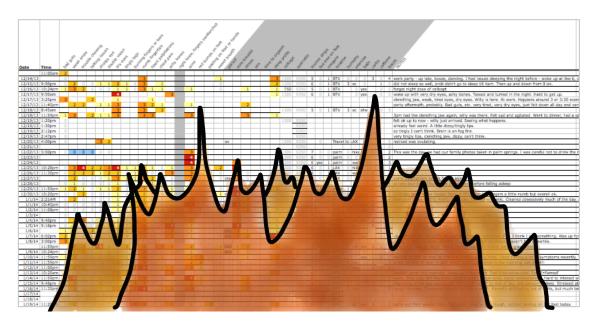
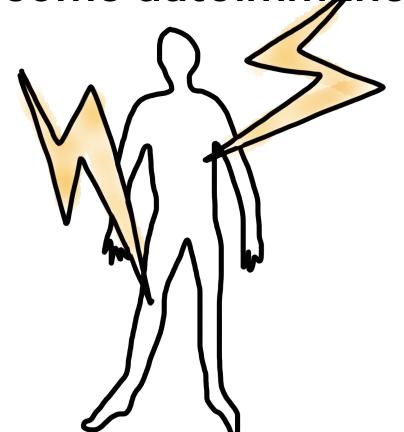
# Spreadsheet from hell

What I learned in 18 months of tracking my health



Katie McCurdy • @katiemccurdy

# I've got some autoimmune stuff



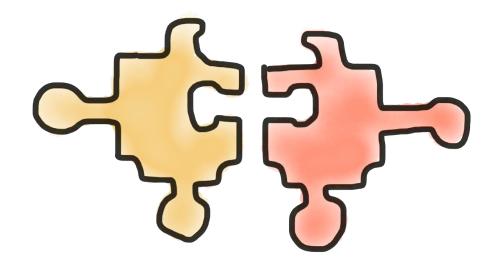
# ...leading to 'symptom soup'



