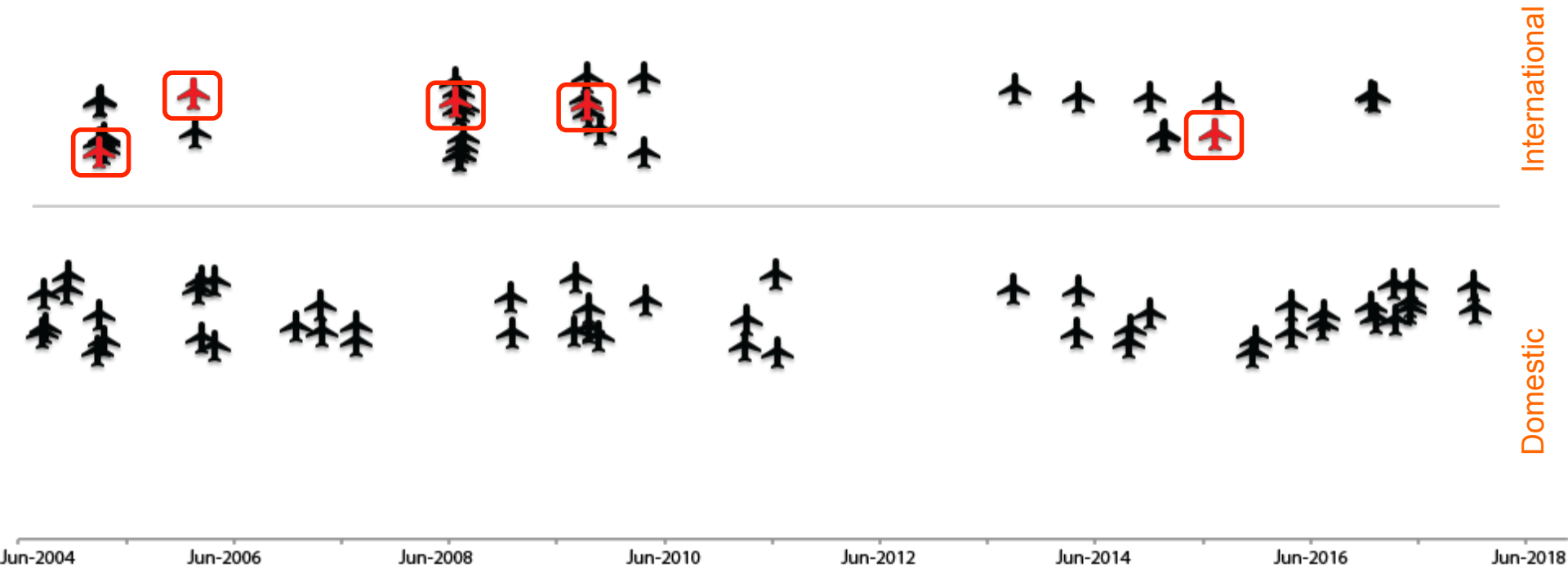


26 domestic, 10 international trips

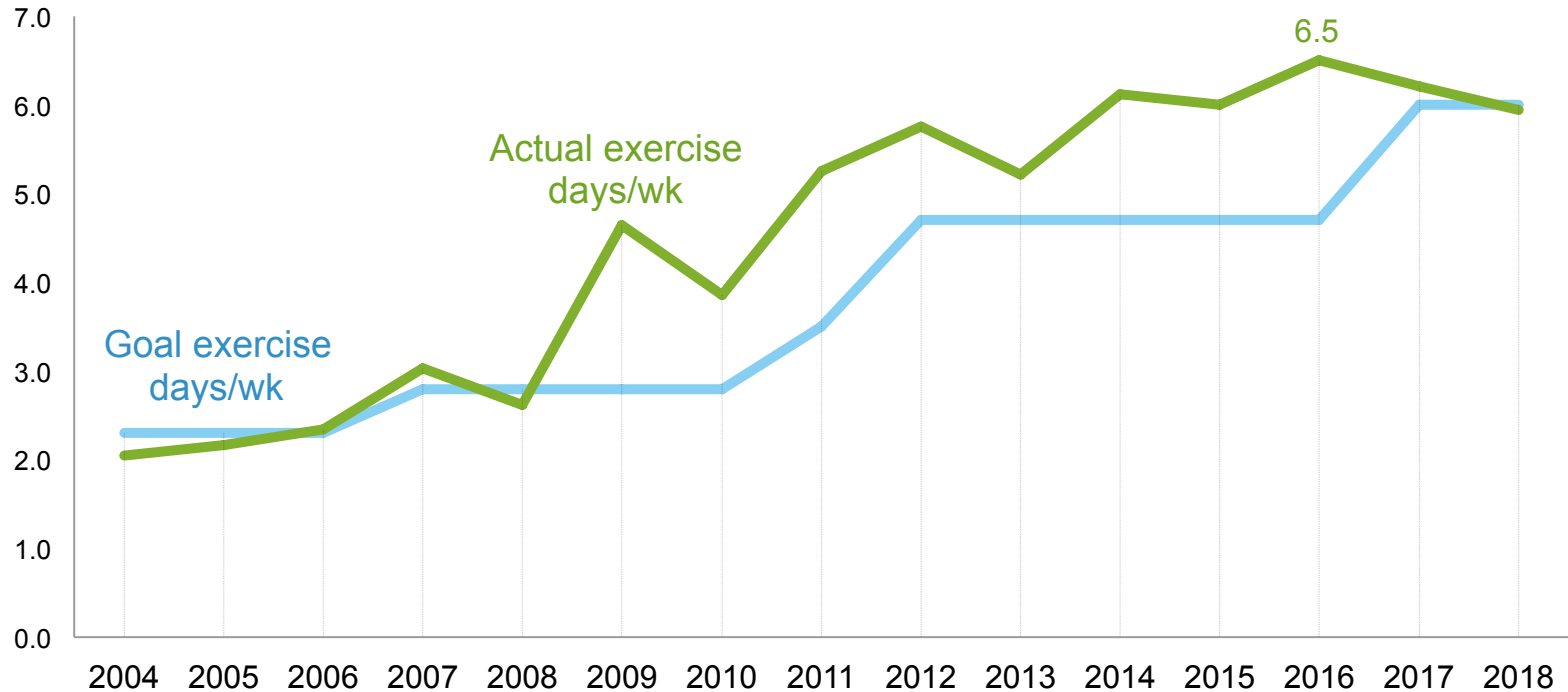
# I got sick from 5 of them, all international



