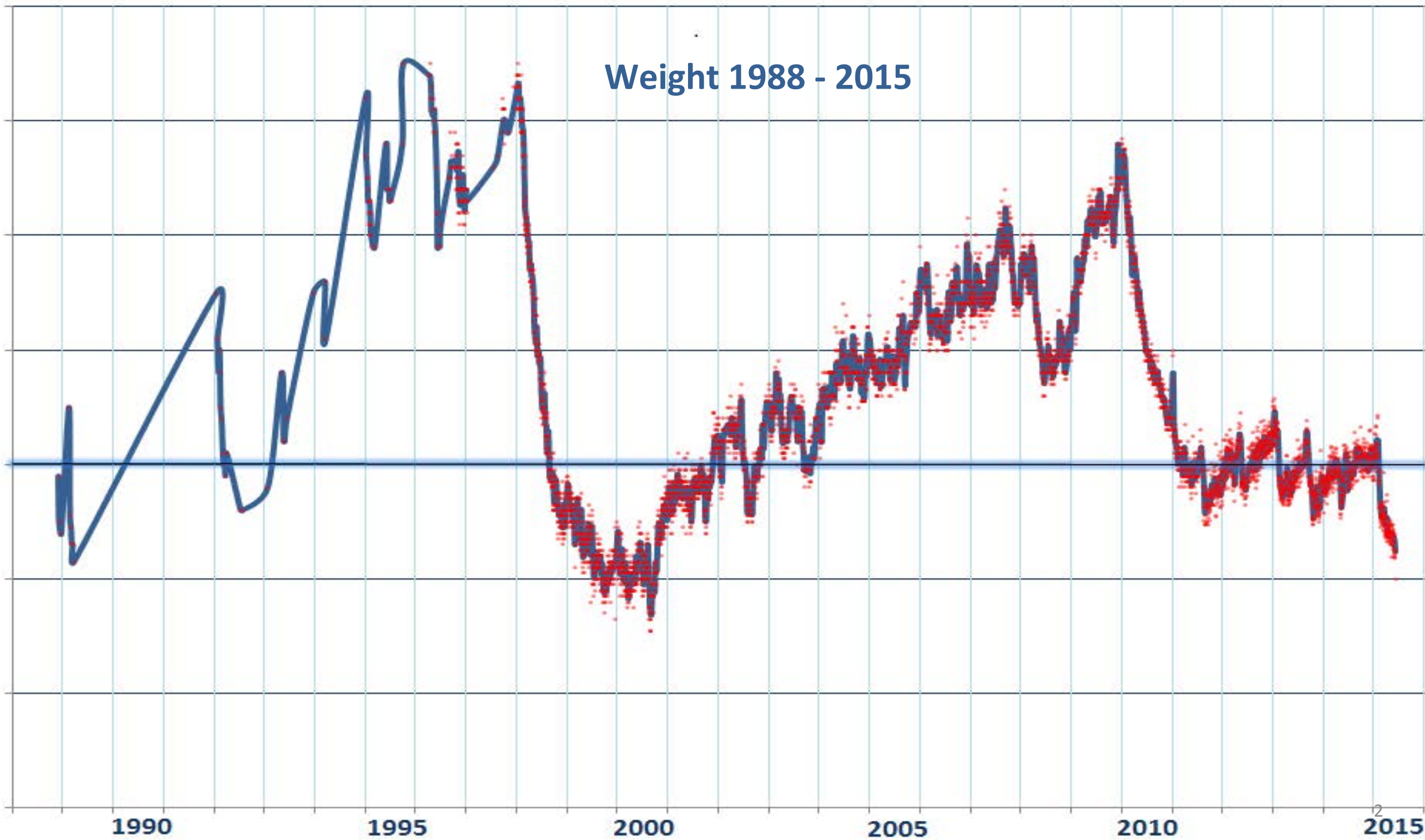# 28 years of tracking:

