



## George Morrison Papers

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| FEB<br>1983 | WALK                         | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO-<br>FEEDBACK<br>OR REST |
|-------------|------------------------------|--------|-------------------|-------------------|-----------------------------|
| 2-1         | <sup>FLU</sup><br>TEMP. 100° | 168    | 150/90            |                   | 40                          |
| 2-2         | 30                           | 168    |                   |                   | 40                          |
| 2-3         | 40                           | 168    | 120/80            | 20                | 30                          |
| 2-4         |                              | 164    | 140/88            | 10                |                             |
| 2-5         | 15                           | 164    |                   | 15                | 20                          |
| 2-6         | 10                           | 164    |                   |                   |                             |
| 2-7         | 10                           | 164    | 130/78            | 20                | 25                          |
| 2-8         | 15                           | 164    | 130/78            | 20                |                             |
| 2-9         | 40                           | 164    | 120/80            | 20                | 20                          |
| 2-10        | 30                           | 164    | 120/80            | 20                |                             |
| 2-11        | 40                           | 165    | 130/80            | 20                |                             |
| 2-12        | 45                           | 165    | 120/80            | 20                |                             |
| 2-13        | 30                           | 165    | 128/80            | 20                | 10                          |
| 2-14        | 50                           | 165    | 128/80            | 20                | 10                          |
| 2-15        | 35                           | 165    | 128/70            | 20                | 10                          |
| 2-16        | 35                           | 165    | 130/78            | 20                | 30                          |
| 2-17        | 40                           | 165    | 120/78            | 20                | 20                          |
| 2-18        | 55                           | 165    | 120/78            | 20                | 10                          |
| 2-19        | 55                           | 165    | 130/78            | 20                |                             |
| 2-20        | 30                           | 165    | 140/90            | 20                | 20                          |
| 2-21        | 45                           | 165    | 138/80            | 20                | 25                          |
| 2-22        | 40                           | 165    | 128/74            | 20                | 20                          |
| 2-23        | 10                           | 165    |                   | 20                | 10                          |
| 2-24        | 50                           | 165    | 120/78            | 20                | 20                          |
| 2-25        | 45                           | 165    | 140/84            | 20                | 10                          |
| 2-26        | 10                           | 165    | 130/80            | 20                |                             |
| 2-27        | 35                           | 165    | 120/80            | 20                | 20                          |
| 2-28        | 35                           | 165    | 130/86            | 20                | 15                          |
| 2-29        |                              |        |                   |                   |                             |

| JAN.<br>1983 | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXCERCISE | BIO-<br>FEEDBACK<br>OR REST |
|--------------|------|--------|-------------------|-------------------|-----------------------------|
| 1-1          | 20   | 166    | 150/80            | 20                | 10                          |
| 1-2          | 10   | 166    | 140/80            | 20                |                             |
| 1-3          | 20   | 166    | 142/90            | 20                | 30                          |
| 1-4          | 15   | 166    |                   | 20                | 40                          |
| 1-5          | 20   | 166    | 150/90            | 20                |                             |
| 1-6          | 25   | 166    | 150/90            | 20                | 20                          |
| 1-7          | 25   | 166    | 128/82            | 20                | 15                          |
| 1-8          | 30   | 166    | 140/86            | 20                | 20                          |
| 1-9          |      | 166    |                   | 20                |                             |
| 1-10         | 40   | 166    | 110/80            | 20                | 50                          |
| 1-11         | 35   | 166    | 126/82            | 20                |                             |
| 1-12         | 40   | 166    | 130/80            | 20                |                             |
| 1-13         | 40   | 166    | 150/82            | 20                | 40                          |
| 1-14         | 45   | 168    | 120/80            | 20                | 40                          |
| 1-15         | 20   | 168    | 150/82            | 20                |                             |
| 1-16         | 25   | 168    | 140/90            | 20                | 40                          |
| 1-17         | 40   | 168    | 140/88            | 20                | 40                          |
| 1-18         | 45   | 168    | 150/88            | 20                | 5                           |
| 1-19         | 45   | 168    | 140/90            | 20                | 10                          |
| 1-20         | 5    | 168    | 140/80            | 20                | 40                          |
| 1-21         | 45   | 168    | 140/84            | 20                |                             |
| 1-22         | 5    | 168    | 140/80            | 20                |                             |
| 1-23         | 35   | 168    | 130/80            | 20                | 30                          |
| 1-24         | 45   | 168    | 140/80            | 20                | 40                          |
| 1-25         | 35   | 168    | 140/84            | 20                | 35                          |
| 1-26         | 40   | 168    | 140/90            | 20                | 10                          |
| 1-27         | 50   | 168    | 130/80            | 20                | 10                          |
| 1-28         | 25   | 168    | 140/88            | 20                |                             |
| 1-29         | 10   | 168    | 130/80            | 20                | 30                          |
| 1-30         |      | 168    | 150/86            | 20                |                             |
| 1-31         |      | 168    |                   |                   |                             |

| DATE<br>NOV.<br>1982 | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO-<br>FEEDBACK<br>OR<br>REST |
|----------------------|------|--------|-------------------|-------------------|--------------------------------|
| 11-2                 | 20   | 164    | 134/88            | 15                | 40                             |
| 11-2                 | 40   | 164    | 130/80            | 20                | 30                             |
| 11-3                 | 20   |        |                   | 20                | 15                             |
| 11-4                 | 50   | 165    | 138/80            | 20                | 50                             |
| 11-5                 | 50   | 165    | 150/82            | 20                | 20                             |
| 11-6                 | 45   | 165    |                   | 20                | 30                             |
| 11-7                 | 25   | 165    |                   | 20                | 10                             |
| 11-8                 | 15   | 165    | 150/96            | 20                | 25                             |
| 11-9                 | 50   | 165    | 140/80            | 20                | 35                             |
| 11-10                | 45   | 165    | 140/90            | 20                | 25                             |
| 11-11                | 45   | 165    | 140/90            | 20                | 20                             |
| 11-12                | 35   | 165    |                   | 20                |                                |
| 11-13                | 10   | 164    | 118/76            | 20                | 10                             |
| 11-14                |      | 164    | 120/72            | 20                |                                |
| 11-15                | 20   | 164    | 128/88            | 20                | 15                             |
| 11-16                | 40   | 164    | 132/90            | 20                | 20                             |
| 11-17                | 30   | 164    | 140/86            | 20                | 10                             |
| 11-18                | 35   | 164    | 120/80            | 20                | 30                             |
| 11-19                | 20   | 164    | 120/80            | 20                | 25                             |
| 11-20                | 15   | 164    | 130/80            | 15                | 25                             |
| 11-21                | 10   | 164    | 130/80            | 20                | 10                             |
| 11-22                | 40   | 164    | 150/90            | 20                | 20                             |
| 11-23                | 45   | 164    | 140/80            | 20                | 10                             |
| 11-24                | 15   | 164    | 130/90            | 15                |                                |
| 11-25                | 45   | 164    | 130/80            | 20                | 10                             |
| 11-26                | 45   | 164    | 120/80            | 15                |                                |
| 11-27                | 10   | 164    |                   |                   | 10                             |
| 11-28                | 45   | 164    | 130/78            | 20                | 30                             |
| 11-29                | 35   | 164    | 132/84            | 20                | 20                             |
| 11-30                | 35   | 164    | 130/80            | 20                | 20                             |

| DEC.<br>1982  | WALK     | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO-<br>FEEDBACK<br>& REST |
|---|----------|--------|-------------------|-------------------|----------------------------|
| 12-1  | 40       | 164    | 140/80            | 20                |                            |
| 12-2  | 25       | 164    | 120/80            | 20                | 20                         |
| 12-3  |          | 164    | 140/82            | 20                |                            |
| 12-4  | 2.5 SWIM | 164    |                   | 20                |                            |
| 12-5  | 15       | 164    |                   |                   |                            |
| 12-6  | 30       | 164    | 130/80            | 20                | 40                         |
| 12-7  | 35       | 164    | 138/80            | 20                | 15                         |
| 12-8  | 15       | 164    | 120/82            | 20                |                            |
| 12-9  | 45       | 164    | 140/84            | 20                | 10                         |
| 12-10   | 10       | 164    | 140/80            | 20                | 15                         |
| 12-11   | 40       | 164    | 130/90            | 20                | 45                         |
| 12-12   |          | 164    | 130/88            | 15                |                            |
| 12-13   | 35       | 164    | 150/90            | 20                |                            |
| 12-14   | 15       | 164    | 140/90            | 20                |                            |
| 12-15   | 25       | 164    | 142/92            | 20                | 20                         |
| 12-16   | 25       | 164    | 140/80            |                   |                            |
| 12-17   | 10       | 164    | 150/90            | 20                | 25                         |
|  |          |        |                   |                   |                            |
| 12-18   | 25       | 164    | 150/80            | 20                | 10                         |
| 12-19   | 20       | 164    |                   | 15                |                            |
| 12-20   | 25       | 164    |                   | 15                |                            |
| 12-21   | 20       | 164    |                   | 15                | 10                         |
| 12-22   | 20       | 164    |                   | 10                |                            |
| 12-23   | 25       | 164    |                   |                   |                            |
| 12-24   | 25       | 164    |                   | 20                | 15                         |
| 12-25   | 25       | 164    |                   | 20                | 10                         |
| 12-26   | 30       | 164    |                   | 20                | 20                         |
| 12-27   |          | 164    |                   |                   |                            |
| 12-28   | 30       | 164    | 140/88            | 20                | 35                         |
| 12-29   | 25       | 166    | 150/90            | 20                | 20                         |
| 12-30   | 20       | 166    | 130/80            | 20                |                            |
| 12-31   |          | 166    | 138/80            | 20                |                            |

| DATE<br>JUNE<br>1982 | WALK | WEIGHT | BLOOD<br>PRESSURE           | YOGA<br>EXERCISE | BIO<br>FEEDBACK<br>& REST |
|----------------------|------|--------|-----------------------------|------------------|---------------------------|
| 6-1                  | 35   | 166    | 130/82                      | 15               | 10                        |
| 6-2                  | 10   | 166    | 140/80                      | 15               | 20                        |
| 6-3                  | 40   | 166    |                             | 15               | 20                        |
| 6-4                  | 55   | 166    | 130/80                      | 15               | 20                        |
| 6-5                  |      | 167    | 130/80                      | 15               | 20                        |
| 6-6                  |      | 167    | 150/90                      | 15               | 10                        |
| 6-7                  | 40   | 167    | 1                           | 10               |                           |
| 6-8                  | 60   | 167    | 120/80                      | 15               |                           |
| 6-9                  | 50   | 167    | 140/96                      | 15               |                           |
| 6-10                 | 35   | 167    | 130/80                      | 15               | 10                        |
| 6-11                 | 20   | 167    |                             | 15               | 10                        |
| 6-12                 |      | 167    | 130/86                      | 15               |                           |
| 6-13                 | 35   | 167    | 146/82                      | 15               | 10                        |
| 6-14                 | 45   | 167    | 120/80                      | 15               |                           |
| 6-15                 | 35   | 167    |                             | 15               | 20                        |
| 6-16                 | 30   | 167    | 140/90                      | 15               | 30                        |
| 6-17                 | 55   | 167    | 130/90                      | 20               |                           |
| 6-18                 | 25   | 167    | 133/88                      | 15               | 10                        |
| 6-19                 | 45   | 167    | 130/90                      | 15               |                           |
| 6-20                 | 25   | 167    | 138/80                      | 15               |                           |
| 6-21                 | 45   | 167    | 136/80                      | 15               |                           |
| 6-22                 | 20   | 167    | 100/76 124/80<br>RIGHT LEFT | EVE 15           | 30                        |
| 6-23                 | 20   | 167    | 130/86                      | 15               | 30                        |
| 6-24                 | 40   | 167    | 120/76                      | 15               | 15                        |
| 6-25                 | 20   | 167    | 130/84                      | 15               | 20                        |
| 6-26                 | 15   | 167    | 130/70                      | 15               | 15                        |
| 6-27                 | 25   | 167    | 130/80                      | 15               | 20                        |
| 6-28                 | 20   | 167    |                             | 15               | 10                        |
| 6-29                 | 30   | 167    | 136/78                      | 15               |                           |
| 6-30                 | 45   | 167    |                             |                  |                           |

