

## 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			
dec 11/21	145	OK	OK		5	OK			
dec 12/21	130	OK	OK		15	OK			No Breakfast
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			
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			
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	run fail increase	7	OK			
jan 5/22	153	OK	OK		8	OK			
jan 6/22	139	OK	OK		14	OK			hair cut late start
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	146	OK	OK		5	OK			
jan 25/22	142	OK	OK		4	OK			1km walk prior to bike
jan 26/22	142	OK	OK		0	OK			
jan 27/22	142	OK	OK		0	OK			
jan 28/22	137	OK	OK		5	OK			
jan 29/22	139	OK	OK		2	OK			
jan 30/22	140	OK	OK		1	OK			attended a small party evening before.
jan 31/22	138	OK	OK		2	OK			
feb 1/22	140	OK	OK		2	OK			
feb 2/22	138	OK	OK		2	OK			
feb 3/22	135	OK	OK		3	OK			
feb 4/22	139	OK	OK		4	OK			
feb 5/22	139	OK	OK		0	OK			
feb 6/22	132	OK	OK		7	OK			
feb 7/22	145	OK	OK		13	OK			
feb 8/22	136	OK	OK		9	OK			
feb 9/22		Failed	OK			Failed	136		bike plug issues
feb 10/22		Failed	OK		0	OK			bike plug issues
feb 11/22	148	OK	OK			Failed	148		
feb 12/22	143	OK	OK		5	OK			
feb 13/22	150	OK	OK		7	OK			
feb 14/22	141	OK	OK		9	OK			Valentines Day
feb 15/22	143	OK	OK		2	OK			
feb 16/22	147	OK	OK		4	OK			
feb 17/22	142	OK	OK		5	OK			bars & clubs open
feb 18/22	151	OK	OK		9	OK			
feb 19/22		Failed	OK	no workout		Failed	151		had to go to hospital nose bleed
feb 20/22	143	OK	OK			Failed	143		no work out day before
feb 21/22		Failed	OK	no workout		Failed	143		walk/ no bike
feb 22/22	140	OK	OK			Failed	140		no work out day before
feb 23/22	141	OK	OK		1	OK			
feb 24/22	136	OK	OK		5	OK			
feb 25/22		Failed	OK	no workout		Failed	136		no bike nose bleed
feb 26/22	142	OK	OK			Failed	142		party @ mike's, No work out day before
feb 27/22	156	OK	OK		14	OK			
feb 28/22	142	OK	OK		14	OK			
mar 1/22	139	OK	OK		3	OK			
mar 2/22	145	OK	OK		6	OK			walk & bike
mar 3/22	138	OK	OK		7	OK			nose bleed
mar 4/22	148	OK	OK		10	OK			
mar 5/22	147	OK	OK		1	OK			

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Test Date	calories	Low	High	Outliers	Range	Limit	Outliers	Notes	Comments / CAP
mar 6/22	133	OK	OK		14	OK			
mar 7/22	144	OK	OK		11	OK			
mar 8/22	146	OK	OK		2	OK			
mar 9/22	156	OK	OK		10	OK			nose bleed
mar 10/22	148	OK	OK		8	OK			
mar 11/22	152	OK	OK		4	OK			
mar 12/22	159	OK	OK		7	OK			
mar 13/22	150	OK	OK		9	OK			
mar 14/22	160	OK	OK		10	OK			
mar 15/22	143	OK	OK		17	OK			Went to restaurant(barbeque), gut flora upset. lost three minutes on bike, mistake.
mar 16/22	146	OK	OK		3	OK			
mar 17/22	162	OK	OK		16	OK			
mar 18/22		Failed	OK		162	Failed			
mar 19/22		Failed	OK		0	OK			
mar 20/22		Failed	OK		0	OK			
mar 21/22		Failed	OK		0	OK			
mar 22/22		Failed	OK		0	OK			
mar 23/22		Failed	OK		0	OK			
mar 24/22		Failed	OK		0	OK			
mar 25/22		Failed	OK		0	OK			
mar 26/22		Failed	OK		0	OK			