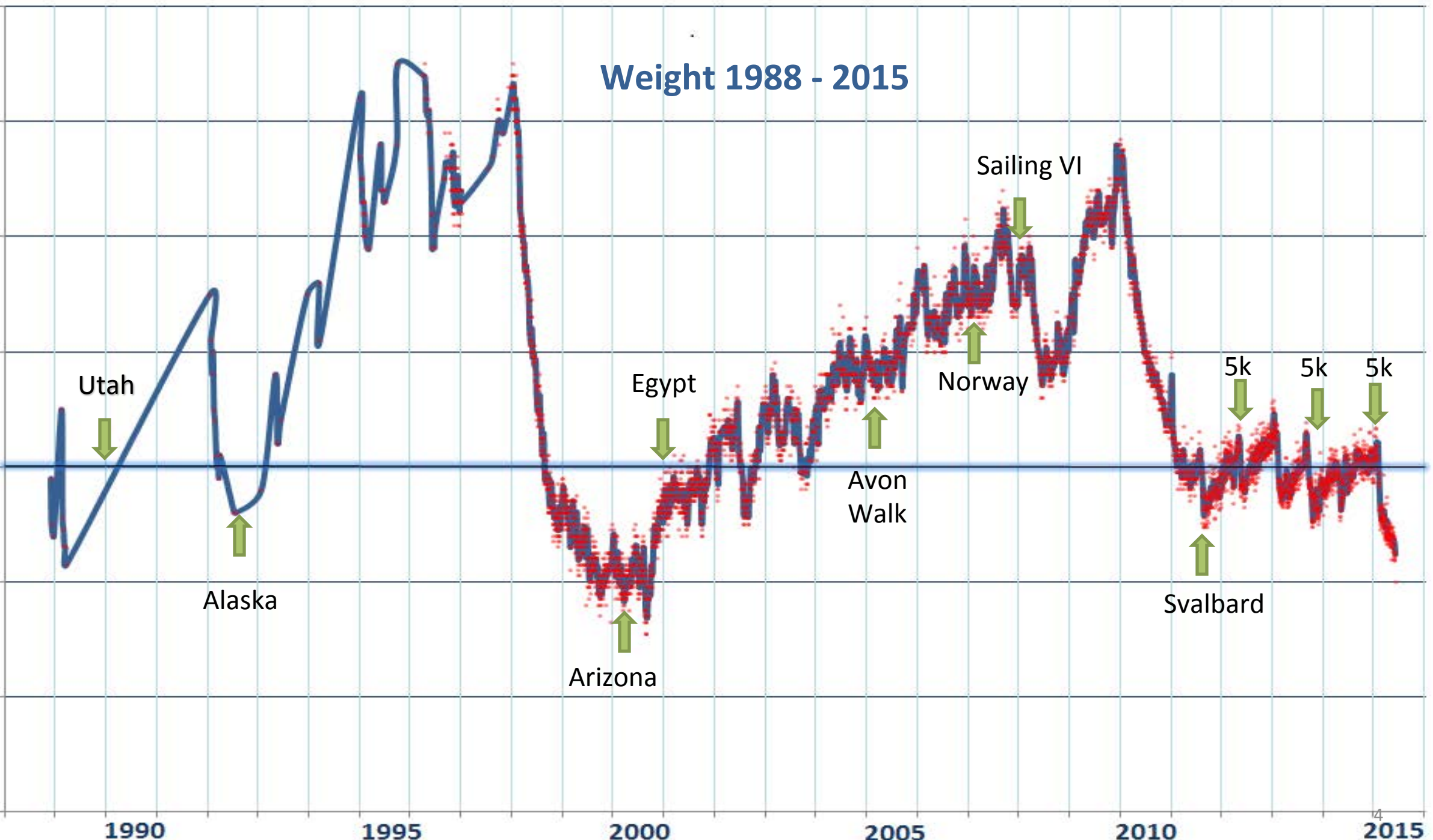## *But What Did I Learn?*

Nan Shellabarger
QS15
June 2015
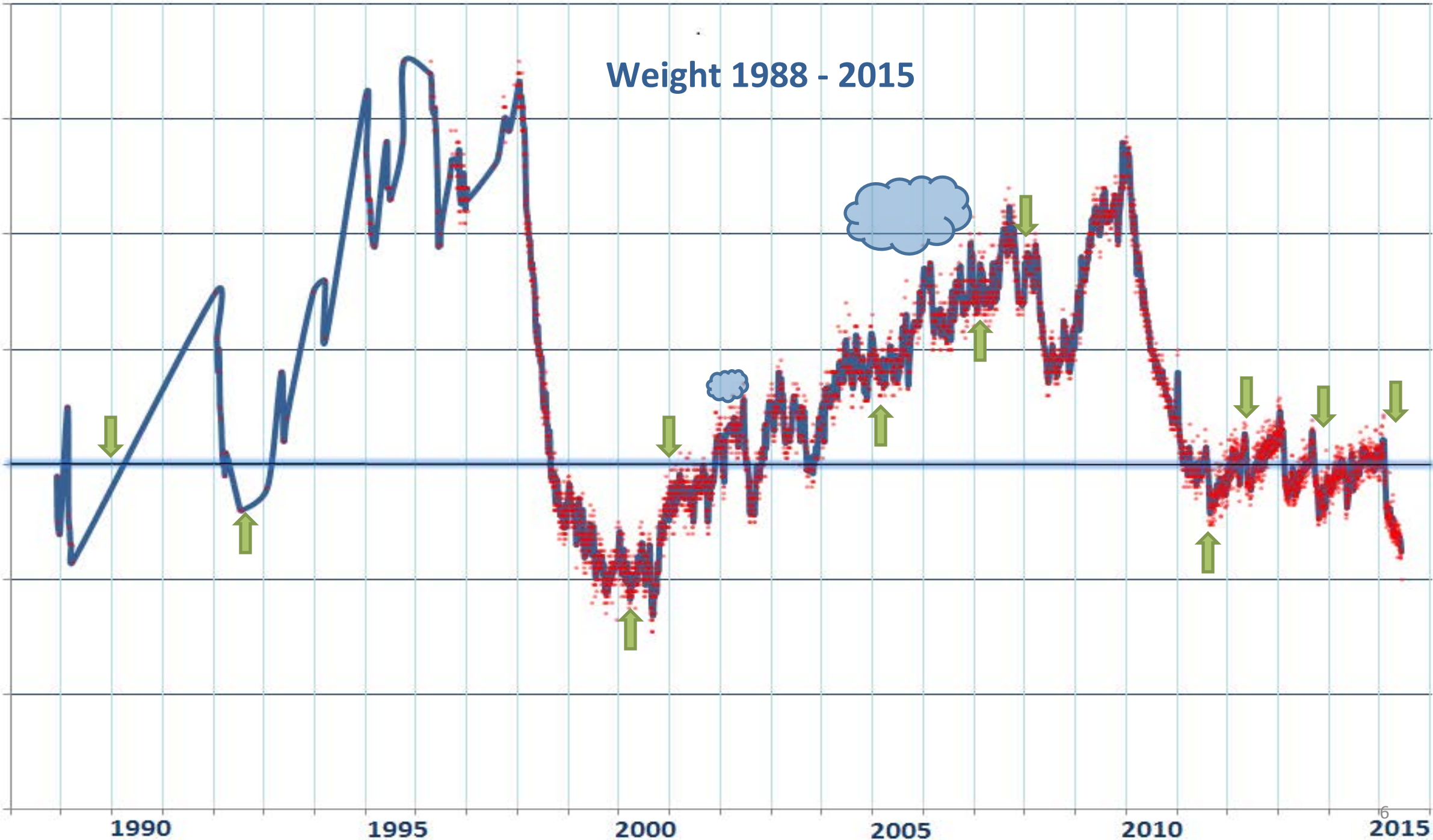