| DATE<br>NOVEMBER<br>1980 | PULSE<br>RATE<br>BEFORE AFTER | WALK<br>in minutes<br>@ 2 mph | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES<br>minutes | FEEL<br>MINUTES<br>AM. P.M. |
|--------------------------|-------------------------------|-------------------------------|--------|-------------------|------------------------------|-----------------------------|
| 12-1                     |                               | 25                            | 171    | 150/90            | 15                           | 10 15                       |
| 12-2                     |                               | 45                            | 171    | 140/80            | 15                           | 5 25                        |
| 12-3                     |                               | 45                            | 171    | 148/88            | 15                           | 15 30                       |
| 12-4                     |                               | 45                            | 171    | 140/80            | 15                           | 10 70                       |
| 12-5                     |                               | 40                            | 171    | 148/88            | 15                           | 15 10                       |
| 12-6                     |                               | 50                            | 171    | 120/80            | 15                           | 15 25                       |
| 12-7                     |                               | 25                            | 171    |                   | 15                           | 15 30                       |
| 12-8                     |                               | 20                            | 171    | 130/86            | 15                           | 10 30                       |
| 12-9                     |                               | 35                            | 171    | 150/90            | 10                           | 10 30                       |
| 12-10                    |                               | 35                            | 171    | 140/86            | 15                           | 15 10                       |
| 12-11                    |                               | 35                            | 171    | 140/88            | 15                           | 10 20                       |
| 12-12                    |                               | 35                            | 171    |                   | 15                           | 15                          |
| 12-13                    |                               | 15                            | 171    | 160/88            | 15                           | 20                          |
| 12-14                    |                               | 25                            | 171    |                   | 15                           | 20 20                       |
| 12-15                    |                               | 45                            | 171    | 140/88            | 15                           | 15 20                       |
| 12-16                    |                               | 35                            | 171    | 150/90            | 15                           | 15 10                       |
| 12-17                    |                               | 30                            | 171    | 140/80            | 15                           | 15                          |
| 12-18                    |                               | 20                            | 171    | 160/90            | 15                           | 20                          |
| 12-19                    |                               | 20                            | 171    |                   | 10                           | 15 15                       |
| 12-20                    |                               | 15                            | 171    | 150/80            | 15                           | 10 30                       |
| 12-21                    |                               | 10                            | 171    | 150/88            | 15                           | 10 20                       |
| 12-22                    |                               | 30                            | 171    | 140/90            | 15                           |                             |
| 12-23                    |                               | 30                            | 171    |                   | 15                           | 30                          |
| 12-24                    |                               | 35                            | 170    | 162/98            | 15                           | 15                          |
| 12-25                    |                               | 35                            | 169    | 130/84            | 15                           | 30                          |
| 12-26                    |                               | 40                            | 169    | 140/84            | 15                           | 15                          |
| 12-27                    |                               | 30                            | 170    | 130/90            | 15                           | 15                          |
| 12-28                    |                               | 30                            | 170    | 150/84            | 15                           | 15                          |
| 12-29                    |                               | 10                            | 171    |                   |                              | 20                          |
| 12-30                    |                               | 25                            | 171    | 140/86            | 15                           | 20                          |
| 12-31                    |                               | 15                            | 171    | 150/90            | 15                           | 1                           |

| DATE<br>JANUARY<br>1981 | PULSE<br>RATE |       | WALK<br>in minutes<br>@ 2 M.P.H. | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES<br>MINUTES | BIO-<br>FEEDBACK |    |
|-------------------------|---------------|-------|----------------------------------|--------|-------------------|------------------------------|------------------|----|
|                         | BEFORE        | AFTER |                                  |        |                   |                              | AM               | PM |
| 1-1                     |               |       | 15                               | 171    | 150/90            | 15                           | 15               |    |
| 1-2                     |               |       |                                  |        |                   |                              |                  |    |
| 1-3                     |               |       | 10                               | 171    |                   |                              |                  |    |
| 1-4                     |               |       | 15                               | 171    | 150/82            | 15                           |                  |    |
| 1-5                     |               |       | 15                               | 171    | 158/98            | 15                           |                  |    |
| 1-6                     |               |       | 15                               | 171    | 140/90            | 15                           |                  | 30 |
| 1-7                     |               |       | 20                               | 171    | 124/86            | 15                           | 20               | 25 |
| 1-8                     |               |       | 20                               | 171    | 148/88            | 15                           | 15               | 20 |
| 1-9                     |               |       | 15                               | 171    | 140/84            | 15                           | 15               |    |
| 1-10                    |               |       | 35                               | 171    |                   | 15                           | 10               |    |
| 1-11                    |               |       | 30                               | 171    | 120/80            | 15                           |                  |    |
| 1-12                    |               |       | 20                               | 171    | 130/80            | 15                           |                  | 30 |
| 1-13                    |               |       | 20 +<br>25 outside               | 171    |                   | 15                           | 10               |    |
| 1-14                    |               |       | 15                               | 170    | 120/80            | 15                           | 30               | 15 |
| 1-15                    |               |       | 20                               | 170    | 140/90            | 15                           |                  | 15 |
| 1-16                    |               |       | 15                               | 170    | 140/90            | 15                           |                  |    |
| 1-17                    |               |       | 35                               | 170    |                   | 15                           | 10               | 30 |
| 1-18                    |               |       | 30                               | 170    | 130/80            | 15                           | 10               |    |
| 1-19                    |               |       |                                  | 170    | 130/86            | 15                           | 15               |    |
| 1-20                    |               |       | 10                               | 170    | 120/80            | 15                           | 15               |    |
| 1-21                    |               |       | 10                               | 170    |                   | 15                           | 30               |    |
| 1-22                    |               |       | 15+15                            | 170    |                   | 15                           |                  | 30 |
| 1-23                    |               |       | 15                               | 170    | 150/90            | 15                           | 10               |    |
| 1-24                    |               |       | 25                               | 170    | 150/90            | 15                           |                  | 30 |
| 1-25                    |               |       |                                  | 170    | 150/90            | 15                           | 15               |    |
| 1-26                    |               |       | 15                               | 170    | 145/85            | 15                           | 10               | 15 |
| 1-27                    |               |       | 10                               | 170    | 136/80            | 15                           | 15               | 30 |
| 1-28                    |               |       | 10                               | 170    | 150/90            | 15                           | 15               | 15 |
| 1-29                    |               |       | 30                               | 170    |                   | 15                           | 15               |    |
| 1-30                    |               |       | 30                               | 170    | 150/86            | 15                           | 5                |    |
| 1-31                    |               |       | 15                               | 170    |                   | 15                           | 15               |    |

| DATE<br>FEBRUARY<br>1981 | PULSE RATE |       | WALK<br>in<br>minutes<br>@ 2 MPH | WEIGHT | BLOOD<br>PRESSURE  | YOGA<br>EXERCISES<br>in<br>minutes | BIO-FEEDBACK<br>in minutes |      |
|--------------------------|------------|-------|----------------------------------|--------|--------------------|------------------------------------|----------------------------|------|
|                          | BEFORE     | AFTER |                                  |        |                    |                                    | AM                         | P.M. |
| 2-1                      |            |       | 25                               | 170    | 120/85             | 15                                 |                            | 5    |
| 2-2                      |            |       | 55                               | 170    | 140/86             | 10                                 | 15                         | 10   |
| 2-3                      |            |       | <b>20</b>                        | 170    | 150/86             | 15                                 |                            | 20   |
| 2-4                      |            |       | 15                               | 170    | 129/86             | 15                                 |                            | 30   |
| 2-5                      |            |       | 15                               | 170    | 140/90             | 15                                 | 10                         | 15   |
| 2-6                      |            |       | 35                               | 170    | 130/90             | 15                                 |                            | 15   |
| 2-7                      |            |       | 15                               | 170    | 140/86             | 15                                 |                            |      |
| 2-8                      |            |       | 10                               | 170    | 140/90             | 15                                 |                            |      |
| 2-9                      |            |       | 20                               | 170    | L 170/100 R 140/94 | 15                                 | 10                         | 15   |
| 2-10                     |            |       | 30                               | 172    | 140/90             | 15                                 |                            |      |
| 2-11                     | 64         |       | 10                               | 172    | 136/90             | 15                                 |                            |      |
| 2-12                     |            |       | 15                               | 172    | 140/90             | 15                                 |                            | 20   |
| 2-13                     |            |       | 15                               | 172    | 150/90             | 15                                 |                            | 10   |
| 2-14                     |            |       | 25                               | 172    | 130/86             | 15                                 |                            | 20   |
| 2-15                     |            |       | 25                               | 172    | 130/90             | 10                                 |                            | 20   |
| 2-16                     |            |       | 20                               | 172    | 140/90             | 15                                 |                            |      |
| 2-17                     |            |       | 20                               | 172    | 150/94             | 15                                 |                            |      |
| 2-18                     |            |       | 10                               | 172    | 150/100            | 15                                 |                            |      |
| 2-19                     |            |       | 25                               | 172    |                    | 10                                 |                            | 20   |
| 2-20                     |            |       | 30                               | 172    |                    |                                    |                            |      |
| 2-21                     |            |       | 30                               | 172    |                    | 10                                 | 20                         |      |
| 2-22                     |            |       | 15                               | 172    |                    | 10                                 | 20                         |      |
| 2-23                     |            |       | 10                               | 172    | 150/100            | 15                                 |                            | 30   |
| 2-24                     |            |       | 25                               | 172    |                    | 15                                 |                            | 30   |
| 2-25                     |            |       | 15                               | 172    | 130/90             | 15                                 |                            | 10   |
| 2-26                     |            |       | 35                               | 172    |                    | 15                                 |                            | 30   |
| 2-27                     |            |       | 35                               | 173    | 150/100            | 15                                 | 10                         |      |
| 2-28                     |            |       | 15+30                            | 173    | 150/100            | 15                                 |                            | 10   |

| 1981<br>DATE<br>JUNE | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIG<br>FEEDBACK |                 |
|----------------------|------|--------|-------------------|-------------------|-----------------|-----------------|
|                      |      |        |                   |                   | AM              | PM              |
| 6-1                  | 50   | 170    | 140/90            | 15                |                 | 20              |
| 6-2                  | 50   | 170    | 130/90            | 15                |                 | 25 <sup>c</sup> |
| 6-3                  | 45   | 170    | 130/90            | 15                | 15              | 20              |
| 6-4                  | 55   | 170    | 130/90            | 15                |                 |                 |
| 6-5                  | 65   | 170    | 140/90            | 15                |                 | 15              |
| 6-6                  | 30   | 171    | 140/86            | 15                |                 |                 |
| 6-7                  | 55   | 171    |                   | 15                |                 |                 |
| 6-8                  | 45   | 171    |                   | 15                |                 |                 |
| 6-9                  | 35   | 172    |                   | 15                |                 |                 |
| 6-10                 | 5    | 172    |                   | 15                |                 |                 |
| 6-11                 | 40   | 173    | 130/90            | 15                |                 |                 |
| 6-12                 | 50   | 173    | 140/84            | 15                |                 |                 |
| 6-13                 | 20   | 173    | 140/100           | 15                |                 |                 |
| 6-14                 | 40   | 173    | 140/100           | 15                |                 |                 |
| 6-15                 | 50   | 173    | 130/90            | 15                |                 |                 |
| 6-16                 | 35   | 173    | 140/80            | 15                |                 |                 |
| 6-17                 | 55   | 172    | 150/110           | 15                |                 | 30              |
| 6-18                 | 45   | 172    | 150/90            | 15                |                 |                 |
| 6-19                 | 35   | 172    | 140/90            | 15                |                 |                 |
| 6-20                 | 40   | 172    |                   | 15                |                 |                 |
| 6-21                 | 25   | 172    | 130/88            | 15                |                 |                 |
| 6-22                 | 50   | 172    | 140/90            | 15                |                 |                 |
| 6-23                 | 25   | 172    | 146/90            | 15                |                 |                 |
| 6-24                 | 45   | 172    |                   | 15                |                 |                 |
| 6-25                 | 30   | 171    | 140/90            | 15                |                 |                 |
| 6-26                 | 10   | 171    | 140/90            | 15                |                 |                 |
| 6-27                 | 20   | 171    | 140/88            | 15                |                 |                 |
| 6-28                 |      | 171    | 124/84            | 10                |                 |                 |
| 6-29                 | 25   | 171    | 142/86            | 15                |                 |                 |
| 6-30                 | 30   | 171    | 140/90            | 15                |                 |                 |

