

LEARNING FROM MY EXCUSES

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

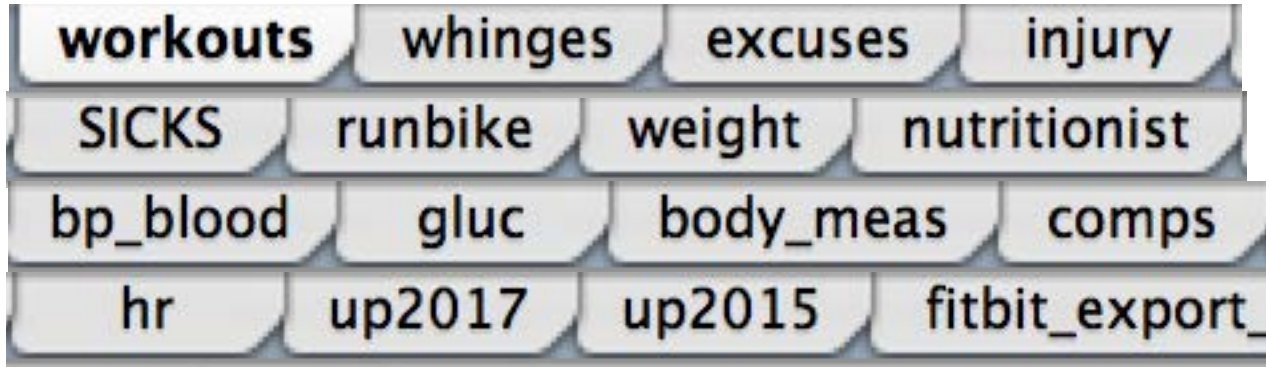
13	Date	Exercise	Score	notes	progress
14	YEAR 1: 2004				
15	Wed, June 30, 2004	gym, running	1		0.7
16	Thu, July 01, 2004				0.3
17	Fri, July 02, 2004				0.0
18	Sat, July 03, 2004	hike	1		0.7
19	Sun, July 04, 2004				0.4
20	Mon, July 05, 2004	hike	1		1.0
21	Tue, July 06, 2004				0.7
22	Wed, July 07, 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

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 aftern	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
Grand Total	18	5	10	33