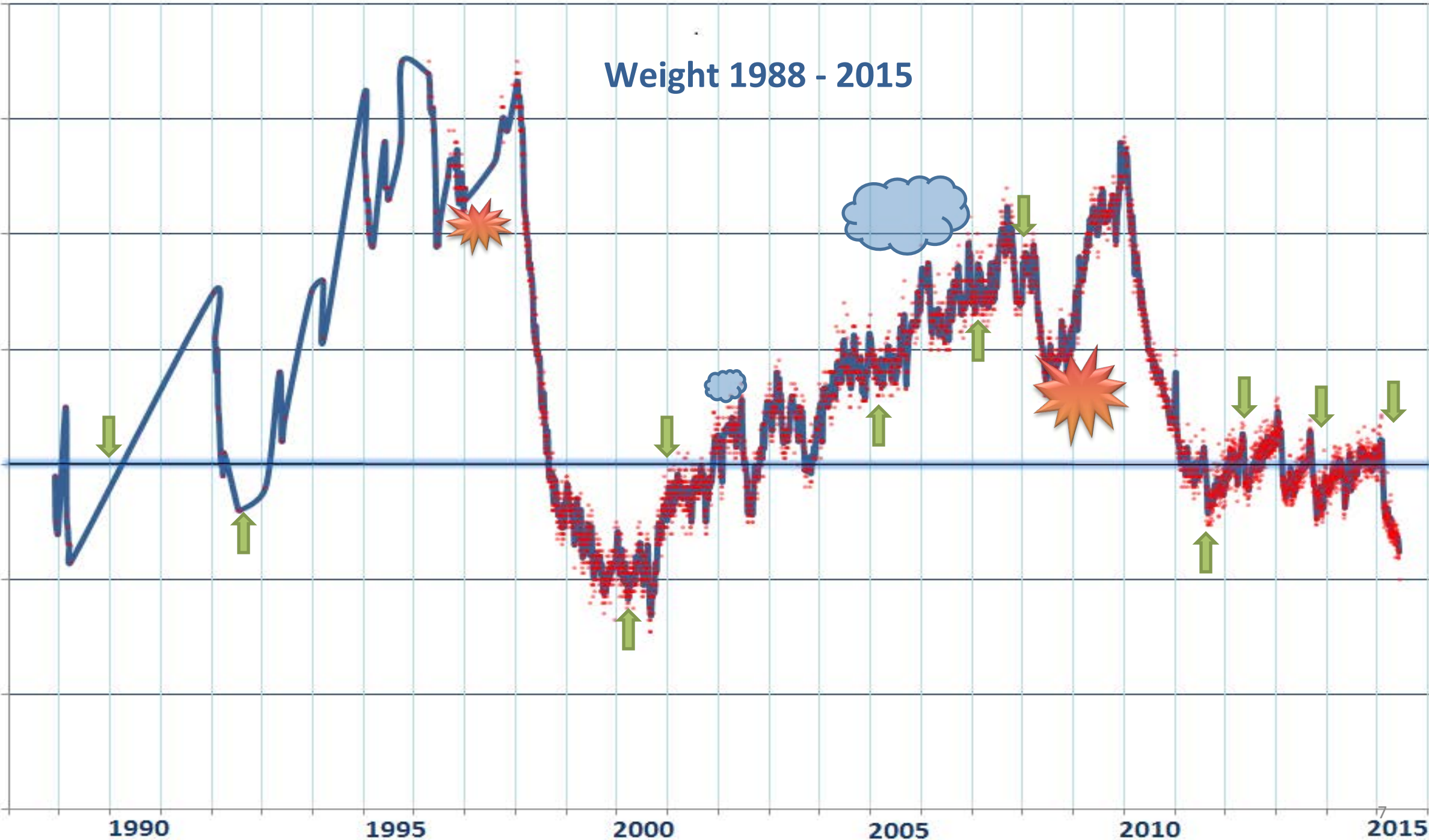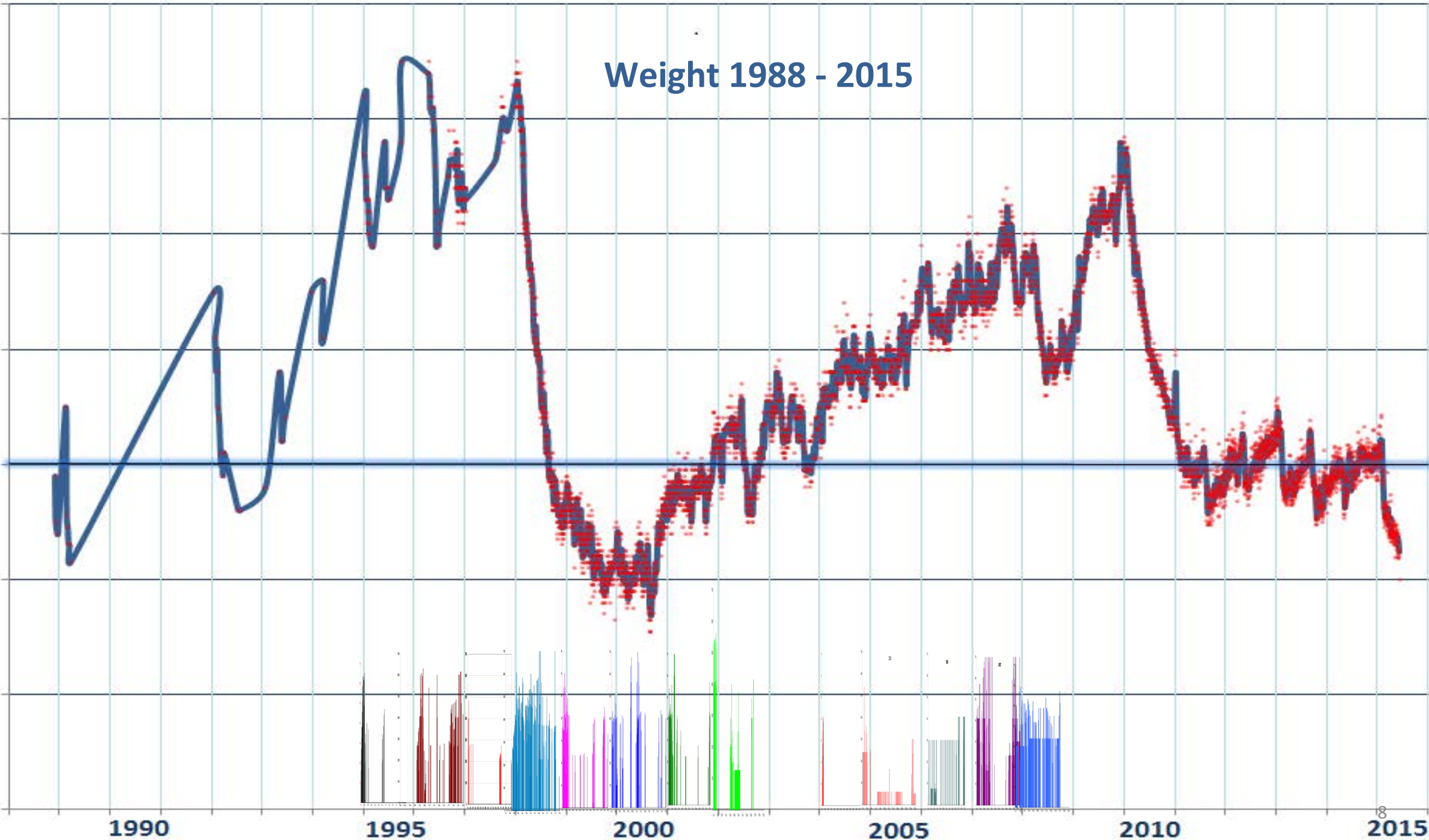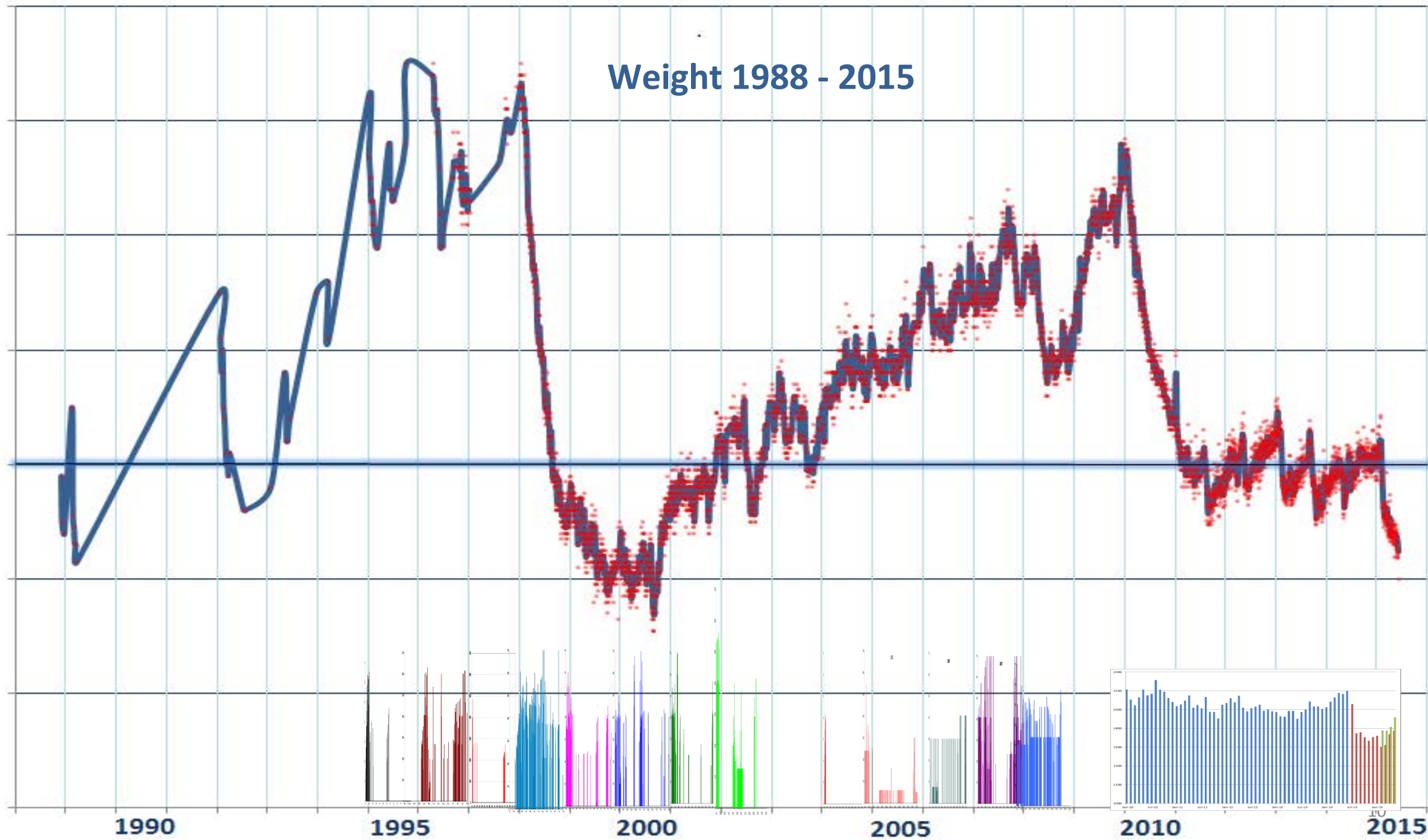
