

Ron's Calories on bike

Test Date	calories	Low	High	Outliers	Range	Limit	Outliers	Notes	Comments / CAP
nov 29/21	135	OK	OK			OK			level 5
nov 30/21	136	OK	OK		1	OK			
dec 2/21	139	OK	OK		3	OK			
dec 3/21	138	OK	OK		1	OK			
dec 4/21	141	OK	OK		3	OK			
dec 5/21	141	OK	OK		0	OK			
dec 6/21	135	OK	OK		6	OK			
dec 7/21	145	OK	OK		10	OK			
dec 8/21	144	OK	OK		1	OK			
dec 9/21	137	OK	OK		7	OK			
dec 10/21	150	OK	OK		13	OK			No Breakfast
dec 11/21	145	OK	OK		5	OK			
dec 12/21	130	OK	OK		15	OK			
dec 13/21	151	OK	OK		21	OK			
dec 14/21	142	OK	OK		9	OK			
dec 15/21	138	OK	OK		4	OK			
dec 16/21	143	OK	OK		5	OK			
dec 17/21	143	OK	OK		0	OK			
dec 18/21	136	OK	OK		7	OK			
dec 19/21	148	OK	OK		12	OK			
dec 20/21	140	OK	OK		8	OK			hair cut late start
dec 21/21	144	OK	OK		4	OK			
dec 22/21	140	OK	OK		4	OK			
dec 23/21	143	OK	OK		3	OK			
dec 24/21	149	OK	OK		6	OK			
dec 25/21	139	OK	OK		10	OK			
dec 26/21	140	OK	OK		1	OK			
dec 27/21	137	OK	OK		3	OK			
dec 28/21	141	OK	OK		4	OK			
dec 29/21	144	OK	OK		3	OK			
dec 30/21	153	OK	OK		9	OK			run fail increase
dec 31/21	156	OK	OK		3	OK			
jan 1/22	159	OK	OK		3	OK			
jan 2/22	154	OK	OK		5	OK			
jan 3/22	154	OK	OK		0	OK			
jan 4/22	161	OK	OK		7	OK			
jan 5/22	153	OK	OK		8	OK			
jan 6/22	139	OK	OK		14	OK			
jan 7/22	147	OK	OK		8	OK			
jan 8/22	144	OK	OK		3	OK			
jan 9/22	141	OK	OK		3	OK			
jan 10/22	146	OK	OK		5	OK			
jan 11/22	144	OK	OK		2	OK			
jan 12/22	146	OK	OK		2	OK			
jan 13/22	143	OK	OK		3	OK			
jan 14/22	146	OK	OK		3	OK			
jan 15/22	138	OK	OK		8	OK			

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Test Date	calories	Low	High	Outliers	Range	Limit	Outliers	Notes	Comments / CAP
jan 16/22	132	OK	OK		6	OK			did one hour
jan 18/22	145	OK	OK		13	OK			
jan 19/22	142	OK	OK		3	OK			
jan 20/22	135	OK	OK		7	OK			
jan 21/22	147	OK	OK		12	OK			late start
jan 22/22	130	OK	OK		17	OK			California sandwich did me in*
jan 23/22	151	OK	OK		21	OK			
jan 24/22		Failed	OK		151	Failed			
jan 25/22		Failed	OK		0	OK			
jan 26/22		Failed	OK		0	OK			
jan 27/22		Failed	OK		0	OK			
jan 28/22		Failed	OK		0	OK			
jan 29/22		Failed	OK		0	OK			
jan 30/22		Failed	OK		0	OK			
jan 31/22		Failed	OK		0	OK			

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Count/Sum	54				61				
Mean	143.33				7.95				
Standard Deviation	6.85								
Kurtosis	0.13	Normal							
Skew	0.44	Normal							
CP	1.1								
CPK	0.6								
									* new chain in area very good sandwich, large
	Bin								
Upper Control Limit	163.89								
	157.04								
	150.18								
	143.33								
	136.48								
	129.63								
Lower Control Limit	122.78								