| JULY <sup>1981</sup> | WALK          | WEIGHT | BLOOD PRESSURE        | YOGA EXERCISES | BIOFEEDBACK<br>AM | PM |
|----------------------|---------------|--------|-----------------------|----------------|-------------------|----|
| 7-1                  | 60            | 171    | 144/100               | 15             |                   |    |
| 7-2                  | 25            | 171    | 124/94                | 15             |                   |    |
| <del>7-3</del>       | 30            | 171    | 140/90                | 15             |                   |    |
| 7-4                  | 10            | 171    | 140/90                | 10             |                   | 20 |
| 7-5                  | <del>40</del> | 170    | 140/90                | 15             |                   |    |
| 7-6                  | 50            | 170    | 124/84                | 15             |                   |    |
| 7-7                  | 25            | 170    | 126/90                | 15             |                   |    |
| 7-8                  | 10            | 170    | 140/90                | 15             |                   | 20 |
| 7-9                  | 25            | 170    | 134/90                | 15             |                   |    |
| 7-10                 | 25            | 170    | 130/90                | 15             |                   |    |
| 7-11                 |               |        |                       |                |                   |    |
| 7-12                 |               |        |                       |                |                   |    |
| 7-13                 | 15            | 169    | 140/90                | 15             |                   | 15 |
| 7-14                 | 10            | 169    | 130/90                | 15             |                   |    |
| 7-15                 | 20            | 169    | 140/90                | 15             |                   |    |
| 7-16                 | 45            | 169    | 142/98                | 15             |                   |    |
| 7-17                 | 35            | 169    | 150/90                | 10             |                   |    |
| 7-18                 | 40            | 169    | 140/90                | 15             |                   |    |
| 7-19                 | 15            | 169    | 130/80                | 15             |                   |    |
| 7-20                 | 10            | 168    | 134/90                | 15             |                   |    |
| 7-21                 | 10            | 168    | 132/90                | 15             |                   |    |
| 7-22                 | 20            | 166    | 140/90                | 15             |                   |    |
| 7-23                 | 20            | 166    | 136/96                | 15             |                   | 20 |
| 7-24                 | 10            | 166    | 146/86                | 15             |                   |    |
| 7-25                 | 15            | 166    | 140/90                | 15             |                   |    |
| 7-26                 | 10            | 166    | 130/82                | 15             |                   |    |
| 7-27                 | 20            | 166    | 140/82                | 15             |                   |    |
| 7-28                 | 10            | 166    | 140/80                | 15             |                   | 20 |
| 7-29                 | 10            | 166    | 150/90 <sup>EVE</sup> | 15             |                   | 20 |
| 7-30                 | 10            | 166    | 130/78                | 15             |                   | 20 |
| 7-31                 | 10            | 166    | 130/78                | 15             |                   | 10 |

FILL

ROCK

CABIN

ROCK

ROCK

FILL

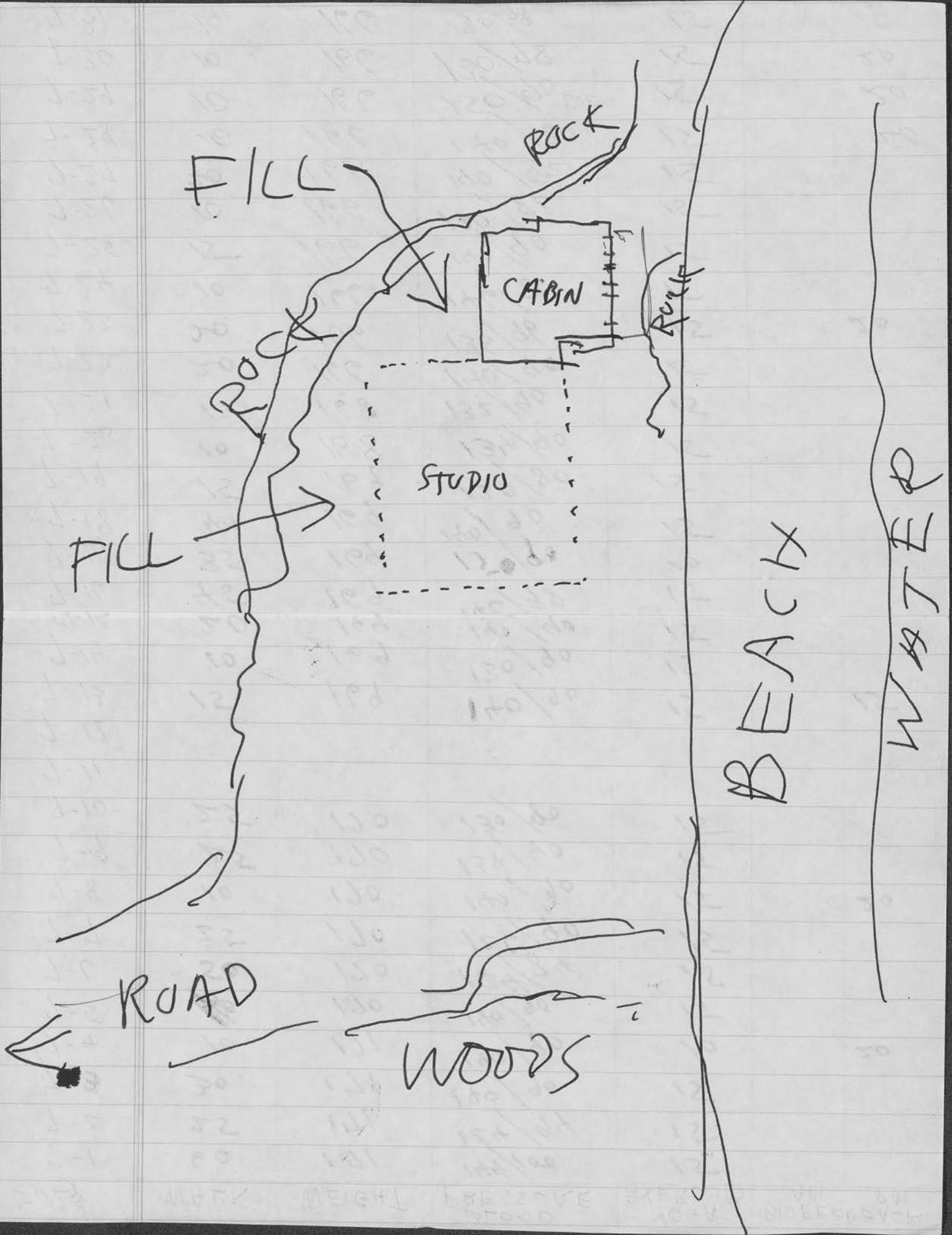
STUDIO

BEACH

WATER

ROAD

WOODS



| DATE<br>AUGUST<br>1981 | WALK          | WEIGHT         | BLOOD<br>PRESSURE | <del>YOGO</del><br>EXERCISES | BIO-<br>FEEDBACK |
|------------------------|---------------|----------------|-------------------|------------------------------|------------------|
| 8-1                    | 10            | 165            | 120/80            | 15                           |                  |
| 8-2                    | 10            | 165            | 130/84            | 15                           |                  |
| 8-3                    | 25            | 165            | 120/80            |                              | 20               |
| 8-4                    | 30            | 165            | 120/80            | 15                           | 20               |
| 8-5                    | 10            | 164            | 140/90            | 15                           |                  |
| 8-6                    | 10            | 164            | 130/80            | 10                           |                  |
| 8-7                    | 10            | 164            | 138/90            | 15                           |                  |
| 8-8                    | 10            | 164            | 130/90            |                              | 10               |
| 8-9                    | 10            | 164            | 130/80            |                              |                  |
| 8-10                   | 10            | 164            | 130/80            | 15                           | 20               |
| 8-11                   | 10            | 164            | 120/80            | 15                           | 20               |
| 8-12                   | 10            | 164            | 140/86            | 15                           | 20               |
| 8-13                   | 10            | 164            | 120/80            | 15                           | 20               |
| 8-14                   | 10            | 164            | 110/80            | 15                           | 30               |
| 8-15                   | 10            | 164            | 118/80            | 15                           |                  |
| 8-16                   | 30            | 166            | 130/90            | 15                           | 30               |
| 8-17                   | 20            | 166            | 120/86            | 15                           | 20               |
| 8-18                   | 25            | 166            | 130/80            | 15                           |                  |
| 8-19                   | 20            | 166            | 140/90            | 15                           | 20               |
| 8-20                   | 10            | 166            | 135/82            | 15                           | 5                |
| 8-21                   | 30            | 166            | 140/90            | 15                           |                  |
| 8-23                   | 25            | 166            | 130/80            | 15                           |                  |
| <del>8-22</del>        | <del>10</del> | <del>166</del> | <del>130/80</del> | <del>15</del>                |                  |
| <del>8-24</del>        | <del>10</del> | <del>166</del> | <del>130/80</del> | <del>10</del>                |                  |
| 8-25                   | 10            | 166            | 140/90            | 15                           | 20               |
| 8-26                   | 20            | 165            |                   | 15                           | 20               |
| 8-27                   | 30            | 165            | 140/86            | 15                           | 20               |
| 8-28                   | 25            | 165            | 140/90            | 15                           | 20               |
| 8-29                   | 15            | 165            | 135/86            | 15                           |                  |
| 8-30                   | 10            | 165            | 130/86            | 5                            |                  |
| 8-31                   | 10            | 165            | 136/90            | 15                           |                  |

| DATE<br>SEPTEMBER<br>1981 | WALK<br>in minutes | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO-<br>FEEDBACK |    |
|---------------------------|--------------------|--------|-------------------|-------------------|------------------|----|
|                           |                    |        |                   |                   | AM               | PM |
| 9-1                       | 25                 | 165    | 134/86            | 15                |                  | 20 |
| 9-2                       | 25                 | 165    | 130/80            | 15                |                  | 20 |
| 9-3                       | 20                 | 165    | 130/90            | 15                |                  | 10 |
| 9-4                       | 10                 | 165    | 130/90            | 15                |                  |    |
| 9-5                       | 20                 | 165    | 130/90            | 15                |                  |    |
| 9-6                       | 20                 | 165    | 130/90            | 15                |                  |    |
| 9-7                       | 20                 | 165    | 130/76            | 15                |                  |    |
| 9-8                       | 40                 | 165    | 120/90            | 15                |                  | 15 |
| 9-9                       | 35                 | 165    | 134/82            | 15                |                  |    |
| 9-10                      | 30                 | 165    | 120/80            | 15                |                  |    |
| 9-11                      | 40                 | 165    | 130/92            | 15                |                  | 20 |
| 9-12                      | 25                 | 165    | 130/80            | 12                |                  | 10 |
| 9-13                      | 10                 | 165    | 130/80            | 15                |                  |    |
| 9-14                      | 25                 | 165    | 130/90            | 15                |                  | 10 |
| 9-15                      | 30(S)              | 165    | 135/90            | 15                |                  | 10 |
| 9-16                      | 10                 | 165    | .                 | 15                |                  |    |
| 9-17                      | 30(S)              | 165    |                   | 15                |                  |    |
| 9-18                      |                    | 165    |                   | 10                |                  |    |
| 9-19                      |                    | 165    |                   | 15                |                  |    |
| 9-20                      |                    | 165    |                   | 15                |                  |    |
| 9-21                      | 45                 | 165    | 135/85            | 15                |                  | 10 |
| 9-22                      | 30                 | 165    | 130/90            | 15                |                  | 10 |
| 9-23                      | 25                 | 166    | 130/94            | 15                |                  |    |
| 9-24                      | 30                 | 166    | 130/90            | 15                |                  | 15 |
| 9-25                      | 25                 | 166    | 125/80            | 15                |                  |    |
| 9-26                      | 45                 | 166    | 130/80            | 15                |                  |    |
| 9-27                      | 25                 | 166    |                   | 10                |                  |    |
| 9-28                      | 25                 | 166    | 130/80            | 15                |                  |    |
| 9-29                      | 25                 | 166    | 120/80            | 15                |                  | 10 |
| 9-30                      | 30                 | 165    | 120/80            | 15                |                  | 20 |