# There were 87 flights in all

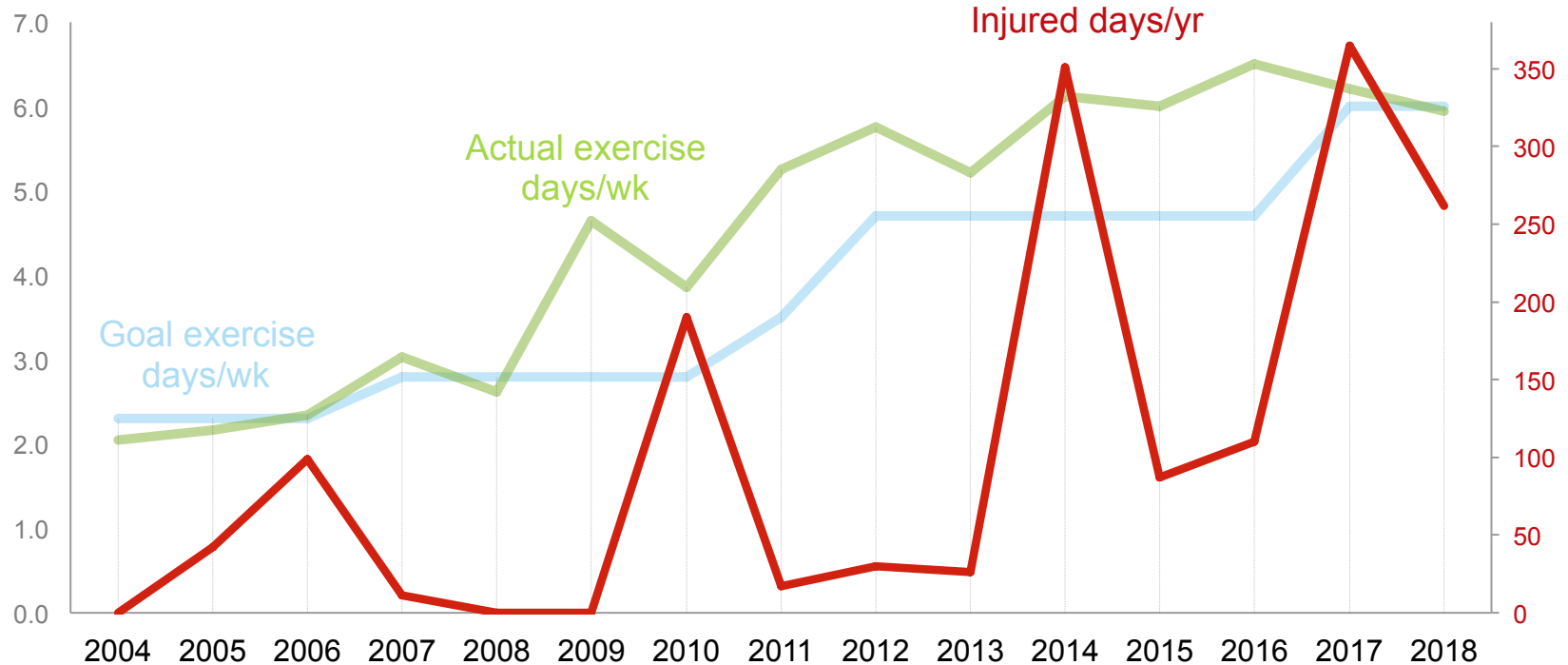


# More Exercise over time





# More Exercise, More Injury

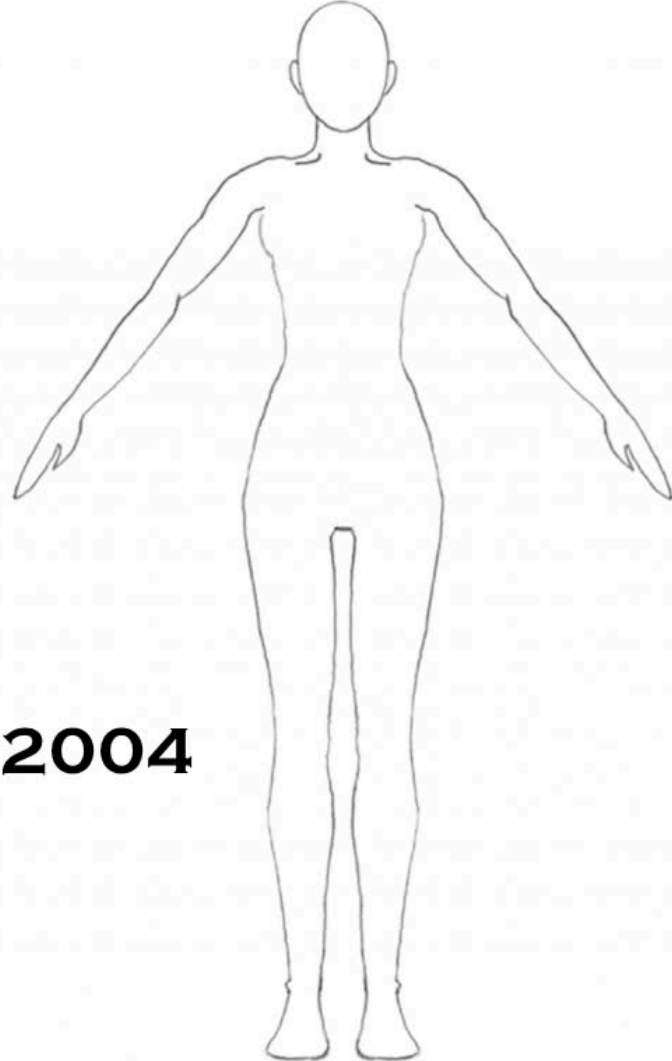


# Injury Location

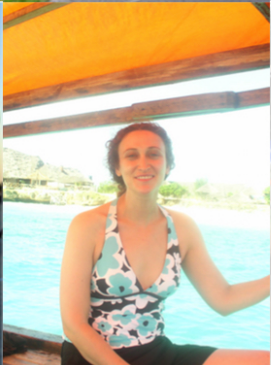
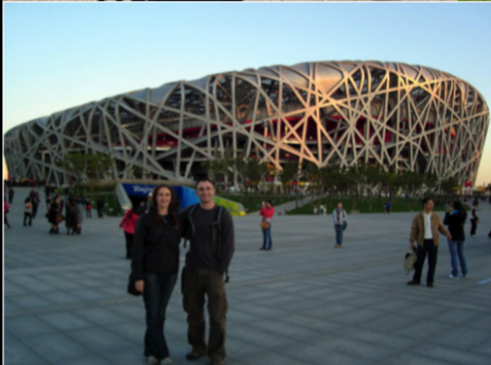
## EXERCISE IMPACTING INJURY ANAL

PART	Side - Left/R, Unknown, None	2004
Lankle	L	
Lfoot (not PF)	L	
Lfoot Plantar Fasciitis	L	
Lfoot Plantar Fasciitis & L sciatica	L	
Lfoot & Lankle	L	
L achilles	L	
Lknee	L	
Lknee & Lankle	L	
R ankle	R	
Rheel	R	
Rknee	R	
Both knees (L & R)	LR	
Heel or Achilles - unknown side	U	
Toe - unknown side	N	
Knee - unknown side	U	
Neck	N	
Tailbone	N	
TOTAL		0
days in year tracked		185

2004



2013	2014	2015	2016	2017	2018	TOTAL
	1	27				115
						40
			102	1		103
				364	262	626
10						15
4						4
12	350	13	4			582
		7				7
		2				2
						0
						2
			4			6
		24				27
						2
						11
		14				32
						16
26	351	87	110	365	262	1590
355	355	355	366	355	262	5095



# Come say hi!



@valer\_bikes [ instagram ]



@valer [ twitter ]