

Date	Awake	Weight
8/1/2022	9:30am	173.6
8/2/2022	4:30am	175.0
8/4/2022	7:30am	177.2
8/5/2022	6:00am	175.2
8/6/2022	5:30am	176.0
8/7/2022	7:15am	177.6
8/8/2022	8:45am	176.6
8/9/2022		178.0
8/10/2022	4:30am	176.8
8/11/2022	9:30am	176.4
8/12/2022	8:30am	177.6
8/13/2022	5:30am	179.0
8/14/2022	7:45am	179.0
8/15/2022	5:00am	176.6
8/16/2022	4:30am	177.6
8/17/2022	5:45m	178.4
8/18/2022	5:30am	176.0
8/19/2022	8:10am	175.6
8/20/2022	10:11am	174.2
8/21/2022	9:00am	176.0
8/22/2022	8:20am	175.8
8/23/2022	6:00am	176.2
8/24/2022	5:30am	174.2
8/25/2022	6:30am	176.4
8/26/2022	6:00am	177.4
8/27/2022	7:00an	177.6
8/28/2022	6:30am	174.4
8/29/2022	8:00am	174.0
8/30/2022	6:00am	174.2
8/31/2022	7:15am	batteries
9/1/2022	6:15am	173.6
9/6/2022	6:15am	175.4
9/7/2022	7:45am	175.8
9/8/2022	7:00am	175.6

9/9/2022	8:30am	176.0
9/10/2022	7:30am	176.6
9/11/2022	8:15am	177.0
9/12/2022	5:00am	177.0
9/13/2022	6:45am	177.6
9/14/2022	8:00am	178.2
9/15/2022	5:00am	175.6
9/16/2022	9:30am	175.8
9/17/2022	5:30am	176.2
9/18/2022	7:00am	176.6
9/19/2022	4:30am	177.6
9/20/2022	7:30am	176.0
9/21/2022	8:00am	175.6
9/22/2022	8:00am	176.0
9/23/2022	5:30am	176.6
9/24/2022	9:00am	175.6
9/25/2022	5:00am	177.2
9/26/2022	9:00am	177.2
9/27/2022	5:15am	177.8
9/28/2022	8:00am	176.8
9/29/2022	10:00am	174.0
9/30/2022	8:30am	173.2
10/1/2022	5:30am	175.2
10/2/2022	10:30am	173.8
10/3/2022	5:00am	172.8
10/4/2022	5:00am	172.0
10/5/2022	7:30am	172.8
10/6/2022	5:45am	174.8
10/7/2022	4:45am	174.2
10/8/2022	6:45am	175.0
10/9/2022	8:00am	175.0
10/10/2022		176.0
10/11/2022	5:15am	175.4
10/12/2022	5:30am	175.0
10/13/2022	7:00am	176.4

10/14/2022	7:45am	177.2
10/15/2022	9:30am	176.2
10/16/2022	8:15am	174.6
10/17/2022	7:45am	174.6
10/18/2022	4:30am	175.4
10/19/2022	8:00am	176.2
10/20/2022	8:00am	176.0
10/21/2022	9:15am	175.0
10/22/2022		176.6
10/23/2022	11:55am	175.6
10/24/2022	6:30am	176.4
10/25/2022	7:15am	176.6
10/26/2022	7:00am	176.6
10/27/2022	7:30am	174.2
10/28/2022	7:00am	176.6
10/29/2022	8:30am	175.2
10/30/2022	8:00am	176.6
10/31/2022	6:45am	176.6
11/1/2022	10:30am	177.6
11/2/2022	6:15am	177.6
11/3/2022	8:15am	
11/4/2022	9:15am	177.6
11/5/2022	7:45am	177.0
11/6/2022	5:45am	177.8
11/7/2022	7:00am	178.6
11/8/2022	6:00am	177.0
11/9/2022	7:00am	174.6
11/10/2022	6:15am	174.6
11/11/2022	9:30am	175.2
11/12/2022		173.6
11/13/2022		174.6
11/14/2022		174.4
11/15/2022	8:45am	175.0
11/16/2022	5:45am	175.0
11/17/2022	4:30, 10:30	176.4