| DATE<br>OCT-1981 | WALK<br>(MINUTES) | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO<br>FEEDBACK |    |
|------------------|-------------------|--------|-------------------|-------------------|-----------------|----|
|                  |                   |        |                   |                   | AM              | PM |
| 10-1             | 15                | 165    | 130/86            | 10                |                 |    |
| 10-2             | 10                | 165    | 150/86            | 15                |                 | 15 |
| 10-3             | 10                | 165    | 160/96            | 12                |                 | 20 |
| 10-4             | 25                | 165    | 130/80            | 15                |                 | 10 |
| 10-5             | 20                | 165    | 122/84            | 15                |                 | 20 |
| 10-6             | 40                | 165    | 130/80            | 15                |                 |    |
| 10-7             | 10                | 165    | 135/86            | 15                |                 | 20 |
| 10-8             | 25                | 165    | 130/90            | 15                |                 |    |
| 10-9             | 10                | 165    | 140/90            | 15                |                 |    |
| 10-10            | 10                | 125    |                   | 10                |                 | 30 |
| 10-11            | 10                | 165    |                   | 15                |                 |    |
| 10-12            | 35                | 165    | 130/80            | 15                |                 | 10 |
| 10-13            | 10                | 165    | 140/86            | 15                |                 |    |
| 10-14            | 25                | 165    |                   | 15                |                 |    |
| 10-15            | 25                | 165    | 130/84            | 15                |                 | 20 |
| 10-16            | 20                | 165    | 154/94            | 15                |                 | 15 |
| 10-17            | 10                | 165    | 144/88            | 15                |                 |    |
| 10-18            | 10                | 165    | 130/80            | 10                |                 |    |
| 10-19            | 30                | 165    | 140/80            | 15                |                 |    |
| 10-20            | 20                | 165    | 140/90            | 15                |                 | 5  |
| 10-21            | 10                | 165    | 136/86            | 10                |                 |    |
| 10-22            |                   | 165    | 130/80            | 15                |                 | 20 |
| 10-23            | 35                | 165    | 134/84            | 15                |                 | 10 |
| 10-24            | 10                | 165    | 150/88            | 15                |                 |    |
| 10-25            | 20                | 165    | 120/78            | 15                |                 | 10 |
| 10-26            | 20                | 165    | 130/80            | 15                |                 |    |
| 10-27            | 45                | 165    | 120/84            | 15                |                 | 10 |
| 10-28            | 20                | 165    | 120/80            | 15                |                 | 20 |
| 10-29            | 20                | 165    | 140/88            | 15                |                 |    |
| 10-30            | 10                | 165    | 140/90            | 15                |                 |    |
| 10-31            |                   |        |                   |                   |                 |    |

| DATE<br>NOV-1981 | WALK<br>minutes | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>minutes | BIO<br>FEED BACK<br>minutes |
|------------------|-----------------|--------|-------------------|-----------------|-----------------------------|
| 11-1             |                 | 165    |                   | 15              |                             |
| 11-2             | 25              | 165    | 186/84            | 15              | 15                          |
| 11-3             | 25              | 165    | 140/86            | 15              | 20                          |
| 11-4             | 20              | 165    | 128/78            | 15              | 20                          |
| 11-5             | 35              | 165    | 130/88            | 15              |                             |
| 11-6             | 15              | 165    | 130/90            | 15              | 10                          |
| 11-7             | 15              | 165    | 140/90            | 15              | 10                          |
| 11-8             | 15              | 165    | 130/90            | 10              |                             |
| 11-9             | 10              | 166    | 130/90            | 15              | 5                           |
| 11-10            | 20              | 166    | 134/86            | 15              |                             |
| 11-11            | 10              | 166    | 128/80            | 15              |                             |
| 11-12            | 20              | 166    |                   | 15              | 10                          |
| 11-13            | 10              | 166    | 126/80            | 15              |                             |
| 11-14            | 15              | 166    | 124/88            | 15              |                             |
| 11-15            | 15              | 166    | 120/86            | 15              |                             |
| 11-16            | 20              | 166    | 130/80            | 15              |                             |
| 11-17            | 25              | 166    | 130/80            | 15              | 20                          |
| 11-18            |                 | 166    | 140/88            | 15              |                             |
| 11-19            |                 | 166    |                   | 15              |                             |
| 11-20            | 25              | 166    | 140/88            | 15              |                             |
| 11-21            |                 | 166    | 140/84            | 15              | 30                          |
| 11-22            |                 | 166    | 130/78            | 15              |                             |
| 11-23            | 25              | 166    |                   | 15              | 20                          |
| 11-24            | 20              | 166    | 136/86            | 15              |                             |
| 11-25            | 35              | 166    | 140/82            | 15              | 10                          |
| 11-26            | 40              | 166    | 130/80            | 15              | 30                          |
| 11-27            |                 | 166    | 120/84            | 15              |                             |
| 11-28            | 25              | 166    | 140/92            | 15              |                             |
| 11-29            | 25              | 160    |                   | 15              |                             |
| 11-30            |                 | 160    | 140/90            | 15              | 20                          |

| DATE<br>DEC - 1981 | WALK<br>minutes | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>minutes | BIO &<br>REST<br>minutes |
|--------------------|-----------------|--------|-------------------|-----------------|--------------------------|
| 12-1               | 60              | 160    | 136/84            | 15              | 25                       |
| 12-2               | 20              | 160    | 126/78            | 15              | 25                       |
| 12-3               | 25              | 159    | 130/86            | 10              |                          |
| 12-4               | 20              | 159    | 128/82            | 15              |                          |
| 12-5               | 10              | 159    | 140/92            | 15              |                          |
| 12-6               | 10              | 159    | 128/86            | 15              |                          |
| 12-7               | 15              | 159    | 128/78            | 15              | 30                       |
| 12-8               | 50              | 159    | 130/80            | 15              | 30                       |
| 12-9               | 20              | 159    | 132/84            | 15              | 30                       |
| 12-10              | 45              | 159    | 130/78            | 15              |                          |
| 12-11              | 15              | 159    | 140/90            |                 | 20                       |
| 12-12              | 10              | 159    | 140/80            | 10              | 30                       |
| 12-13              | 10              | 159    | 140/80            | 15              | 25                       |
| 12-14              | 30              | 159    | 140/92            | 15              | 10                       |
| 12-15              | 30              | 159    | 130/84            | 15              |                          |
| 12-16              | 30              | 159    | 120/80            | 18              |                          |
| 12-17              | 30              | 157    | 138/80            | 15              |                          |
| 12-18              | 30              | 157    | 130/80            | 15              |                          |
| 12-19              | 10              | 157    | 150/80            | 15              | 25                       |
| 12-20              | 10              | 157    | 120/80            | 15              |                          |
| 12-21              | 30              | 157    | 130/76            | 15              |                          |
| 12-22              | 30              | 158    | 140/80            | 15              | 15                       |
| 12-23              | 30              | 158    | 140/86            | 15              | 25                       |
| 12-24              | 30              | 158    | 140/90            | 15              | 20                       |
| 12-25              | 10              | 158    | 140/86            | 10              | 10                       |
| 12-26              | 10              | 158    | 130/80            | 15              |                          |
| 12-27              | 10              | 158    | 138/80            | 15              | 5                        |
| 12-28              | 30              | 158    |                   | 15              | 10                       |
| 12-29              | 30              | 158    | 130/86            | 15              |                          |
| 12-30              | 30              | 158    | 130/80            | 15              | 30                       |
| 12-31              |                 | 157    | 130/70            | 15              |                          |

| DATE<br>1981<br>MAY | PULSE<br>RATE | WALK     | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO-<br>FEED BACK<br>am | PM |
|---------------------|---------------|----------|--------|-------------------|-------------------|-------------------------|----|
| 5-1                 |               | 35       | 168    | 140/90            | 15                |                         |    |
| 5-2                 |               | S-35/W25 | 168    |                   | 15                |                         | 15 |
| 5-3                 |               | S-40/W20 | 168    |                   | 15                |                         |    |
| 5-4                 |               | 35       | 168    | 130/80            | 15                |                         | 10 |
| 5-5                 |               | 40       | 170    | 140/86            | 15                |                         | 10 |
| 5-6                 |               | 45       | 170    | 140/90            | 15                |                         | 10 |
| 5-7                 |               | 40       | 170    | 140/88            | 15                |                         | 20 |
| 5-8                 |               | 65       | 170    | 130/80            | 15                | 10                      |    |
| 5-9                 |               | 50       | 170    | 145/98            | 15                | 20                      | 30 |
| 5-10                |               | 60       | 170    | 145/88            | 15                | 15                      |    |
| 5-11                |               | 35       | 170    | 140/88            | 15                |                         | 15 |
| 5-12                |               | 50       | 170    | 140/90            | 15                |                         | 10 |
| 5-13                |               | 70       | 170    | 148/90            | 15                | 10                      | 15 |
| 5-14                |               | 60       | 170    | 148/88            | 15                |                         | 10 |
| 5-15                |               | 50       | 170    | 142/88            | 15                |                         | 15 |
| 5-16                |               | 50       | 170    | 138/88            | 15                |                         | 30 |
| 5-17                |               | 35       | 170    | 140/90            | 15                |                         |    |
| 5-18                |               | 60       | 170    | 130/80            | 15                |                         |    |
| 5-19                |               | 40       | 170    | <del>140/90</del> | 15                | 10                      |    |
| 5-20                |               | 40       | 170    | 142/92            | 15                | 10                      |    |
| 5-21                |               | 40       | 170    | 140/90            | 15                |                         | 30 |
| 5-22                |               | 50       | 170    | 150/98            | 15                |                         |    |
| 5-23                |               | 15       | 170    |                   | 15                |                         |    |
| 5-24                |               |          |        |                   |                   |                         |    |
| 5-25                |               | 60       | 170    |                   | 15                | 10                      |    |
| 5-26                |               | 60       | 172    |                   | 20                |                         | 30 |
| 5-27                |               | 35       | 172    |                   | 15                | 10                      | 15 |
| 5-28                |               | 10       | 170    |                   | 10                | 30                      | 10 |
| 5-29                |               | 45       | 170    |                   | 15                | 15                      | 15 |
| 5-30                |               | 25       | 170    | 140/90            | 15                | 10                      | 15 |
| 5-31                |               | 40       | 170    | 136/90            | 15                |                         | 15 |

| DATE<br>1982<br>JAN | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | REST &<br>BIOFEEDBACK |
|---------------------|------|--------|-------------------|-------------------|-----------------------|
| 1-1                 |      | 157    | 130/82            | 15                | 60                    |
| 1-2                 |      | 157    | 140/80            | 15                |                       |
| 1-3                 |      | 157    |                   | 15                |                       |
| 1-4                 | 20   | 157    | 130/80            | 15                | 20                    |
| 1-5                 | 30   | 157    | 130/80            | 15                | 50                    |
| 1-6                 |      | 157    | 120/80            | 15                |                       |
| 1-7                 | 30   | 157    | 150/90            | 15                | 40                    |
| 1-8                 | 30   | 157    | 130/80            | 15                |                       |
| 1-9                 |      | 157    | 150/88            | 15                | 10                    |
| 1-10                |      | 157    |                   |                   | 60                    |
| 1-11                |      | 159    |                   | 15                |                       |
| 1-12                | 30   | 159    | 130/80            | 15                | 10                    |
| 1-13                |      | 157    | 130/80            | 15                | 15                    |
| 1-14                | 20   | 158    | 130/80            | 15                |                       |
| 1-15                | 10   | 158    |                   | 15                |                       |
| 1-16                |      | 158    | ↗ 120/80 ↘        | 15                | 30                    |
| 1-17                |      | 158    | ↘ 120/98 ↗        | 15                |                       |
| 1-18                | 15   | 158    | 130/80            | 10                |                       |
| 1-19                | 10   | 158    | 130/80            | 15                |                       |
| 1-20                | 10   | 158    | 140/90            | 15                |                       |
| 1-21                | 15   | 158    | 130/84            | 15                | 10                    |
| 1-22                |      | 158    | 132/86            | 15                | 20                    |
| 1-23                |      | 158    | 140/80            | 15                | 20                    |
| 1-24                |      | 158    | 130/80            | 15                | 10                    |
| 1-25                | 15   | 159    | 140/80            | 15                |                       |
| 1-26                | 15   | 159    | 136/84            | 15                | 30                    |
| 1-27                |      | 159    | 130/80            | 15                |                       |
| 1-28                | 20   | 159    | 130/76            | 15                | 30                    |
| 1-29                | 20   | 159    | 140/84            | 15                |                       |
| 1-30                | 20   | 159    |                   | 15                | 10                    |
| 1-31                | 15   | 159    | 140/84            | 15                |                       |

