

DATE		Sys.	Dia.	EVENT	TIME	PULSE	WEIGHT	GOAL	LOST
6/16/2015		138	82	Dr. Celeste B. Hart, MD Appointment	3:30 p.m.	89	333	NA	NA
6/20/2015				PALEO MEAL PLAN			http://ultimatepaleoguide.com/		
6/27/2015		122	71	Researching the Internet	3:47 p.m.	70	323	2	10
7/4/2015		124	78	Relaxing in Den	11:48 a.m.	71	319	4	14
7/6/2015		104	65	Checking Email	1:09 p.m.	86	320	6	13
7/11/2015		126	77	Relaxing in Den	11:45 a.m.	77	319	8	14
7/18/2015		135	91	Preparing for Breakfast	11:09 a.m.	71	315	10	18
7/25/2015		133	87	Sitting @ PC Desk	10:25 a.m.	79	313	12	20
8/2/2015		122	80	Making Coffee	9 a.m.	70	312	14	21
8/15/2015		118	78	Preparing to go out of town	9:44 a.m.	73	308	16	25
8/21/2015		114	73	Suma S. Dondapati M.D. Appointment	10:30 a.m.	75	315	18	18
Old Med: Doxazosin Mesylate 4 MG 1 TAB by mouth twice a day Prscrbr: Kit David Kuss, MD									
New Meds: Amlodipine Besyhlate 10 MG TAB 1 TAB Daily Prscrbr: Suma Seree Dondapati (CHP)									
8/22/2015		116	74	Preparing to go shopping	7:31 a.m.	81	311	20	22
8/29/2015		111	65	Checking email	10:40 a.m.	72	308	22	25
8/31/2015		135	78	Dr. Celeste B. Hart, MD Appointment	11:20 a.m.	77	311	24	22
9/5/2015		107	69	Reading Morning News	10:28 a.m.	78	307	26	26
9/12/2015		115	77	Relaxing in Den	8:34 a.m.	88	307	28	26
9/19/2015		115	71	Reading e-Mails	9:32 a.m.	89	303	30	30
9/26/2015		109	71	Getting Ready/Breakfast	12:27 p.m.	77	303	32	30
12/3/2015		137	83	Dr. Ayala, MD Appointment	1:15 p.m.	83	310	34	23
12/5/2015		123	65	Internet Book Research	12:15 p.m.	79	303	36	30

DATE	12/15/2015	Sys.	Dia.	Dr. Celeste B. Hart, MD	TIME	PULSE	WEIGHT	GOAL	LOST
		125	74	Appointment	11:15 a.m.	68	302	38	31