# So many things impact how I feel

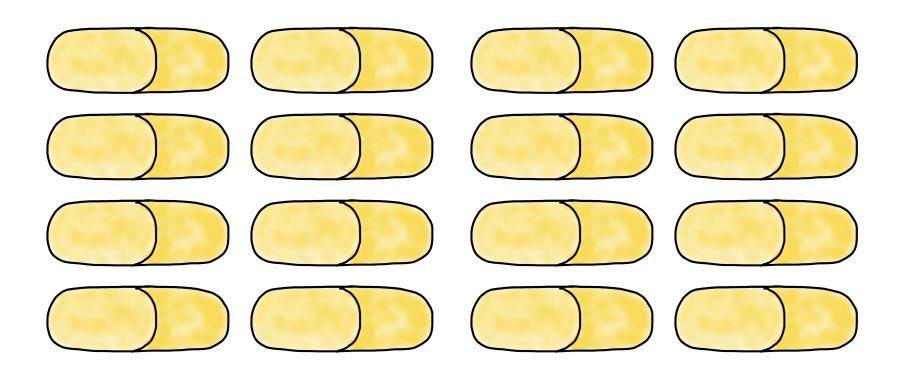


## It's a puzzle I'm always trying to solve

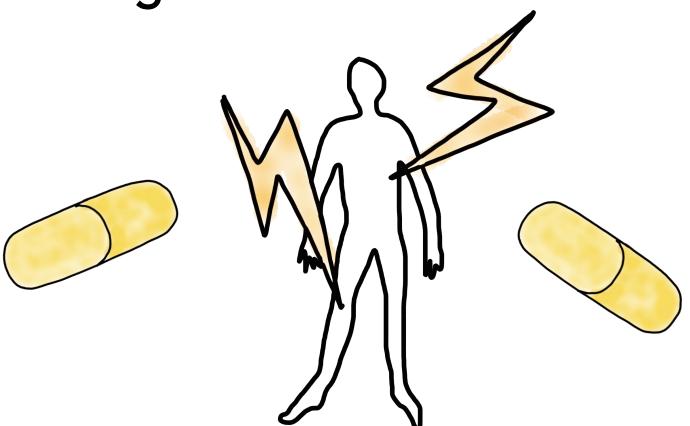


But that ain't enough to make me track

# I wanted to try to reduce a supplement



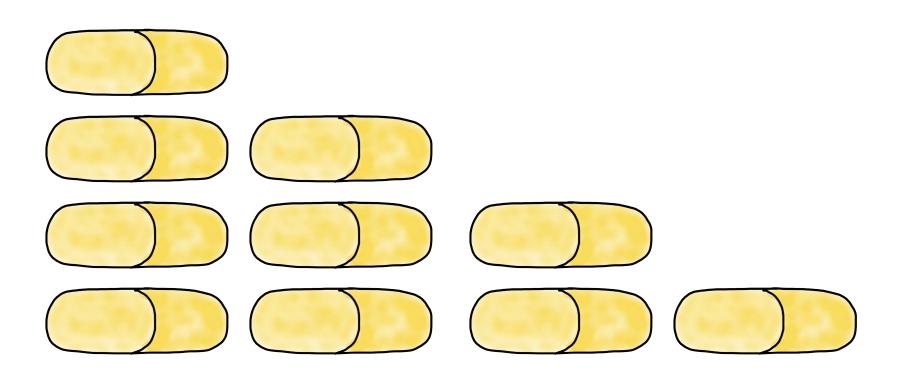
Long-term effects unknown!