| DATE<br>1982<br>FEB | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | REST &<br>BIO FEEDBACK |
|---------------------|------|--------|-------------------|-------------------|------------------------|
| 2-1                 | 30   | 159    | 140/90            | 15                |                        |
| 2-2                 | 30   | 159    | 142/90            | 15                | 20                     |
| 2-3                 |      | 160    | 130/88            | 15                |                        |
| 2-4                 | 20   | 160    | 120/80            | 15                |                        |
| 2-5                 | 35   | 160    | 130/80            | 15                |                        |
| 2-6                 | 20   | 160    | 130/80            | 15                |                        |
| 2-7                 |      | 160    | 130/80            |                   |                        |
| 2-8                 | 10   | 160    | 130/78            | 15                |                        |
| 2-9                 | 30   | 160    | 138/84            | 20                |                        |
| 2-10                | 30   | 160    | 140/88            | 15                | 15                     |
| 2-11                | 35   | 160    | 140/90            | 20                |                        |
| 2-12                | 15   | 160    | 140/84            | 15                |                        |
| 2-13                |      | 160    | 148/88            | 15                |                        |
| 2-14                |      | 160    |                   | 15                |                        |
| 2-15                |      | 160    | 115/78            | 15                |                        |
| 2-16                | 35   | 160    | 140/88            | 15                |                        |
| 2-17                | 15   | 160    | 140/80            | 15                |                        |
| 2-18                | 40   | 160    | 135/80            | 15                | 30                     |
| 2-19                | 45   | 160    | 120/80            | 15                |                        |
| 2-20                | 20   | 160    | 130/84            | 15                |                        |
| 2-21                | 20   | 160    |                   | 15                |                        |
| 2-22                |      | 160    | 150/90            | 15                |                        |
| 2-23                | 30   | 160    |                   | 15                |                        |
| 2-24                | 45   | 160    |                   | 15                |                        |
| 2-25                | 45   | 160    |                   | <del>15</del>     |                        |
| 2-26                | 30   | 160    |                   | 15                |                        |
| 2-27                | 30   | 160    |                   |                   |                        |
| 2-28                |      | 160    |                   | 15                |                        |

| MARCH<br>1982 | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA | REST<br>& BIO |
|---------------|------|--------|-------------------|------|---------------|
| 3-1           |      | 160    | 120/70            | 15   | 25            |
| 3-2           |      | 160    | 140/90            | 15   |               |
| 3-3           | 20   | 160    | 130/80            | 15   | 25            |
| 3-4           | 60   | 160    | 130/86            | 15   | 15            |
| 3-5           | 75   | 160    | 150/90            | 15   |               |
| 3-6           | 25   | 160    | 140/90            | 15   | 20            |
| 3-7           | 15   | 160    | 140/90            | 15   | 20            |
| 3-8           | 20   | 160    | 150/90            | 15   |               |
| 3-9           | 20   | 160    | 140/86            | 15   |               |
| 3-10          | 20   | 160    | 130/80            | 15   |               |
| 3-11          | 20   | 160    | 130/76            | 15   |               |
| 3-12          | 40   | 160    | 120/86            | 15   |               |
| 3-13          |      | 160    | <del>140/76</del> | 15   |               |
| 3-14          |      | 160    | 140/76            | 15   |               |
| 3-15          |      | 160    | 120/80            | 15   |               |
| 3-16          | 20   | 160    | 150/80            | 15   |               |
| 3-17          | 20   | 160    | 140/90            | 15   | 20            |
| 3-18          | 35   | 160    | 140/90            | 15   | 20            |
| 3-19          | 20   | 160    | 140/84            | 15   |               |
| 3-20          | 20   | 160    |                   | 15   |               |
| 3-21          |      | 160    |                   | 15   |               |
| 3-22          |      |        |                   |      |               |
| 3-23          | 35   | 160    |                   | 15   |               |
| 3-24          | 10   | 160    |                   | 15   | 20            |
| 3-25          | 15   | 160    |                   | 15   | 20            |
| 3-26          | 35   | 163    |                   | 15   | 30            |
| 3-27          | 30   | 163    |                   | 15   | 10            |
| 3-28          | 20   | 163    |                   | 15   |               |
| 3-29          | 35   | 163    | 140/90            | 15   | 30            |
| 3-30          | 50   | 163    | 132/88            | 15   |               |
| 3-31          | 15   | 163    | 140/90            | 15   | 20            |

| DATE<br>APRIL<br>1982 | WALK | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | REST<br>&<br>BIO FEEDBACK |
|-----------------------|------|--------|-------------------|-------------------|---------------------------|
| 4-1                   | 30   | 164    | 130/84            | 15                | 30                        |
| 4-2                   | 10   | 164    | 150/86            | 15                | 20                        |
| 4-3                   |      | 164    | 150/90            |                   |                           |
| 4-4                   | 70   | 164    |                   | 15                | 20                        |
| 4-5                   | 20   | 164    | 140/90            | 15                |                           |
| 4-6                   | 40   | 164    | 140/90            | 15                | 30                        |
| 4-7                   | 20   | 164    | 110/80            | 15                | 20                        |
| 4-8                   | 45   | 164    | 130/90            | 15                | 10                        |
| 4-9                   | 30   | 162    | 130/80            | 15                | 20                        |
| 4-10                  | 30   | 162    | 130/80            | 15                | 20                        |
| 4-11                  |      | 162    | 120/84            | 15                |                           |
| 4-12                  | 10   | 163    | 130/90            | 15                | 30                        |
| 4-13                  | 45   | 163    | 130/90            | 15                | 20                        |
| 4-14                  | 30   | 163    | 120/83            | 15                |                           |
| 4-15                  |      | 163    | 130/80            | 15                |                           |
| 4-16                  | 30   | 163    | 130/80            | 15                | 30                        |
| 4-17                  | 40   | 163    |                   | 15                |                           |
| 4-18                  | 45   | 163    | 140/80            | 15                |                           |
| 4-19                  | 35   | 163    | 130/90            | 15                | 40                        |
| 4-20                  |      | 163    | 140/88            | 15                | 15                        |
| 4-21                  |      | 163    | 120/88            | 15                |                           |
| 4-22                  | 10   | 163    | 140/90            | 10                | 20                        |
| 4-23                  | 55   | 163    | 140/90            | 20                |                           |
| 4-24                  | 45   | 163    | 130/80            | 15                |                           |
| 4-25                  | 45   | 163    | 110/78            |                   |                           |
| 4-26                  | 10   | 163    | 140/90            | 15                | 30                        |
| 4-27                  | 25   | 163    | 140/90            | 15                | 20                        |
| 4-28                  |      | 163    | 150/90            | 15                | 30                        |
| 4-29                  | 35   | 163    | 130/80            | 15                |                           |
| 4-30                  | 50   | 163    | 130/78            | 15                |                           |

| DATE<br>1982<br>MAY | WALK  | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES | BIO<br>FEEDBACK<br>OR<br>REST |
|---------------------|-------|--------|-------------------|-------------------|-------------------------------|
| 5-1                 | 55    | 165    | 120/80            | 15                |                               |
| 5-2                 | 10    | 165    |                   | 10                |                               |
| 5-3                 | 15    | 165    | 136/70            | 10                | 40                            |
| 5-4                 | 40    | 165    | 130/80            | 15                | 20                            |
| 5-5                 | 25    | 165    | 124/84            | 15                | 10                            |
| 5-6                 | 30+30 | 165    | 140/90            | 15                | 20                            |
| 5-7                 | 35+20 | 165    | 140/90            | 15                | 25                            |
| 5-8                 | 45    | 165    | 132/82            | 15                | 15                            |
| 5-9                 | 35    | 165    | 130/90 130/88     | 15                |                               |
| 5-10                | 25    | 165    | 150/100           | 15                | 40                            |
| 5-11                | 30    | 165    | 130/88            | 15                |                               |
| 5-12                |       | 165    | 140/80            | 15                | 10                            |
| 5-13                | 30    | 165    | 130/80            | 15                |                               |
| 5-14                | 30    | 165    | 140/90            | 15                | 10                            |
| 5-15                | 45    | 165    |                   | 15                | 40                            |
| 5-16                | 30    | 165    |                   | 15                |                               |
| 5-17                | 10    | 165    | 150/90            | 15                | 20                            |
| 5-18                | 30    | 165    | 130/90            | 15                | 20                            |
| 5-19                | 10    | 165    | 140/90            | 15                | 25                            |
| 5-20                | 20    | 165    | 140/90            | 15                | 10                            |
| 5-21                | 40    | 165    | 160/97            | 15                |                               |
| 5-22                | 45    | 166    |                   | 15                | 25                            |
| 5-23                | 45    | 166    |                   | 15                | 20                            |
| 5-24                | 45    | 166    | 135/62            | 15                | 15                            |
| 5-25                | 50    | 166    | 140/85            | 15                |                               |
| 5-26                | 15    | 166    |                   | 15                | 30                            |
| 5-27                | 55    | 166    | 138/72            | 15                |                               |
| 5-28                | 60    | 166    |                   | 15                | 30                            |
| 5-29                | 40    | 166    | 130/86            | 15                | 20                            |
| 5-30                | 10    | 166    | 140/86            | 15                | 10                            |
| 5-31                |       | 166    | 140/90            | 15                |                               |

| DATE<br>1981<br>APRIL | PULSE<br>RATE | WALK<br><i>minutes</i> | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES<br><i>minutes</i> | BIO<br>FEEDBACK |    |
|-----------------------|---------------|------------------------|--------|-------------------|-------------------------------------|-----------------|----|
|                       |               |                        |        |                   |                                     | AM              | PM |
| 4-1                   |               | 20                     | 167    | 136/86            | 15                                  |                 | 30 |
| 4-2                   |               | 35                     | 167    |                   | 15                                  |                 |    |
| 4-3                   |               | 20                     | 167    | 130/80            | 15                                  |                 | 25 |
| 4-4                   |               | 15                     | 169    | 140/90            | 15                                  |                 |    |
| 4-5                   |               | 20                     | 169    | 130/80            | 15                                  | 15              |    |
| 4-6                   |               | 25                     | 169    | 150/86            | 15                                  |                 | 20 |
| 4-7                   |               | 40                     | 169    | 145/100           | 15                                  |                 | 10 |
| 4-8                   |               | 15                     | 169    | 140/90            | 15                                  |                 | 5  |
| 4-9                   |               | 40                     | 169    | 150/100           | 15                                  |                 |    |
| 4-10                  |               | 30                     | 169    |                   | 15                                  |                 |    |
| 4-11                  |               | 40                     | 170    |                   | 15                                  |                 |    |
| 4-12                  |               | 35                     | 170    |                   | 15                                  |                 | 10 |
| 4-13                  |               | 25                     | 170    | 140/90            | 15                                  |                 | 20 |
| 4-14                  |               | 20                     | 170    | 140/80            | 15                                  |                 | 15 |
| 4-15                  |               | 30                     | 170    | 140/86            | 15                                  |                 | 20 |
| 4-16                  |               | 35                     | 170    | 130/90            | 15                                  | 20              | 10 |
| 4-17                  |               | 40                     | 170    | 136/90            | 15                                  |                 | 20 |
| 4-18                  |               | 30                     | 170    | 120/80            | 15                                  |                 |    |
| 4-19                  |               | 35                     | 170    | 160/110           | 15                                  |                 |    |
| 4-20                  |               | 20                     | 167    | 140/96            | 15                                  |                 |    |
| 4-21                  |               | 45                     | 167    | 130/80            | 15                                  |                 |    |
| 4-22                  |               | 30                     | 167    | 136/80            | 15                                  | 20              | 30 |
| 4-23                  |               | 45                     | 167    | 130/80            | 15                                  |                 | 20 |
| 4-24                  |               | 45                     | 167    |                   | 15                                  |                 | 15 |
| 4-25                  |               | 35                     | 168    | 130/86            | 15                                  |                 |    |
| 4-26                  |               | 40                     | 168    | 130/80            | 15                                  |                 |    |
| 4-27                  |               | 25                     | 168    | 120/90            | 15                                  | 15              | 10 |
| 4-28                  |               | 55                     | 168    | 130/90            | 15                                  |                 |    |
| 4-29                  |               | 55                     | 168    | 140/100           | 15                                  | 15              |    |
| 4-30                  |               |                        | 168    | 140/90            | 15                                  |                 |    |