Weight 1988 - 2015
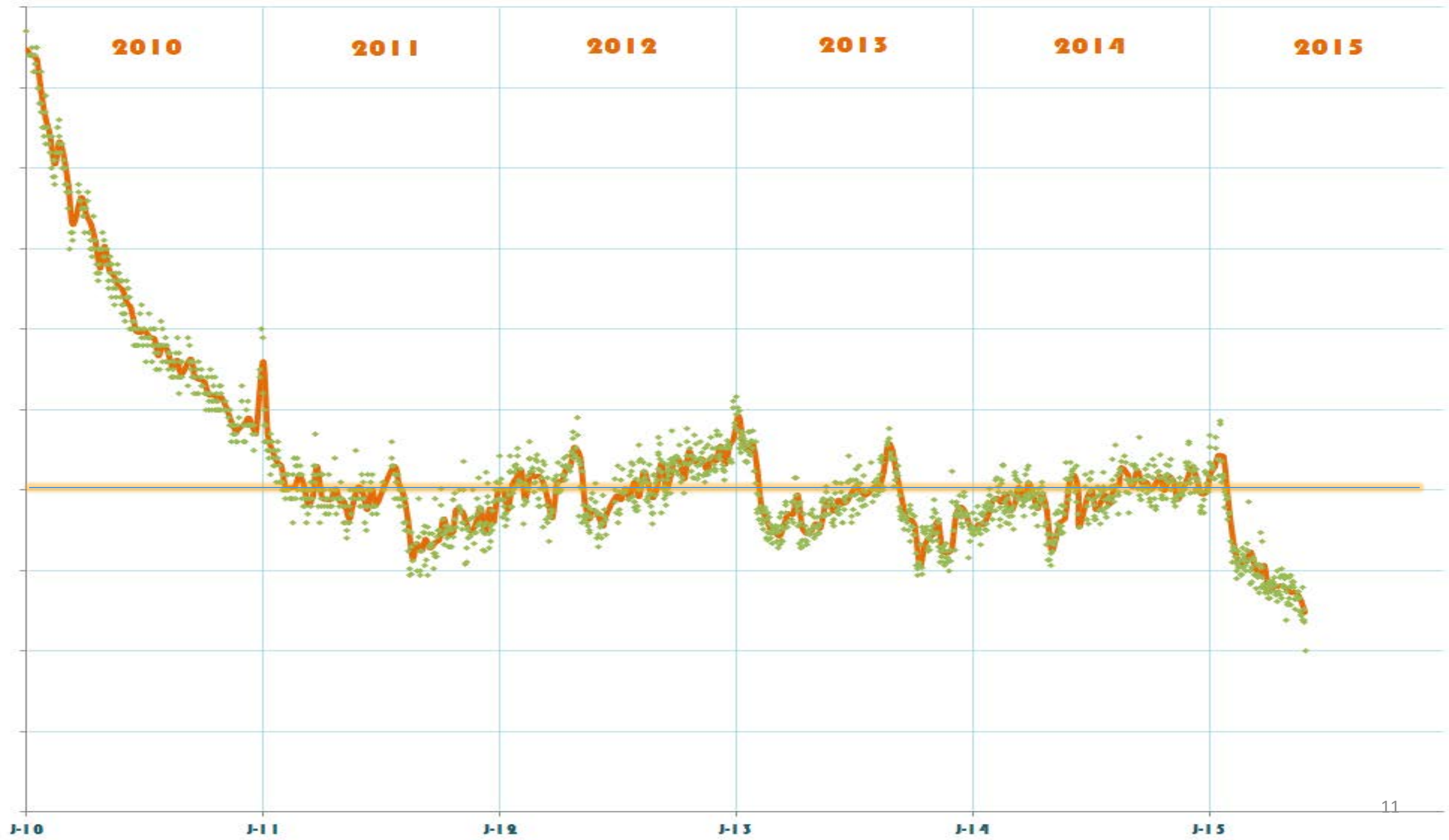
Weight 1988 - 2015
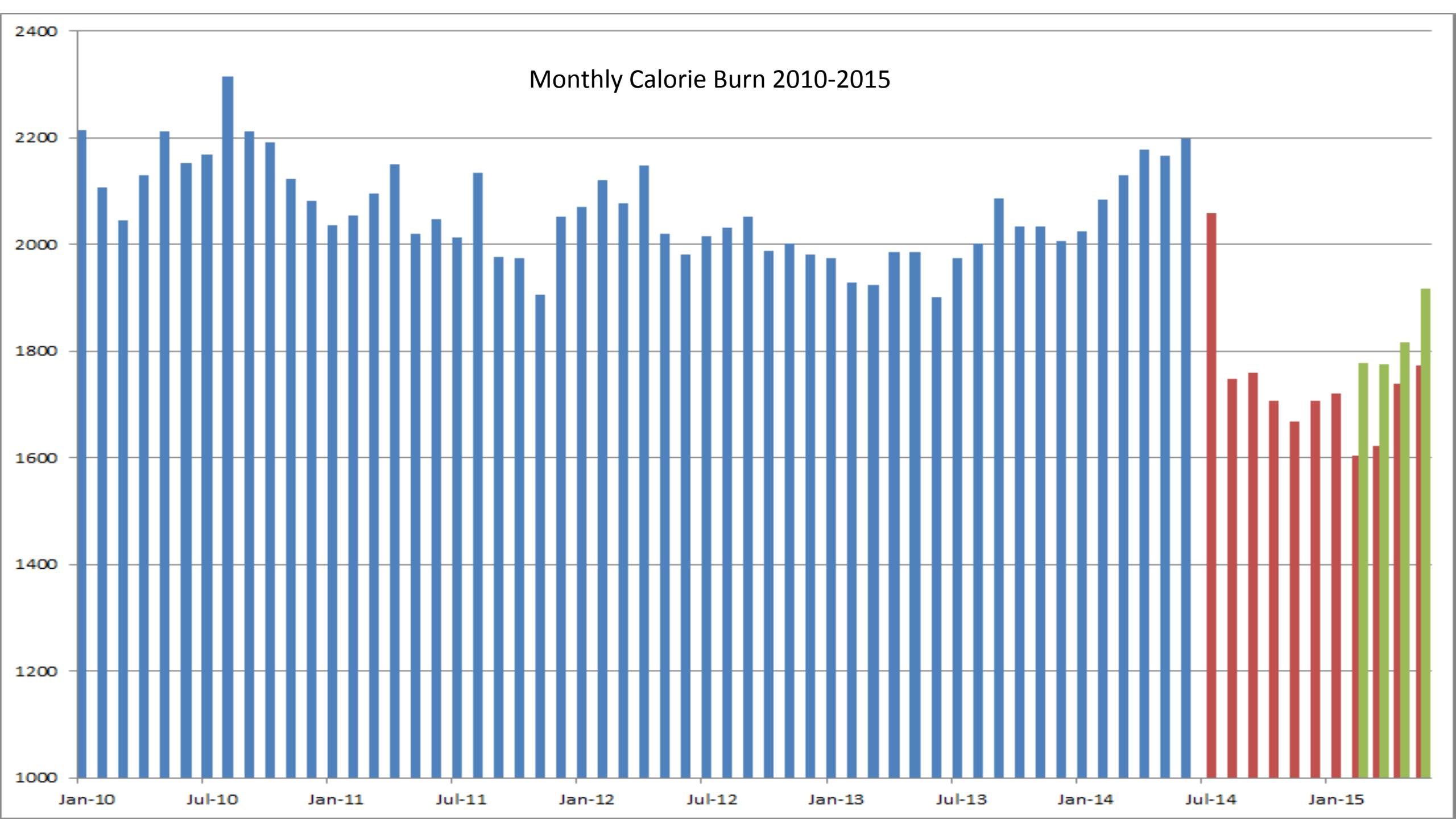
Weight 1988 - 2015