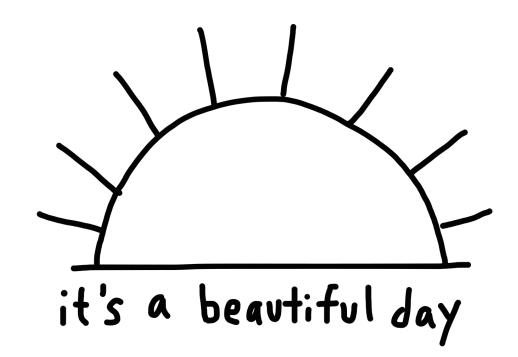
# Weird things happen when I reduce



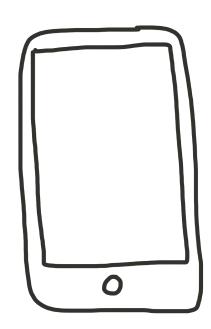
# So I decided to track again



# Keeping track in my mind doesn't work

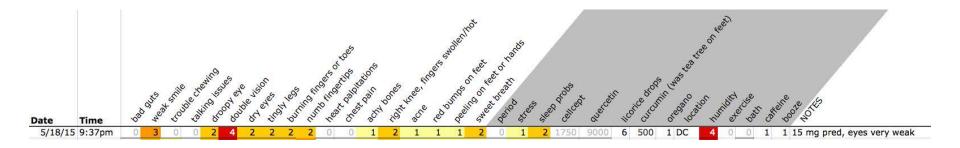


# I didn't want to track in the moment, and didn't want to track food.



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47	12/27/13	100	0 2	0 1	0 0 1	3 1 1	3 2	0 3	0 cran 3	0 0 1500 9350 7 0 1 LAX 0 0 0 2 2 0 2 some palpitations before falling asleep
	12/28/13		0 1	01	0 0 0	1 0	1 0	0 1	0	1 S00 9350 6 1 0 2 1 4 winery tour in malibul Some palpitations before falling asleep
	12/30/13		0 0	2	0 0 0	1 0 1	2 0 0	1 1	1 crar 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	1/1/14	2:21AM	0 2	0	0 0 0	1 0 1	2 0 0	1 3	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
52		10:45pm	0 0	0	0 0 0	1 0 2	3 0 0	1 4	0 4	2 0 1500 9350 7 0 0 BTV 2 runlyes 2 1 0
53		11:08pm	0	91.7	0 0	1 0 1	3 1	1 1	1 3	2 1 1500 9350 7 0 1 BTV 2 0 yes 1 0 0 1 1500 9350 7 BTV 0 0 0 3
55	1/4/14	9:40pm	0 2	3	1 0	1 0 0	2 0 0	2 2	0 3	0 1 1500 9350 7 0 1 BTV 1 ski yes 2 1 0
56		9:18pm	0 1	0	1 1	1 0 1	3 0 0	4 1	0 4	0 1 1500 9350 7 0 0 8TV 4 ke 0 2 0 0
57	1/6/14	6:02pm	2 1	0	1 0	2 1 0	3 0 0	3 1	0 day 3 0 day, 3	1 1 1500 9350 7 0 1 BTV 1 0 0 1 1 1 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 asl
59		3:00pm	3						303. 3	9350 bad quits while at work, Slightly tingles, I feel surprised, haven't had in awhile.
60	-0800000	11:59pm	3	3	1 4 1	1 2 0	2 3	2 2	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.
62		10:24pm 11:59pm	0 2	2	1 1	1 0 0	3 0 1	1 1	1 day 1	1 0 1500 9350 7 0 1 BTV 1 0 0 1 0 0 1 0 0 1 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 an
63		11:59pm	0 1	0 1	0 0 0	2 0 0	3 0 0	0 2 2	0 0 0	1 2 1500 9350 7 0 1 BTV 3 run 0 3 0 3 a few glasses of cider in and sweet potato pancakes in the morningcat show!
64	1/12/14	11:00pm	0 2	2	0 0 0	1 0 2	4 0 1	2 3 1	0 0 0	0 0 1500 9350 6 0 0 BTV 3 yoq 0 2 1 1
65		10:20am	0			3 2	2 0 0	3	0 0 0	3 1500 9350 6 0 BTV swellen joints this morning. Woke up in the night, Feel tired/exhausted, Feel 'inflamed'
66		11:59pm 9:48pm	0 3	0 1	0 1 0	1 0 2	2 0 0	1 2 1	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 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 n
68	1/16/14	11:32pm	0 3	0	1 1	3 1 3	4 0 1	2 3	0 0 0	2 1 1500 9350 6 0 1 BTV 3 run 0 1 1 0 rough orning. Thursdays always feel like a wash. Mentally still feeling out of sorts, but much better after talked it out will
69										500 9350 6 BTV
70		11:29pm	0 2	0	0 0 0	1 0 3	3 0 0	2 1 0	2 0 0 0	S00   9350   6   BTV     1   2   1   1   2   2   1   1   2   3   2   2   3   3   2   3   3   2   3   3
72		8:40am	2		1			2		9250 9250 9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
73		8:55pm	2	2	0 0 0	1 1 1	2 1 0	1 0	1 0 0 0	0 2 00 6 0 1 BTV 3 xc 2 1 0
74		9:35pm 2:15pm	4	3	1 1 2	1 1 0	3 2	2 2 0	1 0 0 0 0	2 3 today. Got bad est results back - low wbc, etc. I'm nervous. Everything seems weird.
76		11:45pm	2	3	1 1 1	2 0 1	3 1 0	3 1 1	0 0 0 0	1 8 00 9250 6 6 1 t 0 0 0 2 1 0 V becaute episode aft a unchtime. But felt much better after dinner, smile felt really strong this evening. Did not eat m
77	1/23/14		2 1	2	1 0	2 0 0	3 0 0	3 1 1	1 0 0 0	1 0 A 00 9250 2 0 1 1 1 0 A yes 1 1 0 A
78 79		6:30pm	0 1	1	0 0 0	2 0 0	3 0 0	1 1 1	1 0 0 1	0 0 9259 6 0 1 1 1 0 0 0 1 0 2 0 0 0 0 0 0 0 0 0 0
80		11:25pm	0 3	2	2 2	2 0 1	3 0 0	3 1 0		0 0 1 923 6 1 0 0 4 1 2 averaged while in evening. Try dis 7 d 2pm. Very nauseous this morning! Drank 2 glasses of wine, smile got much to 1 92 7 7 50 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
81	1/27/14	10:37pm		1	2 3 2	2 0 0	3 0 0	2 2 0	0 0	93 NYC NYC 1 ANYC 1 Any Secretary from the secretar
82		12:30pm 7:54pm	3 4	1	2 2	2 0 0	2 0 0		$\Lambda$	West in the course of the system of the syst
84		next day	2 2	0	1 1	1 0 2	4 1 0	1		NO 7 NO 1
85	1/30/14	9:45pm	4 2	2	1 1	2 0 0	4 1 (	1	0 3 3	1 5 20 20 20 7 1 BV Corve 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
86		next day	0			0 0	200	1 0	M NA 3 M	
88		next day 10:20pm	0 1	1	1 0 1	3 0 2	3 0 0		A 10 A	1 1500 2750 10 0 B 1 150 150 150 10 10 10 10 10 10 10 10 10 10 10 10 10
89	2/3/14	10:00pm	4 0	0	0 0 1	2 2 2	3 0 0	1 1 0	4 10	4 S00 S250 7 0 0 BTV yes homble night in from a 50 to almost 7 gut were back by Ha ia bad gut day, very bad.
90	2/4/14	10:48pm	1 2	3	1 2 2	2 0 1	4 0 0	2 1 0	4	2 2 1500 5250 7 0 0 BTV run 1 3 1 sleep not great, not terrible, eye a little droot. A lot of soury stre a with all the bad guts. A little stressed as I went down
91		9:30pm	0 1	3	1 1	1 0 0	4 1 4	2 1 0	1 10 2	2. 1 1500 9250 7 0 1 BTV   2 kc 1 1 1 1   3   2   2   1 1 1   3   2   2   3   3   4   5   5   5   5   5   5   5   5   5
93		10:05pm	0 2	2	1 2 2	2 1 1	4 0	1 1 1	1 0 1	1 2 3500 3550 7 0 BBV 0 1 ve 2 1 0 ccp inc q an, inc terrore, eye e rice drots. Six fronting of Sac Indam?
94	2/8/14	8:30pm	1 0		0 0 1	1 0 1	4 0	1 1 1	1 0 0 1	0 1 1500 9250 7 0 0 BTV 0 xc 9 2 1 1 Felt really good today. Long-ass XC ski, Le skies, feeling good
95 96			2 2		2 3	2 1 2	3 1	4 3	1 day	2 1500 9250 7 0 1 BTV 3 xc 3 1 10 sweet breath at end of the day. When got off st way. Had a grainy die ter. In NYC now, bad flossage, boo. Hands have fell
90	2/11/14	9:30pm	1 1	0	1 1	2 1 1		1 3 1	1 0 0	2 1 1500 9350 2 0 1 MYC 0 take 2 2 2 upday the weatherful 500 head color Treet Bit of tree had organize