11/18/2022	4:30, 9:30	177.2
11/19/2022	4:15	176.2
11/20/2022	awake all night	172.6
11/21/2022	4 hours, 6:15am	173.2
11/22/2022	8:15am	173.8
11/23/2022	4:30am	174.6
11/24/2022	4:30am	172.6
11/25/2022	4:45am	175.2
11/26/2022	7:45am	177.2
11/27/2022	6:00am	175.6
11/28/2022	4:30am	175.6
11/29/2022	5:30am	176.6
11/30/2022	5:30am	176.2
12/1/2022	6:30am	176.4
12/2/2022	7:45am	174.6
12/3/2022	7:45am	174.4
12/4/2022	5:45am	175.8
12/5/2022	5:45am	176.4
12/6/2022	9:45am	174.6
12/7/2022	10:30am	175.2
12/8/2022	9:00am	176.4
12/9/2022	up all night	177.2
12/10/2022		175.6
12/11/2022		175.6
12/12/2022	10:00am	176.0
12/13/2022	up all night	176.0
12/14/2022	7:45am	176.0
12/15/2022	8:30am	175.2
12/16/2022		175.6
12/17/2022	up all night	176.0
12/18/2022	4:40am-9:30am	177.2
12/19/2022	545am	176.6
12/20/2022	530am	174.0
12/21/2022	445am	172.0
12/22/2022		175.0

12/23/2022	545am	174.0
12/24/2022	745am	174.0
12/25/2022	745am	176.0
12/26/2022		174.6
12/27/2022	445am	175.8
12/28/2022	5:00am	176.0
12/29/2022	5:00am	176.2
12/30/2022	5:00am	178.2
12/31/2022	4:45am	178.2
1/1/2023	6:00am	179.0
1/2/2023	445am	176.0
1/3/2023	645am	176.6
1/4/2023	745am	175.6
1/5/2023		175.6
1/6/2023	745am	176.4
1/7/2023	645am	175.8
1/8/2023	245am	178.0
1/9/2023	415am	175.4
1/10/2023	445am	175.2
1/11/2023	700am	175.8
1/12/2023	530am	175.8
1/13/2023	700am	175.6
1/14/2023	800am	176.6
1/15/2023	900am	176.4
1/16/2023	1030am	175.0
1/17/2023	1100am	175.0
1/18/2023	400am	175.4
1/19/2023	700am	176.6
1/20/2023	600am	176.2
1/21/2023		176.6
1/22/2023		174.2
1/23/2023		175.0
1/24/2023	700am	174.4
1/26/2023	700am	175.2
1/27/2023	600am	176.6

1/28/2023	800am	175.6
1/29/2023	1000am	175.2
1/30/2023	800am	175.6
1/31/2023	915am	176.2
2/1/2023	600am	178.2
2/2/2023	915am	177.2
2/3/2023		179.2
2/4/2023	545am	175.2
2/5/2023	900am	174.2
2/6/2023	1015am	174.0
2/7/2023	7:15am	175.2
2/8/2023		176.0
2/9/2023	500am	175.2
2/10/2023	700am	175.6
2/11/2023	8:15am	176.2
2/12/2023		176.6
2/13/2023	600am	175.6
2/14/2023	820am	176.4
2/15/2023		177.4
2/16/2023		179.2
2/17/2023	5:00am	180.2
2/18/2023	5:00am	180.2
2/19/2023		178.2
2/20/2023	7:15am	179.2
2/21/2023	645am	179.4
2/22/2023	800am	179.2
2/23/2023	930a	179.0
2/24/2023	815a	178.4
2/25/2023	800am	180.0
2/26/2023	700am	179.0
2/27/2023	700am	175.2
2/28/2023	1030am	174.2
3/1/2023	800am	176.2
3/2/2023	700am	175.2
3/3/2023		176.8

3/4/2023	700am	174.6
3/5/2023	1000am	175.2
3/6/2023	730am	175.2
3/7/2023	915am	173.2
3/8/2023		176.6
3/9/2023		177.2
3/10/2023		177
3/11/2023	1030am	175.6
3/12/2023		175.0
3/13/2023		176.4
3/14/2023		175.2
3/15/2023		176
3/16/2023		177.6
3/17/2023	820am	178
3/18/2023	700am	178
3/19/2023		177.6
3/20/2023	1000am	177
3/21/2023	700am	178.2
3/22/2023	830am	178.4
3/23/2023	700am	178.4
3/24/2023	1130am	175.2
3/25/2023		179.2
3/26/2023		175.4
3/27/2023	900am	175.4
3/28/2023		175
3/29/2023		175
3/30/2023		175.4
3/31/2023		175.4
4/1/2023	8am	177.4
4/2/2023		174.4
4/3/2023		174
4/4/2023		175.6
4/5/2023		173
4/6/2023		175.2
4/7/2023		173

4/8/2023		173.2
4/10/2023	900am	174.4
4/11/2023		174.4
4/13/2023		175
4/14/2023		174.4
4/15/2023		175.4
4/17/2023	600	175.2
4/19/2023	900	173.2
4/20/2023	515	174
4/21/2023	730am	175
4/22/2023	1015am	174.4
4/23/2023		174.4
4/24/2023		173.4
4/25/2023	730am	172.4
4/26/2023		173.5
4/27/2023	630	173.8
4/28/2023		173
4/29/2023		172.8
4/30/2023		172.2
5/1/2023		171.2