Weight 1988 - 2015

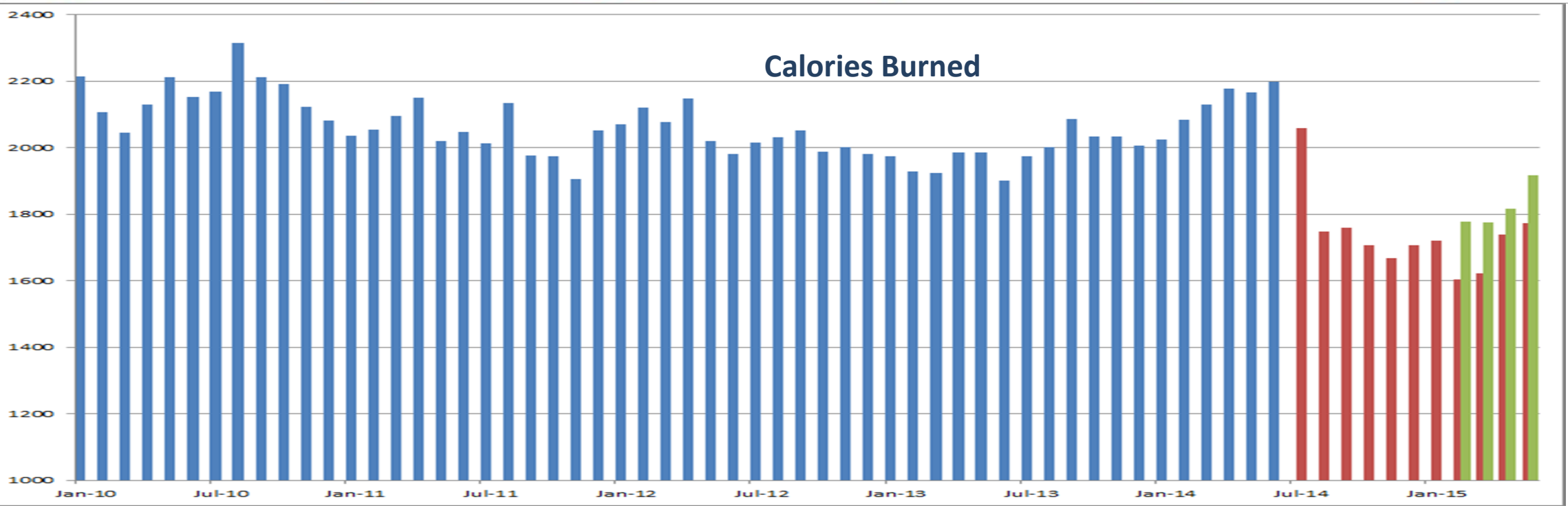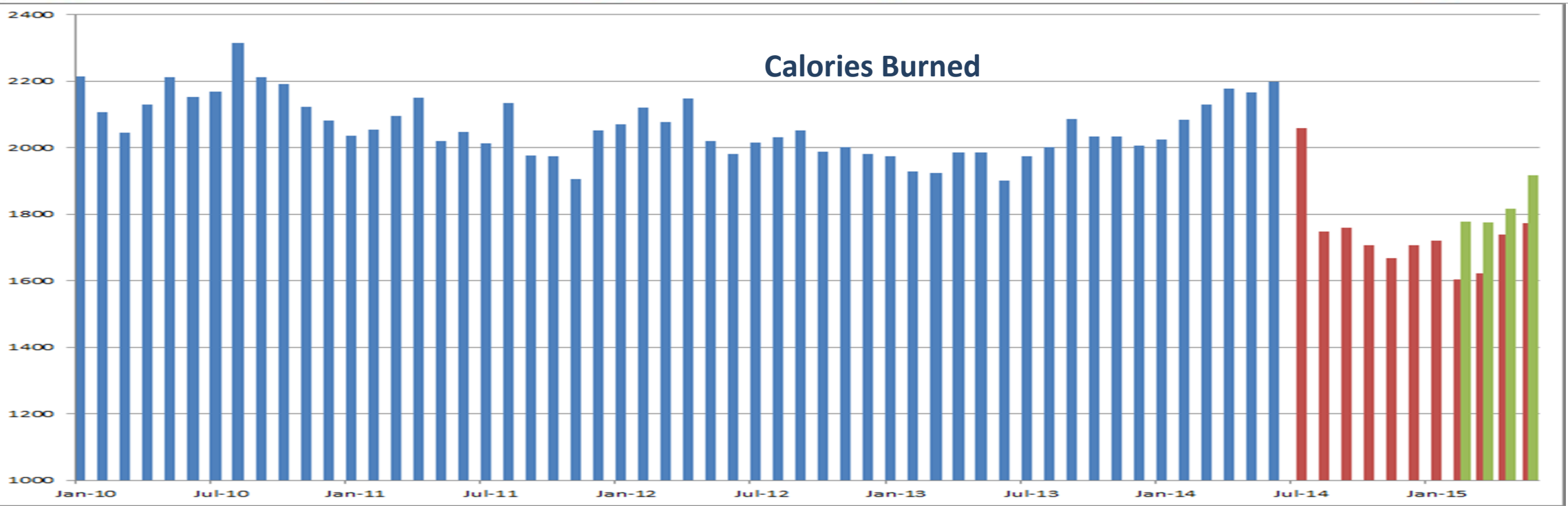**Weight 1988 - 2015**
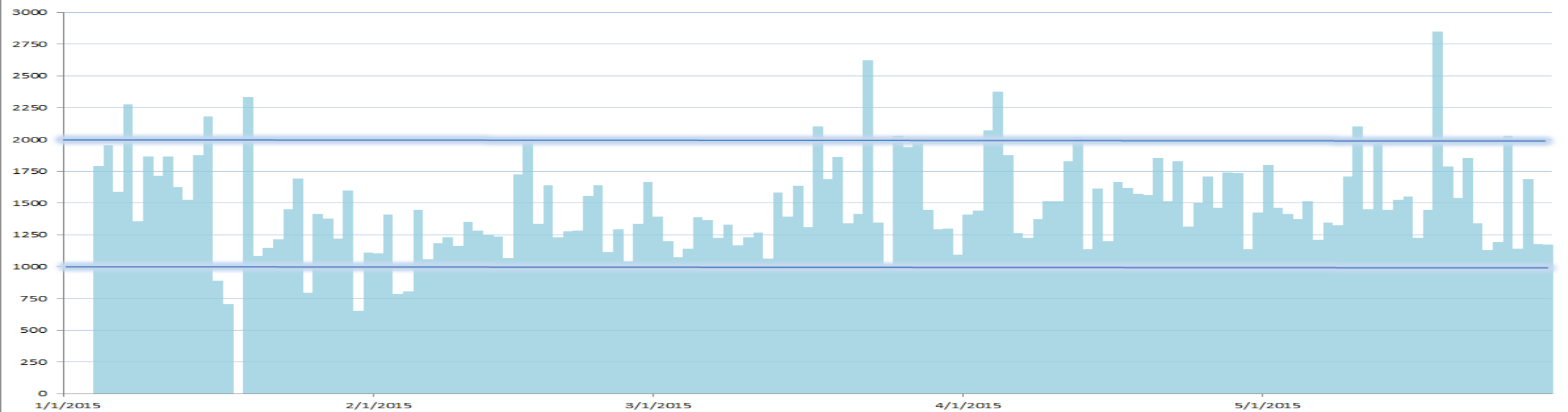
8