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

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
Grand Total	33

Times I got sick from family

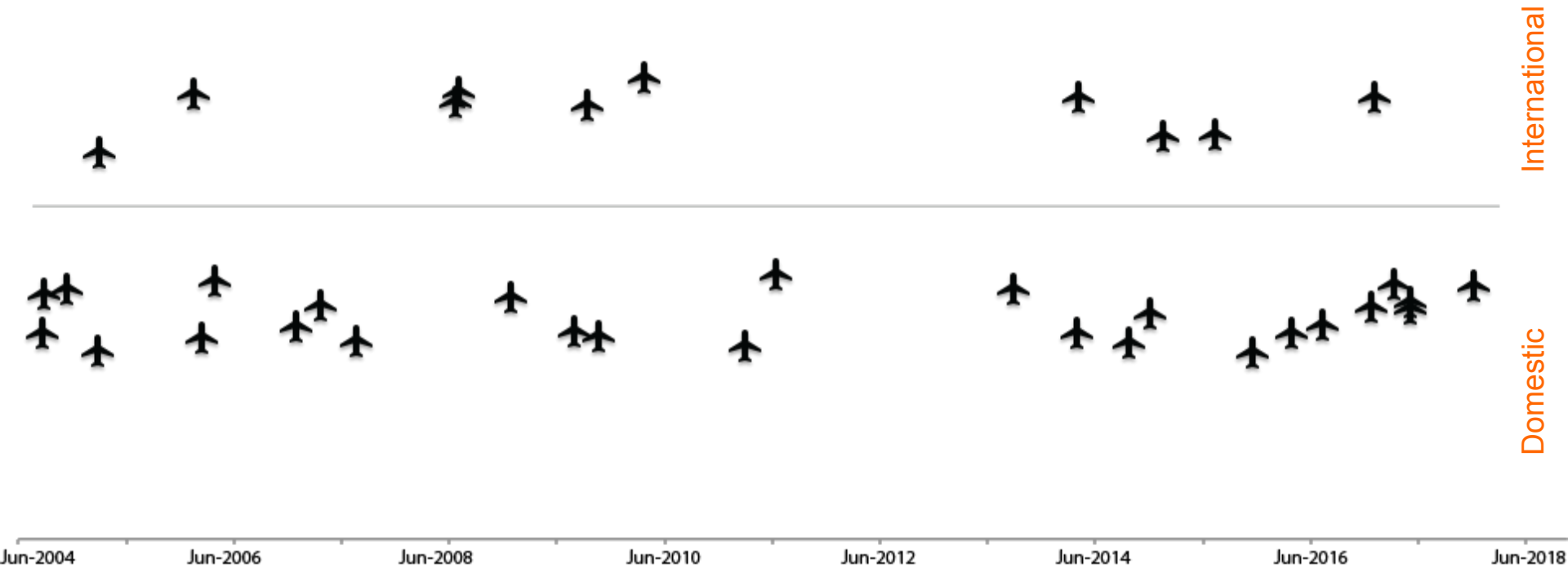


 from sibling

 from sibling's family

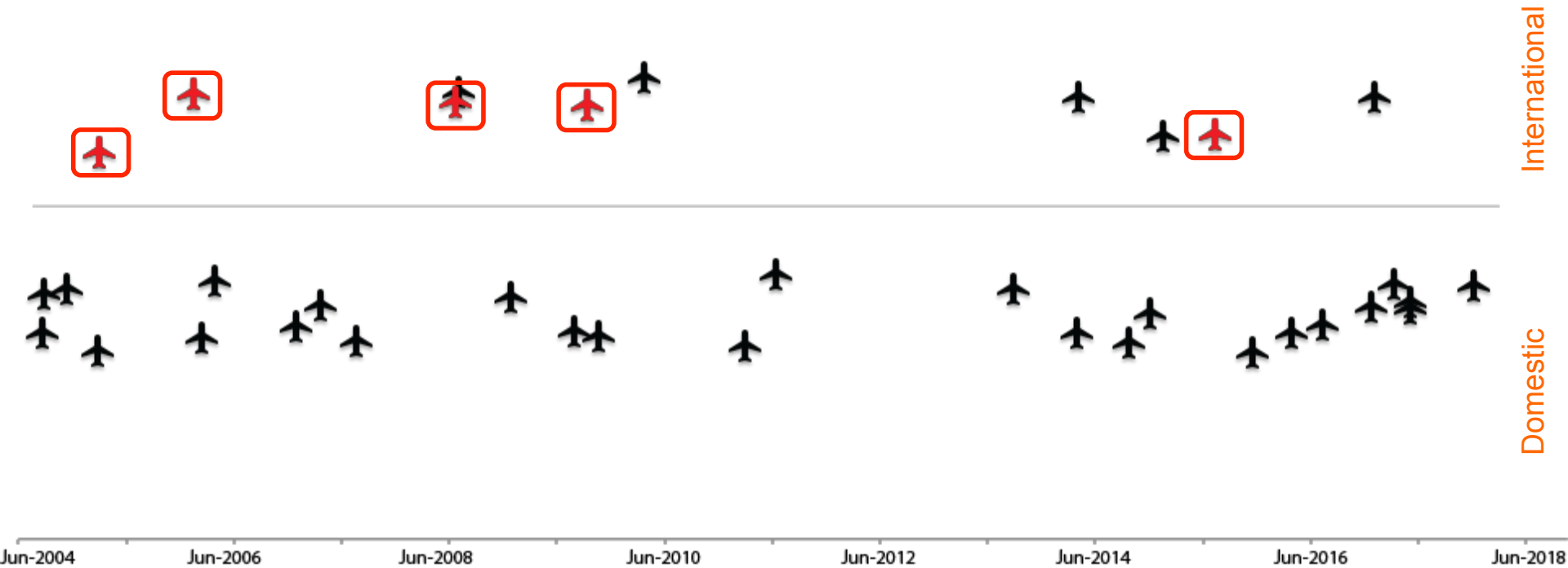


I've taken 36 trips involving air travel