| DATE<br>1981<br>MARCH | PULSE<br>RATE | WALK<br>in minutes<br>at 2 mph | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES<br>in minutes | BIO<br>FEEDBACK<br>in minutes<br>a.m. p.m. |    |
|-----------------------|---------------|--------------------------------|--------|-------------------|---------------------------------|--|----|
| 3-1                   |               | 15                             | 173    | 138/90            | 15                              |  |    |
| 3-2                   |               | 25                             | 172    | 160/100           | 15                              | 10   | 20 |
| 3-3                   |               | 30                             | 172    | 158/98            | 15                              |  |    |
| 3-4                   |               | 20                             | 172    | 155/98            | 15                              | 10   |    |
| 3-5                   |               | 15                             | 172    | 152/90            | 15                              | 30   | →  |
| 3-6                   |               | 30                             | 172    | 150/94            | 15                              |  | 10 |
| 3-7                   |               | 40                             | 172    | 146/86            | 15                              |  | 20 |
| 3-8                   |               | 15                             | 172    | 136/80            | 15                              |  | 10 |
| 3-9                   |               | 25                             | 172    | 130/90            | 15                              |  | 10 |
| 3-10                  |               | 25                             | 172    | 140/90            | 15                              |  |    |
| 3-11                  |               | 25                             | 172    | 140/90            | 15                              |  | 10 |
| 3-12                  |               | 25                             | 172    | 150/100           | 15                              | 10   | 10 |
| 3-13                  |               | 25                             | 172    | 160/100           | 15                              |  |    |
| 3-14                  |               | 25                             | 172    | 150/90            | 15                              | 10   |    |
| 3-15                  |               | 40                             | 172    | 150/90            | 15                              |  |    |
| 3-16                  |               | 40                             | 172    | 160/90            | 15                              | 10   | 20 |
| 3-17                  |               | 20                             | 172    | 140/100           | 15                              |  | 30 |
| 3-18                  | ↓             | 20                             | 172    | 125/80            | 15                              |  | 30 |
| 3-19                  | ↓             | 60                             | 172    |                   | 15                              |  | 40 |
| 3-20                  | T             | 25                             | 172    |                   | 15                              |  |    |
| 3-21                  | R             | 60                             | 172    |                   | 15                              |  | 30 |
| 3-22                  | A             | 25                             | 172    |                   | 15                              |  |    |
| 3-23                  | V             | 60                             | 172    |                   | 15                              |  |    |
| 3-24                  | E             | 60                             | 172    |                   | 15                              |  |    |
| 3-25                  | L             | 30                             | 172    |                   | 15                              |  |    |
| 3-26                  | ↑             | 15                             | 172    |                   |                                 |  |    |
| 3-27                  |               | 45                             | 172    |                   | 15                              |  |    |
| 3-28                  |               | 10                             | 173    | 160/100           | 15                              |  |    |
| 3-29                  |               | 40                             | 173    | 140/90            | 15                              |  |    |
| 3-30                  |               | 10                             | 173    | 142/92            | 10                              | 20   | 20 |
| 3-31                  |               | 15                             | 173    | 140/86            | 10                              |  | 30 |

| DATE<br>1980<br>FEBRUARY | PULSE RATE             |              |       | TIME<br>WALK<br>@ 2 mph | BLOOD<br>PRESSURE  | WEIGHT |
|--------------------------|------------------------|--------------|-------|-------------------------|--------------------|--------|
|                          | Before<br>walk<br>5-10 | and<br>later | After |                         |                    |        |
| 2-1                      | 80                     | 96           | 80    | 35 min.                 | <del>130</del> /74 | 164    |
| 2-2                      | 80                     | 96           | 80    | 25 min                  |                    | 164    |
| 2-3                      | 80                     | 100          | 80    | 35 min                  |                    | 164    |
| 2-4                      | 72                     | 92           | 72    | 35 min                  |                    | 164    |
| 2-5                      | 84                     | 100          | 80    | 35 min                  |                    | 166    |
| 2-6                      | 76                     | 96           | 80    | 35 min                  |                    | 165    |
| 2-9                      | 76                     | 92           | 76    | 10 min                  |                    | 163    |
| 2-10                     | 80                     | 96           | 80    | 20 min                  | 120/78             | 165    |
| 2-11                     | 84                     | 96           | 80    | 10 min                  | 136/80             | 164    |
| 2-12                     | 84                     | 96           | 84    | 35 min                  | 120/80             | 164    |
| 2-13                     | 84                     | 96           | 84    | 10 min                  | 114/70             | 163    |
| 2-14                     | 72                     | 92           | 72    | 10 min                  | 110/70             | 164    |
| 2-15                     | 76                     | 92           | 76    | 35 min                  | 120/80             | 164    |
| 2-16                     | 72                     | 96           | 72    | 35 min                  |                    | 165    |
| 2-17                     | 72                     | 96           | 72    | 35 min                  | 128/78             | 166    |
| 2-18                     | 76                     | 100          | 76    | 35 min                  | 120/70             | 166    |
| 2-19                     | 80                     | 100          | 80    | 35 min                  | 120/70             | 166    |
| 2-20                     | 80                     | 100          | 80    | 10 min                  | 130/80             | 166    |
| 2-21                     | 80                     | 100          | 72    | 40 min                  | 115/80             | 166    |
| 2-22                     | 84                     | 100          | 80    | 10 min                  | 110/80             | 166    |
| 2-23                     | 76                     | 100          | 76    | 35 min                  | 126/76             | 165    |
| 2-24                     | 84                     | 96           | 84    | 35 min                  | 120/80             | 166    |
| 2-25                     | 80                     | 92           | 80    | 15 min                  | 130/90             | 166    |
| 2-26                     | 84                     | 100          | 84    | 35 min                  | 110/75             | 166    |
| 2-27                     | 72                     | 88           | 72    | 35 min                  | 138/80             | 166    |
| 2-28                     | 76                     | 92           | 76    | 35 min                  | 118/80             | 164    |
| 2-29                     | 72                     | 92           | 72    | 35 min                  | 130/80             | 164    |
|                          |                        |              |       |                         | <del>130/68</del>  |        |

| DATE<br>1980<br>MARCH | PULSE RATE<br>Before and after<br>Walk & 5-10 later |     |    | TIME of WALK<br>@ 2 mph | BLOOD<br>PRESSURE | WEIGHT |
|-----------------------|---|-----|----|-------------------------|-------------------|--------|
| 3-1                   | 80  | 92  | 80 | 35 min                  | 130/80            | 165    |
| 3-2                   | 76  | 92  | 76 | 35 min                  |                   | 165    |
| 3-3                   | 76  | 88  | 76 | 15 min                  |                   | 165    |
| 3-4                   | 76  | 96  | 76 | 35 min                  | 130/80            | 165    |
| 3-5                   | 80  | 100 | 80 | 10 min                  | 138/80            | 166    |
| 3-6                   | 76  | 92  | 76 | 35 min                  | 130/80            | 166    |
| 3-7                   | 72  | 92  | 72 | 10 min                  | 130/80            | 165    |
| 3-8                   | 72  | 96  | 76 | 35 min                  | 140/80 *          | 166    |
| 3-9                   | 80  | 92  | 80 | 35 min                  | 122/80            | 164    |
| 3-10                  | 76  | 92  | 76 | 10 min                  |                   | 164    |
| 3-11                  | 76  | 96  | 76 | 25 min                  | 140/86            | 165    |
| 3-12                  | 76  | 96  | 76 | 20 min                  | 130/80            | 165    |
| 3-13                  | 76  | 92  | 76 | 35 min                  | 126/85            | 165    |
| 3-14                  | 76  | 92  | 76 | 35                      | 136/90            | 165    |
| 3-15                  | 80  | 92  | 80 | 35 min                  | 140/80            | 165    |
| 3-16                  | 80  | 96  | 80 | 35 min                  | 130/90            | 165    |
| 3-17                  | 76  | 96  | 76 | 35 min                  | 145/90            | 165    |
| 3-18                  | 76  | 92  | 76 | 35 min                  | 130/80 *          | 166    |
| 3-19                  | 76  | 96  | 76 | 35 min                  | 140/90            | 165    |
| 3-20                  | 76  | 96  | 76 | 35 min                  |                   | 165    |
| 3-21                  | 76  | 96  | 76 | 35 min                  | 130/80            | 165    |
| 3-22                  | 72  | 92  | 72 | 35 min                  | 140/98            | 165    |
| 3-23                  | 72  | 92  | 72 | 35 min                  | 118/80            | 165    |
| 3-24                  | 80  | 96  | 80 | 45 min                  |                   | 165    |
| 3-25                  | 80  | 96  | 80 | 45 min                  |                   | 165    |
| 3-26                  | 72  | 88  | 72 | 45 min                  |                   | 165    |
| 3-27                  | 76  | 96  | 76 | 45 min                  |                   | 165    |
| 3-28                  | 80  | 96  | 80 | 45 min                  |                   | 165    |
| 3-29                  | 80  | 96  | 80 | 45 min                  |                   | 164    |
| 3-30                  | 76  | 92  | 76 | 60 min                  |                   | 164    |
| 3-31                  | 76  | 92  | 76 | 30 min                  | 140/90            | 164    |

| DATE<br>1980<br>APRIL | PULSE<br>RATE  |               | Time<br>of<br>WALK<br>@ 2mph | BLOOD<br>PRESSURE                                       | WEIGHT | JOINTS<br>&<br>GLANDS<br>EXERCISE | BREATHING<br>(RELAXATION<br>MEDITATION) |
|-----------------------|----------------|---------------|------------------------------|---|--------|-----------------------------------|---|
|                       | BEFORE<br>WALK | AFTER<br>WALK |                              |   |        |                                   |   |
| 4-1                   | 72             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-2                   | 72             | 92            | 60 min                       | 120/70  | 164    | 20 min a.m.                       |   |
| 4-3                   | 80             | 96            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-4                   | 80             | 96            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-5                   | 80             | 96            | 60 min                       |   | 164    | 25 min a.m.                       |   |
| 4-6                   | 80             | 96            | 60 min                       | 140/80  | 164    | 25 min a.m.                       |   |
| 4-7                   | 76             | 92            | 60 min                       | 130/78  | 164    | 25 min a.m.                       | 7 min p.m.                              |
| 4-8                   | 80             | 88            | 60 min                       | 130/80  | 164    | 20 min a.m.                       |   |
| 4-9                   | 80             | 96            | 60 min                       |   | 164    | 25 min a.m.                       |   |
| 4-10                  | 80             | 96            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-11                  | 80             | 92            | 60 min                       | 145/80  | 163    | 25 min a.m.                       |   |
| 4-12                  | 80             | 92            | 60 min                       |   | 163    | 25 min a.m.                       |   |
| 4-13                  | 84             | 96            | 30 min                       |   | 163    | 20 min a.m.                       | 30 min Breathing<br>& Nap               |
| 4-14                  | 80             | 88            | 60 min                       |   | 163    | 25 min a.m.                       |   |
| 4-15                  | 80             | 92            | 50 min                       | 132/72  | 163    | 20 min a.m.                       |   |
| 4-16                  | 80             | 92            | 55 min                       |   | 163    | 25 min a.m.                       |   |
| 4-17                  | 80             | 92            | 60 min                       |   | 163    | 25 min a.m.                       |   |
| 4-18                  | 80             | 92            | 60 min                       | 148/76  | 163    | 20 min a.m.                       |   |
| 4-19                  | 80             | 92            | 45 min                       |   | 163    | 25 min a.m.                       | 12 mins p.m.                            |
| 4-20                  | 80             | 92            | 60 min                       |   | 163    | 20 min a.m.                       |   |
| 4-21                  | 80             | 92            | 60 min                       |   | 163    | 20 min a.m.                       |   |
| 4-22                  | 72             | 88            | 60 min                       |   | 163    | 20 min a.m.                       | 7 min p.m.                              |
| 4-23                  | 80             | 92            | 60 min                       | 130/68  | 163    | 20 min a.m.                       |   |
| 4-24                  | 80             | 92            | 20 min                       |   | 164    | 20 min a.m.                       |   |
| 4-25                  | 80             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-26                  | 80             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-27                  | 80             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-28                  | 80             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-29                  | 80             | 92            | 60 min                       |   | 164    | 20 min a.m.                       |   |
| 4-30                  | 76             | 92            | 60 min                       | 134/80<br>124/78<br>before and<br>after bio<br>feedback | 164    | 20 min                            |   |