Weight 1988 - 2015

Monthly Calorie Burn 2010-2015

Weight

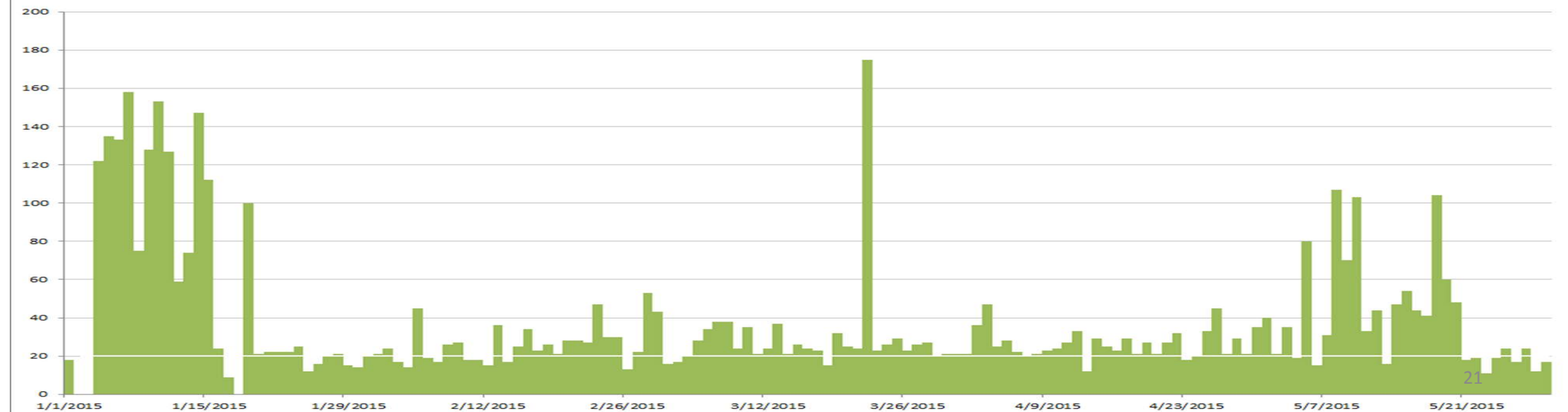Calories Burned

16

Weight

Calories Burned

2013

Calendar

Month	S	M	T	W	T	F	S
Jan			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
Feb	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
Mar	24	25	26	27	28	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
Apr	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
May	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
Jun	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
Jul	30	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
Aug	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
Sep	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
Oct	29	30	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
Nov	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
Dec	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

Weight

Month	S	M	T	W	T	F	S
Jan			154.7	155.8	155.1	153.7	154.9
	152.6	153.2	152.3	152.9	153.6	153.4	152.6
	152.7	153.2	151.8	153	151.7	151.8	152.4
	152.8	153.6	153.6	152.2	153.1	152.2	153
Feb	153.7	152.6	151.2	151.2	153	150.4	149
	148.8	149.8	149.7	148.2	148.6	149	148.6
	147.9	148.2	148.2	147.6	148.9	148.8	148.2
	147	146.9	148.6	147.4	147.9	148.3	147.3
Mar	147	147.5	147.8	146.7	147.4	147.6	148
	147.4	147.6	147.8	146.8	146.4	147.4	146.6
	148.3	148.6	147.8	146.9	147.6	146.8	145.6
	146.8	149.3	149.1	148.6	147.7	148	148.2
	148.4	148.6	148	149	148.9	148.2	148
Apr	149.6	150.8	149.3	149.7	150.8	149	148.7
	147.8	149.1	146.7	149.3	148	146.4	146.5
	146.9	148.5	147.7	146.9	147.8	146.9	146.8
	146.6	147.3	147.5	148.5	147.2	147.4	147.6
May	148.5	148.6	148.8	147.8	148.3	147	147.2
	147.2	148.3	147.7	147.4	147.7	147.3	147.9
	148.6	149.3	148.4	149.5	149.4	148.4	148.5
	149	150.2	149.9	149	148.7	148.5	148.9
Jun	149.3	149.4	149.5	149.4	148	148.2	147.8
	149.1	150.5	149.8	150.4	148.7	148.5	148.8
	148.6	148.5	149	149.9	150.4	148	148
	148	149.5	148.8	149.3	149.6	150.5	151
	151.5	152.1	150.5	149.7	150.6	148.4	148
Jul	148.4	148	150.6	149.7	150.2	150.6	151.3
	150.4	149.8	148.5	149.4	151.5	150.4	149.9
	149.4	149	149.5	150	150.9	149.9	149.1
	149.3	149.5	149.7	149.9	150.1	150.3	150.5
Aug	150.7	151.7	150.1	150	149.3	150.5	149.7
	150	150.4	150.1	149.7	150.7	150.4	149.9
	151	151.9	151.7	152.1	151.2	150.2	150
	150.3	150.6	150.9	151.2	151.5	153	152.8
	153.8	153.2	152.1	151.9	152.3	151.9	151.1
Sep	150.8	150.2	151.9	150.6	151.1	151.1	150.2
	151.5	150.9	149.7	148.9	148.7	148.2	148.4
	148.2	148.5	148.4	148.4	147.6	148.2	148.3
	148.3	148	147.5	148.7	148.7	148.4	146.8
Oct	147.8	148.5	147.7	147.2	148.4	147.2	146.2
	145.3	146.1	144.7	145.1	145.3	145.2	145.5
	146.6	144.8	147.7	145.2	146.3	147.4	147.5
	147.3	147.5	147.7	147.5	146.2	146.5	147
Nov	146.3	147	147.3	147.5	147.8	146.8	148.3
	148.8	149.4	148.6	147.3	147.4	146.9	148
	148.2	146.5	146.2	145.5	145.9	145.9	145.5
	146.3	146.5	146.2	145.3	145.8	146.7	145.8
	145.5	146.2	145	145.3	145.6	146.3	149.3
Dec	150.2	151.2	149.9	147.5	146.3	148.4	149.1
	149.3	148.6	148.7	148.9	148.5	149.7	148.8
	147.9	148.3	147.7	148.4	149.9	149.6	148.6
	148.6	148.5	148.4	148	146.5	145.8	147.6
	146.8	147	147.3				