# I tracked it symptoms, aggravators, etc.



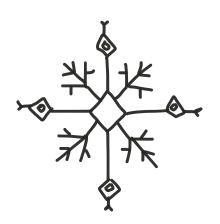
# I colored it with a hellish palette



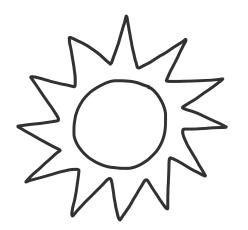
# I set a reminder & track nightly



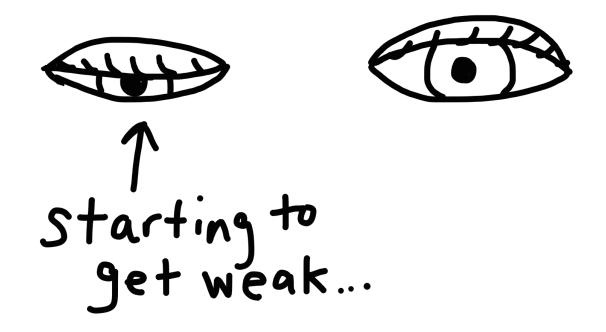
# Thus 18 months passed



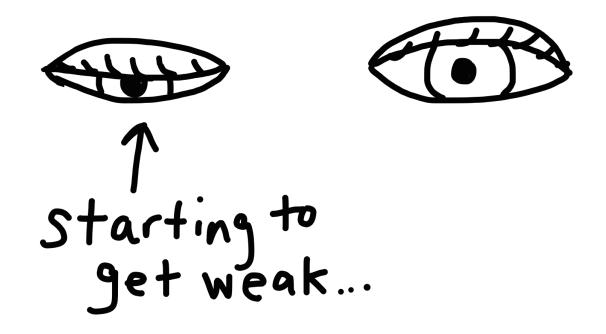




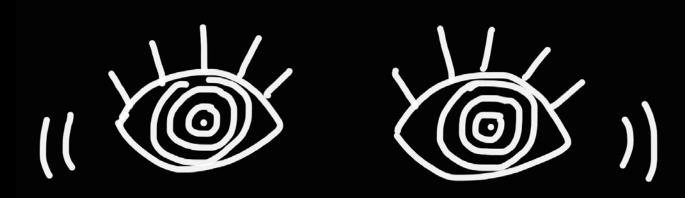
# I wasn't able to reduce the supplement