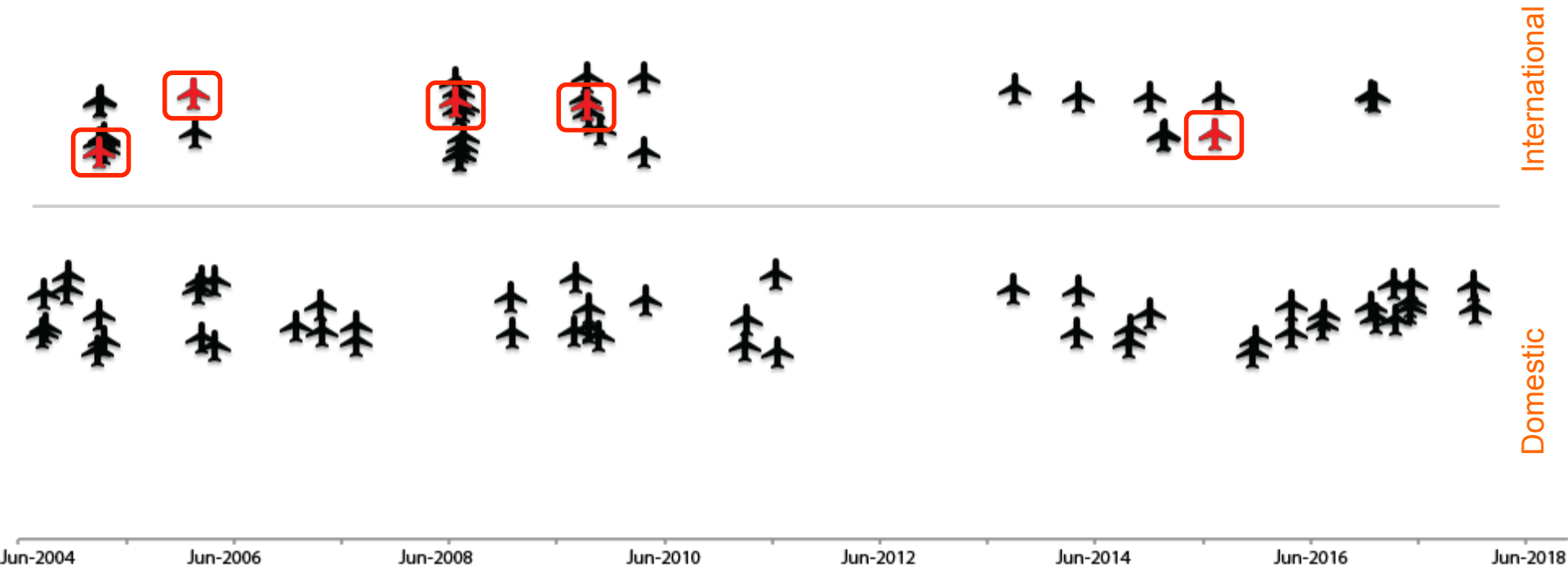


26 domestic, 10 international trips

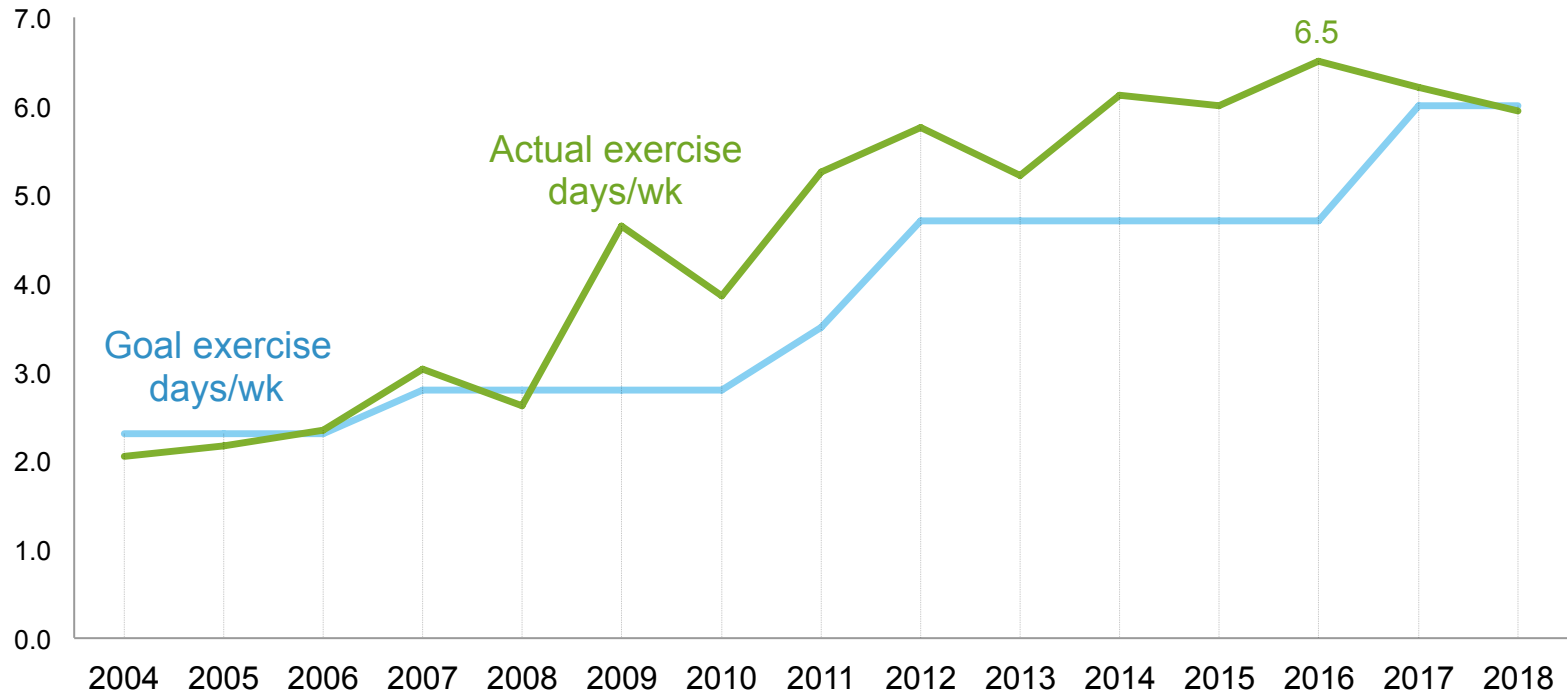
I got sick from 5 of them, all international