Calories Eaten

Month	S	M	T	W	T	F	S
Jan				1998	1493	1145	1668
	1536	1654	1195	1692	1375	1412	1738
	1254	1302	1128	1656	1733	2462	2059
	1249	1133	1417	1663	1236	1343	881
Feb	1605	1217	1386	1163	1510	1260	1131
		1048	1266	1170	1362	1403	1308
	1256	1240	1088	1088	1391	1702	1629
	1287	1200	1520	1581	1911	1368	1526
Mar	1239	1309	1028	1139	2107	1904	1144
	1808	1142	1528	1841	1162	1641	2208
	1508	1596	1705		1326	1254	3113
	2241	1698	1920	1453	1412	1309	
					1933	1948	2151
Apr	2060	2209	1905	1488	1717	1831	1609
	1030	1425	1917	1022	1809	1485	1464
	1464	1367			1516	1564	
	1358	1893			1963	1889	2224
May			1637				
Jun							
Jul							
Aug						1661	1355
	1259	1343	1554	1418			
	1184	1433	1941	1727	1699	1988	
Sep		1645	1656	1155	1737		
	1140	1026	1942	1249	1141	1398	1230
	1970	1306	1521	1126	1672	1600	1016
	1316	1301	1516	1729	1568	1221	1261
Oct	1924	1412	2065	1931	1165		
	1845	1976		1373	1128	1816	1631
		1526	1287	1384	1827	1744	2003
	1454	1284	1995	1260	1509	1941	1587
Nov	1572	1215	1692	2020		1190	1678
	1583	1857	1268	1790	1676	1908	2194
	1478	1578	1173	2166	1632	1414	1517
				1809	1623		
		1080					
Dec		1075					
							1600
	1645	1577					

Calories Burned

Month	S	M	T	W	T	F	S
Jan			1972	1984	1991	1914	1969
	2084	2034	1949	1894	2127	1896	1908
	2187	2032	1816	1960	1977	2057	1968
	1877	1904	1982	1886	1960	1943	2025
Feb	2175	1920	1959	1866	1975	1960	1855
	1839	2019	1980	1955	1761	1895	2074
	1794	2097	2023	1873	2041	1945	1904
	1890	2086	1942	1898	2058	1853	1751
Mar	1904	1809	1905	1866	1992	1864	1820
	1876	2076	1921	2007	2063	1854	1912
	1882	1870	1869	1814	1972	1905	1875
	1805	1876	1904	1859	1792	2006	1891
	1724	2118	2311	1842	1912	1843	1931
Apr	2219	1904	2057	1966	1922	1712	1946
	2275	2012	1870	1926	1982	1883	2075
	2096	1984	2050	1775	1875	1887	2063
	2336	2001	1922	2101	1966	1954	2219
May	2027	1962	1832	2082	1986	1978	2179
	2174	1882	1752	1921	2071	1869	2119
	2273	1925	1843	1923	2081	2319	1959
	1991	2154	1959	1814	1971	1990	1875
Jun	1954	1949	1750	1819	2091	1876	2167
	1721	2027	2052	1801	2009	1796	2038
	1751	1923	1986	1875	2031	1906	1916
	1691	1993	1758	1831	1785	1978	2066
	1769	1968	1892	1924	1880	1808	1852
Jul	1840	1948	1870	1906	1958	1803	1962
	2137	2089	1943	1796	1981	1932	1829
	2092	1941	1849	1889	1934	1915	2186
	1993	2091	2097	2178	2330	1808	2100
Aug	1856	2118	1784	1867	1891	1962	1908
	2141	2116	1878	1955	1984	1987	2217
	1884	2018	1816	1901	1986	1978	2127
	1914	1967	1895	1783	1858	1974	2130
	2222	2028	1994	2140	2177	2011	2183
Sep	2085	2387	2194	1967	2088	2149	2026
	2259	2242	1889	2121	2019	2134	2356
	1984	2051	1978	2058	2019	2135	2071
	2242	2165	1964	1950	2133	1836	2015
Oct	2021	2067	2356	2233	2521	2425	2006
	2017	2141	2030	1910	2005	1628	1826
	1847	2232	2253	1971	1906	1907	1869
	2073	2127	1801	1798	2107	2115	1861
Nov	1965	2100	1964	1859	2189	2083	1867
	2093	2077	1856	1953	1946	1862	2231
	2041	2225	2010	2014	2111	1980	2027
	1969	2126	2168	1994	1996	1937	1864
	2254	2216	2023	1923	2008	2062	2082
Dec	2337	1995	2088	1889	2061	2011	2059
	2042	1800	1777	1957	2067	1925	2066
	2053	2017	2102	2118	2016	2046	2281
	2141	2320	2519	2106	1466	1549	1895
	1806	1970	1728				