| DATE<br>1980<br>MAY | PULSE<br>RATE<br>before<br>and<br>after | TIME<br>of<br>WALK<br>@<br>2 mph | BLOOD<br>PRESSURE | WEIGHT | JOINTS<br>& GLANDS<br>EXERCISE | BIOFEEDBACK<br>BREATHING &<br>RELAXING | BREATHING<br>&<br>RELAXING<br>P.M. |
|---------------------|---|----------------------------------|-------------------|--------|--------------------------------|--|------------------------------------|
| 5-1                 | 80 92                                   | 60m                              | 120/60            | 164    | 20 min                         | 15 min                                 |                                    |
| 5-2                 | 80 92                                   | 60                               |                   | 164    | 20 min                         | 10 min                                 |                                    |
| 5-3                 | 80 92                                   | 60                               |                   | 164    | 20 min                         | 13 min                                 | 12 min                             |
| 5-4                 | 80 92                                   | 60                               |                   | 165    | 20 min                         | 15 min                                 | 13 min                             |
| 5-5                 | 80 92                                   | 60                               |                   | 165    | 20 min                         | 10 min                                 |                                    |
| 5-6                 | 80 92                                   | 60                               |                   | 165    | 15                             | 15                                     | 20 min                             |
| 5-7                 | 80 92                                   | 60                               |                   | 165    | 15                             | 12                                     |                                    |
| 5-8                 | 80 92                                   | 60                               | 138/66            | 165    | 20                             | 10                                     |                                    |
| 5-9                 | 80 92                                   | 60                               |                   | 165    | 20                             | 15                                     |                                    |
| 5-10                | 80 92                                   | 60                               |                   | 165    | 15                             | 12                                     | 14 min                             |
| 5-11                | 80 92                                   | 60                               |                   | 165    | 15                             | 10                                     |                                    |
| 5-12                | 80 92                                   | 60                               | 136/90            | 165    | 20                             | 12                                     |                                    |
| 5-13                | 80 92                                   | 60                               |                   | 165    | 20                             | 12                                     |                                    |
| 5-14                | 80 92                                   | 60                               |                   | 165    | 20                             | 10                                     |                                    |
| 5-15                | 80 92                                   | 60                               |                   | 165    | 20                             | 15                                     |                                    |
| 5-16                | 80 92                                   | 30+ walking NYC                  |                   | 165    | 15                             | 12                                     |                                    |
| 5-17                | 80 92                                   | 60+                              | 128/82            |        | 20                             | 14                                     |                                    |
| 5-18                | 80 92                                   | 60+                              |                   |        | 20                             | 20                                     |                                    |
| 5-19                | 80 92                                   | 60+                              | 120/80            |        | 20                             | 12                                     |                                    |
| 5-20                | 80 92                                   | 60+                              |                   |        | 20                             | 10                                     |                                    |
| 5-21                | 80 92                                   | 30+                              |                   |        | 20                             | 10                                     |                                    |
| 5-22                | 80 92                                   | 30                               |                   |        |                                |  |                                    |
| 5-23                | 80 92                                   | 60+                              | 170/110           |        | 20                             | 15                                     |                                    |
| 5-24                | 80 92                                   | 60+                              |                   |        | 20                             | 15                                     |                                    |
| 5-24                | 80 92                                   | 30+                              |                   |        | 20                             | 10                                     |                                    |
| 5-25                | 80 92                                   | 30+                              |                   |        | 20                             |  |                                    |
| 5-26                | 80 92                                   | 30+                              |                   |        | 15                             | 10                                     |                                    |
| 5-27                | 80 92                                   | 30+                              | 118/90            |        | 15                             | 10                                     |                                    |
| 5-28                | 80 92                                   | 60+                              |                   |        | 10                             | 15                                     | 15                                 |
| 5-29                | 80 92                                   | 30+                              |                   |        | 15                             |  |                                    |
| 5-30                | 80 92                                   | 30+                              |                   |        | 20                             | 12                                     |                                    |
| 5-31                | 80 92                                   | 60+                              |                   |        | 20                             | 10                                     |                                    |
| 6-1                 |   | 30                               | 140/80            |        | 10                             | 10                                     |                                    |

| DATE<br>1980<br>JUNE | PULSE RATE |       | TIME<br>WALK<br>@<br>2 mph<br>MINUTES | BLOOD<br>PRESSURE                           | WEIGHT | Joints &<br>glands<br>& exercise<br>Time | Biofeedback<br>Breathing<br>Time | Breath<br>&<br>Relaxing<br>Time |
|----------------------|------------|-------|---------------------------------------|---|--------|--|----------------------------------|---------------------------------|
|                      | before     | after |                                       |   |        |  |                                  |                                 |
| 6-1                  | 80         |       | 30-                                   | 140/80                                      | .      | 10                                       | 10                               |                                 |
| 6-2                  |            |       | 60                                    | 152/78                                      | 169    | 20                                       | 18                               |                                 |
| 6-3                  | 92         |       | 60                                    |   | 169    | 15                                       | 10                               |                                 |
| 6-4                  | average    |       | 60                                    | before and after breathing<br>140/80 120/70 | 168    | 20                                       | 30+                              | 20                              |
| 6-5                  |            |       | 60                                    |   | 168    | 15                                       | 15                               |                                 |
| 6-6                  |            |       | 60                                    |   | 167    | 20                                       | 12                               |                                 |
| 6-7                  |            |       | 60                                    |   | 167    | 15                                       | 10                               |                                 |
| 6-8                  |            |       | 60                                    |   | 168    | 20                                       | 15                               |                                 |
| 6-9                  |            |       | 60                                    |   | 167    | 20                                       | 15                               |                                 |
| 6-10                 |            |       | 60                                    | 120/70                                      | 167    | 20                                       | 20                               |                                 |
| 6-11                 |            |       |                                       |   | 167    | 15                                       | 10                               |                                 |
| 6-12                 |            |       | 60                                    |   | 167    | 20                                       | 15                               |                                 |
| 6-13                 |            |       | 60                                    |   | 166    | 20                                       | 15                               |                                 |
| 6-14                 |            |       | 60                                    |   | 166    | 20                                       | 10                               |                                 |
| 6-15                 |            |       | 60                                    |   | 166    | 20                                       | 10                               |                                 |
| 6-16                 |            |       | 60                                    | 152/76                                      | 166    | 20                                       | 10                               |                                 |
| 6-17                 |            |       |                                       |   | 167    | 15                                       |                                  |                                 |
| 6-18                 |            |       | 30                                    |   |        | 5  |                                  |                                 |
| 6-19                 |            |       | 30                                    |   |        | 5  |                                  |                                 |
| 6-20                 |            |       | 30                                    |   |        | 15                                       |                                  |                                 |
| 6-21                 |            |       | 10                                    |   |        | 15                                       |                                  |                                 |
| 6-22                 |            |       | 15 W<br>20 S                          |   |        | 15                                       |                                  |                                 |
| 6-23                 |            |       | 30 W<br>25 S<br>15 S                  |   |        | 20                                       |                                  |                                 |
| 6-24                 |            |       | 20 W                                  |   |        | 15                                       | 15                               |                                 |
| 6-25                 |            |       |                                       | 130/80                                      |        | 15                                       | 10                               |                                 |
| 6-26                 |            |       | 30 W                                  |   |        |  |                                  |                                 |
| 6-27                 |            |       | 30 S<br>15 W                          |   |        |  | 10                               |                                 |
| 6-28                 |            |       |                                       | 156/96                                      |        |  |                                  |                                 |
| 6-29                 |            |       | 60 W                                  |   | x.     | 15                                       |                                  |                                 |
| 6-30                 |            |       | 45 W                                  |   | 10     | 10                                       |                                  |                                 |

| DATE<br>1980<br>JULY | PULSE<br>RATE<br>before + after | TIME<br>OF<br>WALK | BLOOD<br>PRESSURE | WEIGHT | JOINTS &<br>EX. GLANDS | BIO. | EXTRA<br>PM |
|----------------------|---------------------------------|--------------------|-------------------|--------|------------------------|------|-------------|
| 7-1                  | 80                              | 45                 | 140/90            |        | 15                     |      |             |
| 7-2                  | to                              | 45                 |                   |        |                        |      |             |
| 7-3                  | 92                              | 45                 |                   |        |                        |      |             |
| 7-4                  | Average                         | 34                 |                   |        |                        |      |             |
| 7-5                  |                                 | 55                 |                   |        |                        |      |             |
| 7-6                  |                                 | 45                 |                   |        |                        |      |             |
| 7-7                  |                                 | 60                 |                   |        |                        |      |             |
| 7-8                  |                                 | 30                 |                   |        | 10                     |      |             |
| 7-9                  |                                 | 155<br>15W         |                   |        |                        |      |             |
| 7-10                 |                                 | 20                 |                   |        |                        |      |             |
| 7-11                 |                                 | 155<br>15W         |                   |        | 10                     |      |             |
| 7-12                 |                                 | 20S<br>15W         |                   |        |                        |      |             |
| 7-13                 |                                 | 70                 | 137/90            | 175    | 15                     | 12   |             |
| 7-14                 |                                 | 60                 |                   | 174    | 15                     | 15   |             |
| 7-15                 |                                 | 30                 |                   | 172    | 15                     | 20   |             |
| 7-16                 |                                 | 35                 |                   | 172    | 12                     | 20   |             |
| 7-17                 |                                 | 50                 | 120/90            | 171    | 15                     | 12   |             |
| 7-18                 |                                 | 60                 |                   | 171    | 14                     | 12   |             |
| 7-19                 |                                 | 55                 |                   | 173    | 15                     | 15   |             |
| 7-20                 |                                 | 55                 | 150/92            | 173    | 15                     | 10   |             |
| 7-21                 |                                 | 50                 | 138/88            |        | 12                     | 10   |             |
| 7-22                 |                                 | 30                 | 130/80            |        | 14                     |      |             |
| 7-23                 |                                 | 25                 |                   |        | 17                     |      |             |
| 7-24                 |                                 | 25                 | 150/80            |        | 11                     |      |             |
| 7-25                 |                                 | 20                 | 150/90            |        | 10                     |      |             |
| 7-26                 |                                 | 30                 | 130/88            |        | 15                     |      |             |
| 7-27                 |                                 | 50S                | 140/88            |        | 10                     |      |             |
| 7-28                 |                                 | 45S                | 140/100 -         |        | 11                     |      |             |
| 7-29                 |                                 | 60                 | 150/98            | 174    | 16                     | 20   |             |
| 7-30                 |                                 | 30                 | 120/88            | 173    | 12                     | 10   |             |
| 7-31                 |                                 | 60                 | 130/80            | 172    | 15                     |      |             |

| DATE<br>1980<br>AUGUST | PULSE<br>RATE | TIME<br>of<br>WALK | BLOOD<br>PRESSURE | WEIGHT | YOGA<br>JOINTS &<br>GLANDS | BIO-<br>FEEDBACK |
|------------------------|---------------|--------------------|-------------------|--------|----------------------------|------------------|
| 8-1                    |               | 30                 | 130/90            | 171    | 12                         |                  |
| 8-2                    |               | 30                 | 130/95            | 172    | 15                         |                  |
| 8-3                    |               | 40                 | 120/90            | 171    | 15                         |                  |
| 8-4                    |               | 35                 | 130/84            | 170    | 15                         |                  |
| 8-5                    |               | 60                 | 130/78            | 170    | 15                         | 15               |
| 8-6                    |               | 45 S               | 145/85            | 172    | 10                         | 10               |
| 8-7                    |               | 35                 | 110/80            | 171    | 20                         |                  |
| 8-8                    |               | 40 S               | 128/80            | 170    | 13                         |                  |
| 8-9                    |               | 50 S               |                   |        | 12                         |                  |
| 8-10                   |               | 45 S               |                   |        |                            |                  |
| 8-11                   |               | 30 S<br>30 W       | 140/80            | 172    | 15                         |                  |
| 8-12                   |               |                    |                   | 171    | 15                         |                  |
| 8-13                   |               | 30 S<br>5 W        | 130/80            | 171    | 15                         |                  |
| 8-14                   |               | 50                 | 150/86            | 171    | 15                         |                  |
| 8-15                   |               | 30 S<br>10 W       | 120/80            | 171    | 10                         |                  |
| 8-16                   |               | 30                 |                   |        |                            |                  |
| 8-17                   |               | 30                 |                   |        |                            |                  |
| 8-18                   |               | 30 W<br>15 S       |                   |        |                            |                  |
| 8-19                   |               | 10                 |                   |        |                            |                  |
| 8-20                   |               | 30                 | 130/80            | 173    | 15                         |                  |
| 8-21                   |               | 40                 | 138/85            | 172    | 15                         |                  |
| 8-22                   |               | 30 S<br>10 W       | 120/82            | 171    | 10                         |                  |
| 8-23                   |               | 60                 | 140/100           | 170    | 15                         | 15               |
| 8-24                   |               | 30                 | 136/92            | 170    | 12                         | 15               |
| 8-25                   |               | 40                 | 120/70            | 170    | 10                         |                  |
| 8-26                   |               | 30                 |                   | 170    | 15                         |                  |
| 8-27                   |               | 30                 | 140/90            | 170    | 15                         |                  |
| 8-28                   |               | 30                 | 146/90            | 170    | 10                         | 10               |
| 8-29                   |               | 45                 | 150/90            | 170    | 12                         |                  |
| 8-30                   |               | 20                 |                   |        |                            |                  |
| 8-31                   |               | 20                 |                   |        |                            |                  |