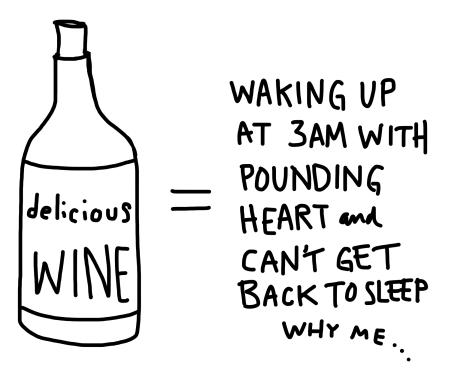
#### But I prevented crises & learned lots

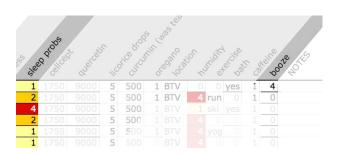


# I sleep poorly (I was in denial)



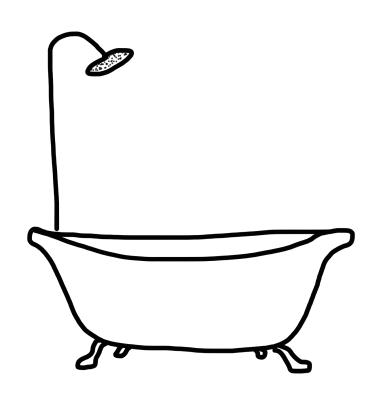
#### Booze makes it worse



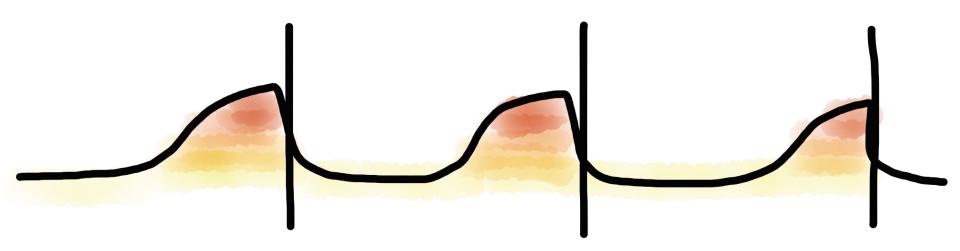


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3			6	500	1	BTV	3	wall		1	0	15 r
4			6	500	1	BTV		run		1	0	15 r
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0 1			6	500	1	BTV	1		yes	1	1	15 r
3 1			6	500	1	BTV	1	yog		1	0	15 r
1		9000	6	500	1	BTV	1			1	0	15 r
3	750	9000	6	500		BTV	1		0		4	eye