Sleep

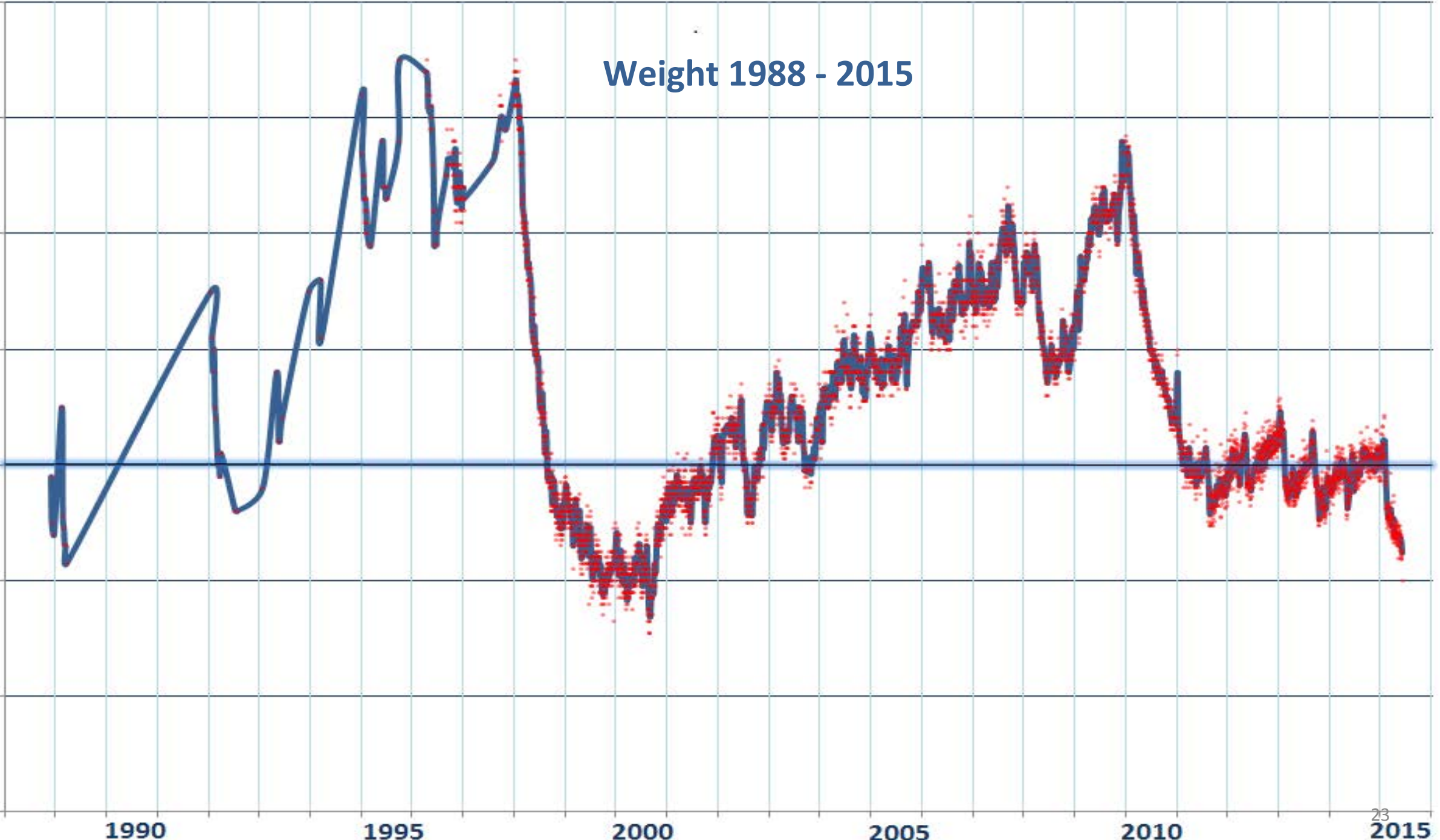| Month	S	M	T	W	T	F	S
Jan			6.0	6.3	5.6	7.1	8.0
	7.8	7.2	5.9	7.1	6.5	6.1	8.1
	8.8	6.4	6.4	6.5	6.8	7.0	8.1
	6.5	9.2	6.9	7.8	6.9	7.2	7.8
Feb	9.7	7.2	8.1	7.2	7.1	8.0	5.9
	7.8	6.4	6.7	6.6	6.2	6.5	7.8
	7.5	7.3	7.1	7.6	6.9	7.7	9.1
	7.8	7.2	7.3	7.3	6.8	7.5	8.5
Mar	9.0	5.9	6.6	7.4	6.8	7.3	7.0
	9.4	7.3	6.8	5.8	8.0	6.0	6.0
	8.7	6.1	7.2	6.2	7.0	6.5	6.7
	7.7	8.0	9.7	7.0	7.3	7.6	8.0
	8.0	8.7	8.2	8.2	6.0		8.9
Apr	8.7	6.7	6.1	7.2	7.2	7.2	8.5
	7.4	6.3	5.5	6.6	6.0	5.4	9.6
	7.0	6.8	6.5	6.6	6.6	6.3	7.2
	7.9	6.3	5.6	7.7	4.9	8.1	8.6
May	6.9	5.3	6.1	7.4	6.6	6.7	7.2
	7.8	6.5	6.6	7.8	6.9	5.4	9.6
	8.0	6.4	6.4	7.7	6.5	7.2	6.8
	5.5	6.6	6.9	6.4	4.3	7.1	5.9
Jun	6.8	7.5	7.0	6.5	5.7	6.2	6.6
	8.2	7.1	5.9	6.3	6.2	7.8	7.1
	7.2	5.4	6.2	7.0	6.1	7.1	9.5
	6.9	4.6	8.3	8.0	6.7	6.4	6.1
	8.9	7.2	7.4	8.1	7.3	6.2	8.7
Jul	8.9	5.1	7.0	6.7	8.2	6.2	7.6
	5.6	6.7	6.2	6.0	6.5	7.0	8.8
	7.1	7.1	6.3	6.9	6.8	6.7	6.6
	6.5	8.7	4.7	7.9	8.7	8.8	8.4
Aug	5.9	8.3	7.2	7.2	6.6	7.0	8.7
	8.4	6.9	6.9	7.2	7.1	5.7	7.7
	9.0	5.7	7.6	7.3	5.7	8.4	6.8
	5.6	9.8	6.2	10.7	7.2	5.9	7.7
	9.9	5.5	7.2	6.6	6.6	7.3	6.2
Sep	6.4	5.0	6.1	7.2	6.3	5.5	7.8
	7.0	5.9	6.4	7.7	5.9	6.8	8.3
	6.9	7.0	7.6	8.1	6.8	7.4	8.3
	8.8	7.2	6.2	7.0	7.3	7.8	6.7
Oct	9.2	5.9	7.1	6.7	7.6	8.0	5.8
	7.1	6.6	7.5	7.3	6.2	7.5	8.0
	7.9	7.0	8.5	7.9	5.7	6.9	8.0
	7.8	5.9	6.7	6.0	7.3	7.9	7.8
Nov	8.6	6.8	6.4	7.0	7.4	7.2	9.2
	7.5	6.9	7.1	6.7	5.6	8.7	7.7
	7.4	9.0	6.3	6.6	6.9	6.6	7.5
	8.8	6.5	6.9	6.9	4.9	6.5	7.5
	7.7	6.4	5.1	6.8	7.8	7.9	7.1
Dec	7.8	7.8	5.8	6.4	6.8	6.9	5.8
	7.8	6.5	7.3	7.5	6.6	7.1	7.1
	7.8	6.9	5.9	6.0	6.6	6.2	8.9
	8.0	6.5	6.6	7.8	10.3	11.2	8.3
	7.0	7.8	8.6				

Calories

NetCarbs

Weight 1988 - 2015

What did I learn?

- I am not a (simple) machine
  - Homeostasis is a thing
  - What worked before might not work now

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