| DATE<br>1980<br>SEPT. | PULSE<br>RATE | TIME of<br>WALK<br>(MINUTES)<br>@ 2mph | BLOOD<br>PRESSURE | WEIGHT | YOGA<br>JOINTS &<br>GLANDS | BIO-<br>FEED-<br>BACK |
|-----------------------|---------------|--|-------------------|--------|----------------------------|-----------------------|
| 9-1                   |               | 20                                     |                   |        |                            |                       |
| 9-2                   |               | 30                                     | 140/80            | 171    | 10                         |                       |
| 9-3                   |               | 35                                     | 140/80            | 171    | 10                         |                       |
| 9-4                   |               | 45                                     | 132/82            | 171    | 15                         |                       |
| 9-5                   |               | 45                                     | 140/90            | 171    | 10                         |                       |
| 9-6                   |               | 20                                     | 142/95            | 171    | 10                         | 15                    |
| 9-7                   |               | 30                                     | 130/80            | 171    | 10                         |                       |
| 9-8                   |               | 30                                     | 150/80            | 171    | 13                         | 5                     |
| 9-9                   |               | 30                                     | 140/90            | 171    | 12                         |                       |
| 9-10                  |               | 45                                     | 140/88            | 171    | 15                         | 5                     |
| 9-11                  |               | 45                                     | 120/84            | 171    | 15                         | 5                     |
| 9-12                  |               | 35                                     | 120/86            | 171    | 15                         |                       |
| 9-13                  |               | 20                                     | 130/80            | 171    | 12                         | 2                     |
| 9-14                  |               | 60                                     | 135/90            | 171    | 10                         | 2                     |
| 9-15                  |               | 45                                     | 134/86            | 171    | 13                         |                       |
| 9-16                  |               | 50                                     | 150/90            | 171    | 12                         | 12                    |
| 9-17                  |               | 60                                     | 130/80            | 171    | 15                         | 15                    |
| 9-18                  |               | 45                                     | 120/80            | 171    | 15                         | 10                    |
| 9-19                  |               | 60                                     | 120/80            | 170    | 15                         | 5                     |
| 9-20                  |               | 60                                     |                   | 170    | 15                         | 10                    |
| 9-21                  |               | 60                                     |                   | 170    | 15                         | 14                    |
| 9-22                  |               | 40                                     | 140/80            | 170    | 15                         | 15                    |
| 9-23                  |               | 40                                     | 120/80            | 170    | 15                         | 10                    |
| 9-24                  |               | 60                                     | 120/70            | 170    | 15                         | 13                    |
| 9-25                  |               | 40                                     | 130/80            | 170    | 15                         | 12                    |
| 9-26                  |               | 30                                     | 130/100           | 170    | 15                         | 10                    |
| 9-27                  |               | 15                                     | 140/80            | 170    | 15                         | 15                    |
| 9-28                  |               | 30                                     | 140/86            | 170    | 15                         |                       |
| 9-29                  |               | 20                                     | 130/80            | 170    | 15                         | 15                    |
| 9-30                  |               | 60                                     | 125/90            | 170    | 13                         |                       |

| DATE<br>OCT. | PULSE<br>RATE | TIME of<br>WALK <sup>2</sup><br>MINUTES @ MPH | WEIGHT | BLOOD<br>PRESSURE         | YOGA<br>EXERCISES<br>MINUTES | BIO-<br>FEEDBACK<br>BREATHING<br>MINUTES |
|--------------|---------------|---|--------|---------------------------|------------------------------|--|
| 10-1         |               | 45  | 170    | 140/90                    | 15                           | 10                                       |
| 10-2         |               | 45  | 170    | 140/90                    | 15                           | 15                                       |
| 10-3         |               | 45  | 169    | 132/82                    | 15                           | 10                                       |
| 10-4         |               | 60  | 169    | 152/90                    | 15                           | 15                                       |
| 10-5         |               | 30  | 169    | 150/98                    | 15                           | 10                                       |
| 10-6         |               | 20  | 169    | 140/90                    | 15                           |  |
| 10-7         |               | 40  | 169    | 130/86                    | 15                           | 10                                       |
| 10-8         |               |   | 169    | 140/90                    | 15                           | 15                                       |
| 10-9         |               | 25  | 169    | 140/90                    | 15                           | 5  |
| 10-10        |               | 20  | 169    | 140/90                    | 15                           | 10                                       |
| 10-11        |               | 40  | 169    | 132/82                    | 15                           |  |
| 10-12        |               | 45  | 169    | 150/84                    | 14                           | 5  |
| 10-13        |               | 20  | 168    | 130/80                    | 15                           |  |
| 10-14        |               | 25  | 168    | 130/86                    | 15                           | 8  |
| 10-15        |               | 40  | 169    | 136/90                    | 15                           |  |
| 10-16        |               | 40  | 170    |                           | 15                           | 20                                       |
| 10-17        |               | 40  | 170    |                           | 15                           | 20                                       |
| 10-18        |               | 40  | 170    |                           | 15                           | 5  |
| 10-19        |               | 30  | 170    | 160/90                    | 15                           |  |
| 10-20        |               | 40  | 170    | 152/94                    | 15                           | 7  |
| 10-21        |               | 40  | 170    | 150/80                    | 15                           | 5  |
| 10-22        |               | 45  | 170    | 150/86                    | 15                           | 10                                       |
| 10-23        |               | 50  | 170    | 130/80                    | 15                           |  |
| 10-24        |               | 45  | 170    | 120/80                    | 15                           | 10+5                                     |
| 10-25        |               | 20  | 170    | 140/98                    | 15                           |  |
| 10-26        |               | 60  | 170    | 130/95                    | 15                           | 10                                       |
| 10-27        |               | 50  | 170    | 142/82                    | 15                           | 15                                       |
| 10-28        |               | 60  | 170    | 130/86                    | 15                           | 5  |
| 10-29        |               | 20  | 170    | 160/100 <sup>150/96</sup> | 15                           | 5+15                                     |
| 10-30        |               | 30  | 170    | 156/90                    | 15                           | 10                                       |
| 10-31        |               | 50  | 170    |                           | 15                           | 30                                       |

| DATE<br>NOVEMBER<br>1980 | PULSE<br>RATE<br>before after | WALK in<br>MINUTES<br>@ 2 mph. | WEIGHT | BLOOD<br>PRESSURE | YOGA<br>EXERCISES<br>minutes | BIO -<br>FEEDBACK<br>BREATHING |
|--------------------------|-------------------------------|--------------------------------|--------|-------------------|------------------------------|--------------------------------|
| 11-1                     |                               | 30                             |        |                   | 15                           | 20                             |
| 11-2                     |                               | 35                             |        |                   | 15                           | 20                             |
| 11-3                     |                               | 25                             |        |                   | 5                            | 30                             |
| 11-4                     |                               | 55                             | 170    | 150/100           | 15                           | 15                             |
| 11-5                     |                               | 30                             | 170    | 140/90            | 15                           | 15                             |
| 11-6                     |                               | 50                             | 169    | 140/98            | 15                           | 15                             |
| 11-7                     |                               | 60                             | 169    | 140/80            | 15                           | 15                             |
| 11-8                     |                               | 60                             | 169    | 130/82            | 15                           | 20                             |
| 11-9                     |                               |                                | 170    |                   | 15                           | 30                             |
| 11-10                    |                               | 20                             | 170    | 160/96            | 15                           | 15                             |
| 11-11                    |                               | 35                             | 170    | 160/88            | 15                           |                                |
| 11-12                    |                               | 60                             | 170    | 140/100           | 15                           | 20                             |
| 11-13                    |                               | 60                             | 170    | 130/90            | 15                           | 20                             |
| 11-14                    |                               | 10                             | 170    | 146/85            | 5                            | 30                             |
| 11-15                    |                               | 50                             | 170    |                   | 15                           | 20                             |
| 11-16                    |                               | 30                             | 170    |                   | 15                           | 30                             |
| 11-17                    |                               | 30                             | 170    |                   | 15                           | 30                             |
| 11-18                    |                               | 35                             | 170    |                   | 15                           | 20                             |
| 11-19                    |                               | 30                             | 170    |                   | 15                           | 30                             |
| 11-20                    |                               | 25                             | 170    | 140/90            | 15                           | 10                             |
| 11-21                    |                               | 25                             | 170    | 170/90            | 15                           | 10                             |
| 11-22                    |                               |                                | 170    | 140/80            | 15                           |                                |
| 11-23                    |                               |                                | 170    | 140/90            | 15                           | 15                             |
| 11-24                    |                               | 20                             | 170    | 140/90            | 15                           |                                |
| 11-25                    |                               | 10                             | 170    | 130/80            |                              |                                |
| 11-26                    |                               | 50                             | 170    | 140/88            | 15                           | 15                             |
| 11-27                    |                               | 50                             | 170    | 150/90            | 15                           | 15                             |
| 11-28                    |                               | 40                             | 170    |                   | 10                           | 30                             |
| 11-29                    |                               | 60                             | 170    | 150/90            | 15                           | 20                             |
| 11-30                    |                               | 45                             | 170    | 150/90            | 10                           | 20                             |

| JAN.<br>1980<br>DATE | PULSE RATE<br>Before and after<br>walk - and<br>5 minutes after |    |    | TIME<br>of<br>walk<br>@ 2 m.p.h. | BLOOD<br>PRESSURE | WEIGHT |
|----------------------|---|----|----|----------------------------------|-------------------|--------|
| 1-1                  | 68  | 80 | 68 | 40 min.                          | 128/76            | 166    |
| 1-2                  | 76  | 92 | 76 | 25 min.                          |                   | 165    |
| 1-3                  | 68  | 88 | 80 | 35 min.                          | 120/82            | 165    |
| 1-4                  | 72  | 92 | 76 | 25 min.                          | 128/80            | 165    |
| 1-6                  | 76  | 88 | 76 | 40 min.                          | 138/80            | 165    |
| 1-7                  | 68  | 84 | 68 | 25 min.                          | 126/80            | 165    |
| 1-8                  | 76  | 92 | 76 | 35 min.                          | 130/88            | 165    |
| 1-10                 | 80  | 92 | 80 | 35 min.                          | 126/78            | 164    |
| 1-11                 | 84  | 96 | 76 | 5 min.                           | 150/90            | 164    |
| 1-12                 | 76  | 96 | 80 | 35 min.                          |                   | 164    |
| 1-13                 | 80  | 92 | 84 | 35 min.                          | 130/78            | 164    |
| 1-14                 | 80  | 88 | 76 | 15 min.                          | 124/84            | 163    |
| 1-15                 | 80  | 92 | 80 | 35 min.                          | 136/86            | 164    |
| 1-16                 | 76  | 92 | 76 | 12 min.                          | 120/80            | 164    |
| 1-17                 | 80  | 88 | 80 | 35 min.                          | 138/74            | 164    |
| 1-18                 | 76  | 88 | 76 | 35 min.                          | 126/88            | 163    |
| 1-19                 | 80  | 96 | 80 | 35 min.                          | 120/90            | 163    |
| 1-20                 | 76  | 92 | 76 | 40 min.                          |                   | 164    |
| 1-21                 | 84  | 96 | 84 | 12 min.                          | 128/90            | 163    |
| 1-22                 | 80  | 96 | 80 | 35 min.                          | 130/80            | 165    |
| 1-23                 | 72  | 92 | 72 | 35 min.                          | 128/80            | 164    |
| 1-24                 | 84  | 96 | 80 | 10 min.                          | 120/80            | 162    |
| 1-25                 | 76  | 96 | 80 | 35 min.                          | 118/80            | 163    |
| 1-26                 | 72  | 92 | 72 | 35 min.                          | 130/76            | 164    |
| 1-27                 | 72  | 88 | 72 | 35 min.                          | 138/85            | 163    |
| 1-28                 | 76  | 96 | 76 | 20 min.                          | 130/85            | 164    |
| 1-29                 | 80  | 96 | 80 | 10 min.                          | 120/80            | 164    |
| 1-30                 | 80  | 96 | 80 | 30 min.                          | 120/74            | 164    |
| 1-31                 | 76  | 96 | 76 |                                  | 128/80            | 164    |