# Exercise, baths improve sleep



# My symptoms get BAD before my period



# We changed my meds based on this

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5/11/15		0	2	0		2	4	1	2	2	2	0	0	3	3		1	1	0	0	
5/12/15		4	1			0	3	2	2	2	2			1_	1		1	1	0	0	3
5/13/15	9:40pm		2		1	2	4	2	2	2	2	2		3	2		1	1	1		1
5/14/15			2			0	3	2	1	2	2					1	1	1		0	
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5/17/15	next day		2			2	4	2	2	2	2			1	2	1	1	1		0	3 1 1
5/18/15	9:37pm		3			2	4	2	2	2	2			1	2	1	1	1	2	0	1
5/19/15			2	1		2	4	2	2	2	3			1	2	1	1	1	1	0	
5/20/15	next day		3	1		3	4	2	2	2	3	0		1	2	1	1	1	1	0	1
5/21/15	9:10pm	1	1			3	4	2	2	2	3	0		3	1	1	1	1	1	0	1
5/22/15	8:00pm	0	1	0	0	2 2	3	2	2	2	2	1	0	1	1	2	1	2	0	day1	1 1 1
5/23/15	8:25pm	1	1	1	0	2	3	2	2	1	3	0	0	2	2	3	1	1	1	daya	1
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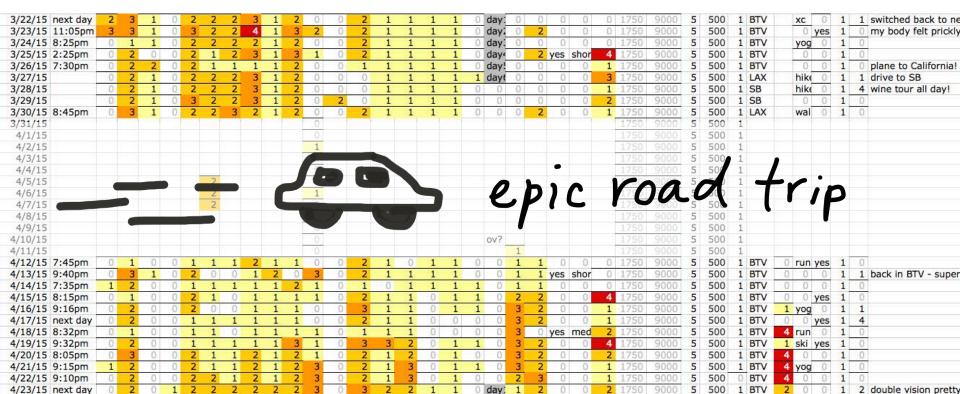
# Exercise seems to help everything



#### Tracking laziness can mask changes



#### Spreadsheet + vacation = no data



# On 'eyeballing' the data

Date	Time	200	of Action	at the string of		ing sping	, 10° 00° 00° 00° 00° 00° 00° 00° 00° 00°	de vie	or sing	N Pull	illo di			Story Con Charles Con	OU.S. HOUSE	the state of	Set	July Seell S		OF THE PARTY OF TH	S. C. OO ST.		
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5/11/15		0	2	0	0	2	4	1	2	2	2	0	0	3	3	0	1	1	0	0	0		
5/12/15		4	1	0	0	0	3	2	2	2	2	0	0	.1	1	0	1	1	0	0	3		
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5/18/15	9:37pm		3			2	4	2	2	2	2			1	2	1	1	1	2	0	1		
5/19/15			2	1		2	4	2	2	2	3			1	2	1	1	1	1	0	1		
5/20/15	next day		3	1		3	4	2	2	2	3			1	2	1	1	1	1	0	1		
5/21/15	9:10pm	1	1			3	4	2	2	2	3			3	1	1	1	1	1	0	1		
5/22/15	8:00pm		1			2	3	2	2	2	2	1	0	1	1	2	1	2	0	dayi	1		
5/23/15	8:25pm	1	1	1		2	3	2	2	1	3			2	2	3	1	1	1	day2	1		
5/24/15	next day		2		1	2	3	2	2	1	3		0	2	2	3	1	2	0	day:	1		

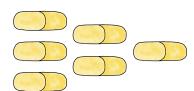
# On 'eyeballing' the data

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5/11/15	7:20pm	0	2	0		2	4	1	2	2	2	0		3	3		1	1	0	0					
5/12/15	9:10pm		1			0	3	2	2	2	2			1	_1	0	1	1	0	0	3			 	
5/13/15	9:40pm		2		1	2	4	2	2	2	2	2	0			4	1	1	1	0	1			1	
5/14/15			2			0	3	2	1	2	2		1				1	1	0	0		113			<b>S</b> .
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5/19/15			2	1		2	4	2	2	2	3			1	2	1	1	1	1	0	1				
5/20/15	next day		3	1		3	4	2	2	2	3			1	2	1	1	1	1	0	1				
5/21/15	9:10pm	1	1			3	4	2	2	2	3			3	1	1	1	1	1	0	1				
5/22/15	8:00pm		1			2	3	2	2	2	2	1	0	1	1	2	1	2	0	day1	1				
5/23/15	8:25pm	1	1	1		2	3	2	2	1	3			2	2	3	1	1	1	daya	1				
5/24/15	next day		2		1	2	3	2	2	1	3		0	2	2	3	1	2	0	day:	1				

# Why I will continue







# Thanks

@katiemccurdy