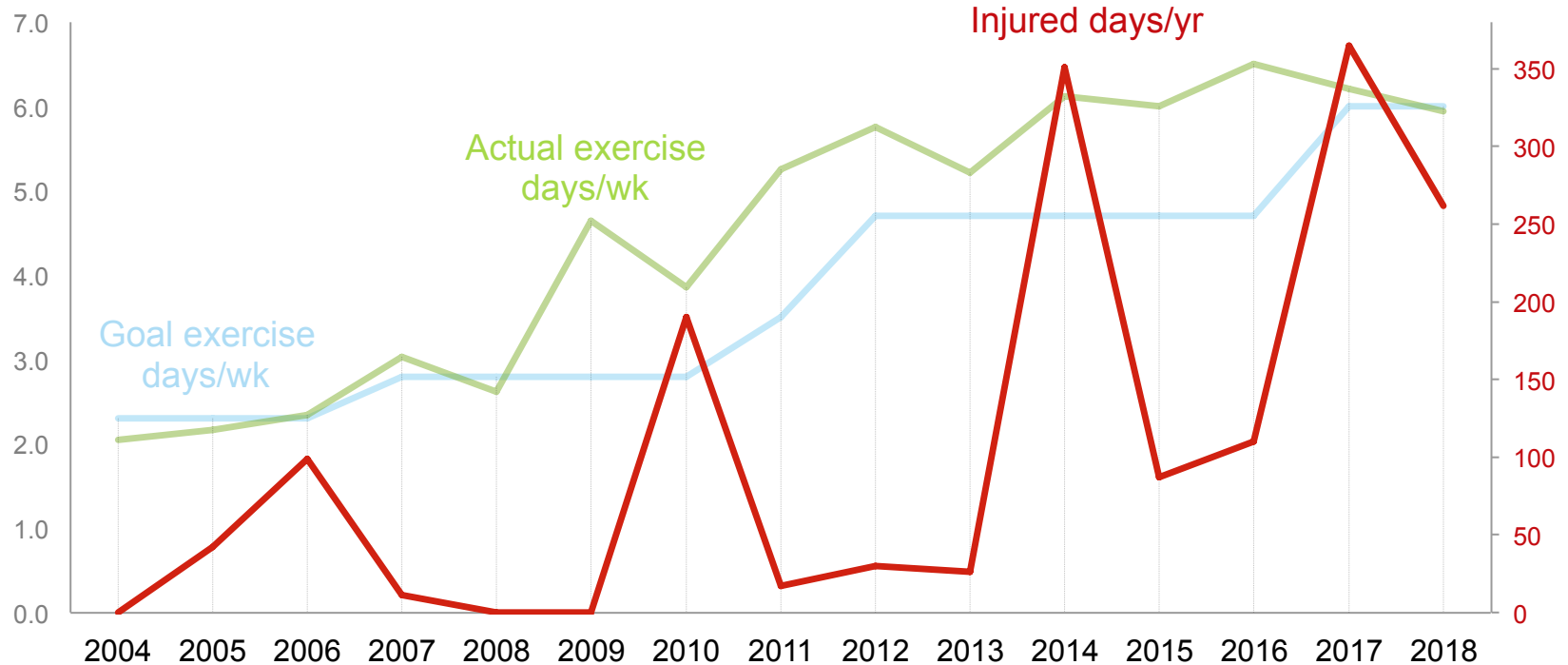
There were 87 flights in all



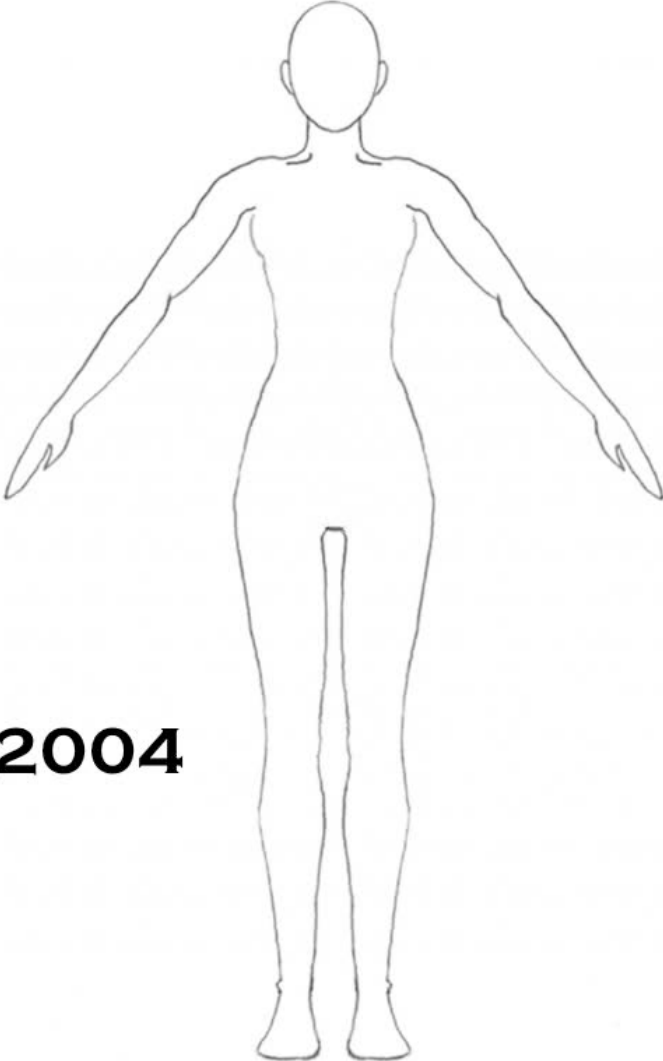
More Exercise over time



More Exercise, More Injury



Injury Location

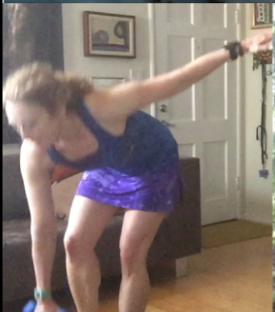
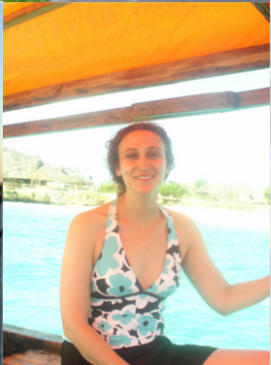
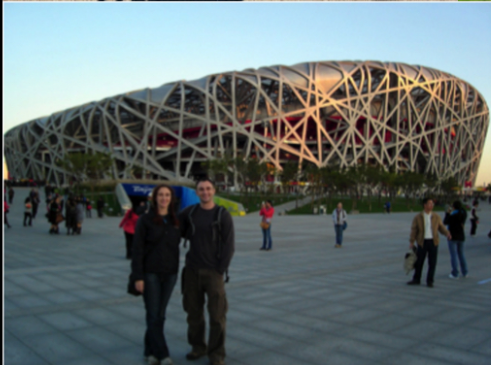


2004

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

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!



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