

## PC Version

PCC: How to easily calculate monthly weights.

All names on this report are fictitious to protect patient information. The images contained are from a Mac computer, if you use a PC and have difficulty with this tutorial, please contact me and we can walk through the process.

From NSI Portal → Click “NSI Team Resource” → Click “NSI Forms & Tools” → Under Charting Tools click “Self Calculating Weight Report”. This will download the Excel sheet to your computer. Open the download and proceed to next step.

The screenshot displays the 'Self Calculating Weight Report' Excel spreadsheet. The spreadsheet is organized into columns A through S. Columns N, O, P, Q, R, and S contain data for 30-day, 90-day, and 180-day weight calculations. The data is organized into rows, with the first row (row 1) showing headers for the 30-day, 90-day, and 180-day periods. The subsequent rows (rows 2 through 30) show numerical values (0.0) and error messages (#DIV/0!) for each period. A large 'Page 1' watermark is visible across the center of the spreadsheet. The Excel ribbon is visible at the top, showing tabs for Home, Insert, Page Layout, Formulas, Data, Review, and View. The status bar at the bottom indicates 'Ready' and '125%' zoom.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1														30-day	90-day	180-day			
2														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
3														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
4														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
5														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
6														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
7														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
8														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
9														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
10														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
11														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
12														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
13														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
14														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
15														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
16														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
17														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
18														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
19														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
20														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
21														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
22														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
23														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
24														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
25														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
26														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
27														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
28														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
29														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
30														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!

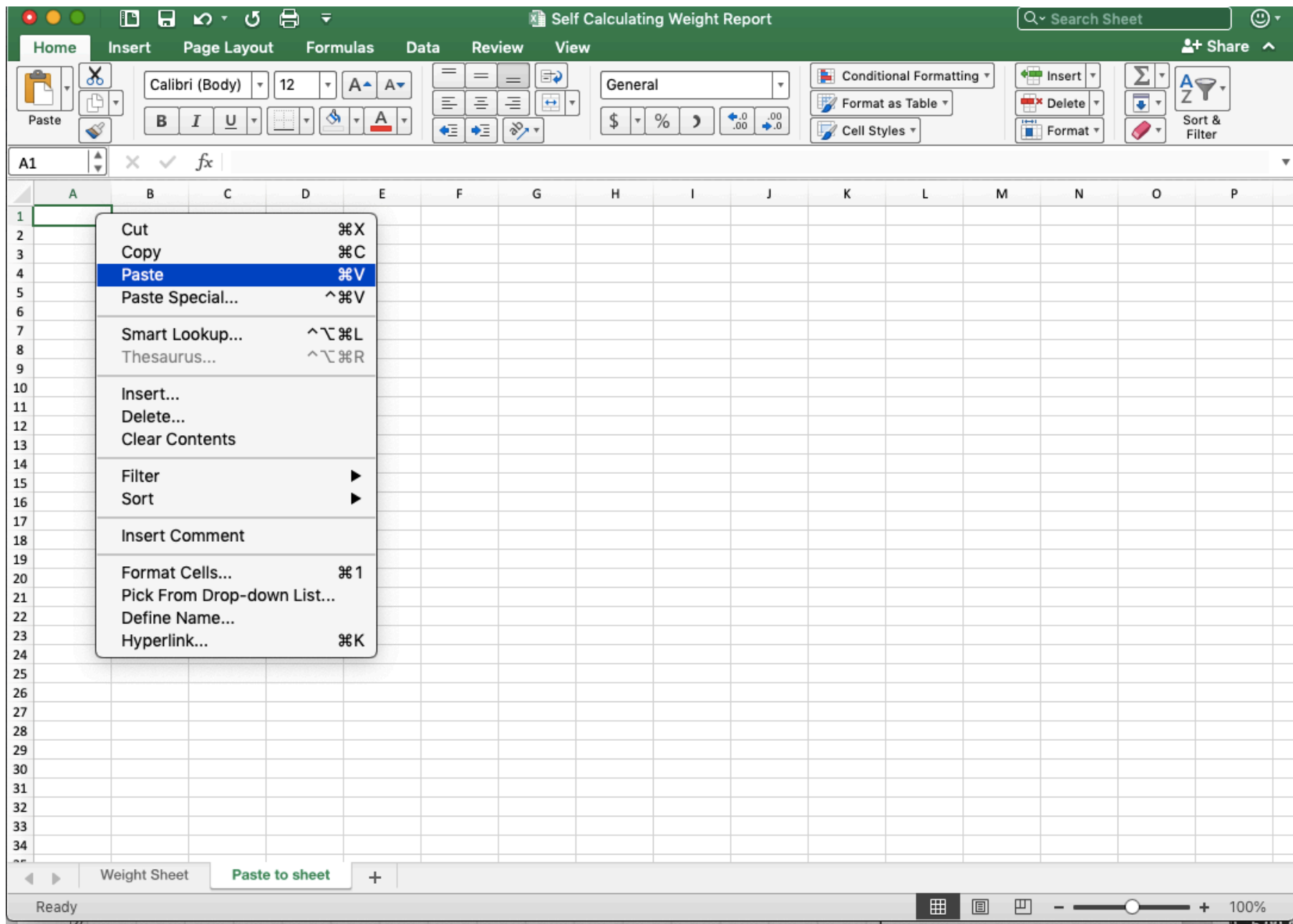
Clinical → Weights and Vitals Heading → Click “Monthly Weight Report” → Make NO changes to settings, Click “Run Report”  
When new window opens with Weight report, on your keyboard Hold down Control and Letter “A” (for PC) or Command and Letter “A” (for Mac).  
This will Select All. Right click your mouse, then select “Copy”.

Go back to your Excel sheet. Choose “Paste to Sheet” tab at the bottom.

The screenshot shows an Excel spreadsheet titled "Self Calculating Weight Report". The ribbon at the top includes Home, Insert, Page Layout, Formulas, Data, Review, and View. The Home ribbon is active, showing options for font, paragraph, and styles. The spreadsheet grid shows columns A through S and rows 1 through 30. Columns N, O, P, Q, R, and S contain data for 30-day, 90-day, and 180-day periods. A large "Page 1" watermark is visible in the center. A red arrow points to the "Paste to sheet" tab at the bottom of the spreadsheet.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1														30-day	90-day	180-day			
2														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
3														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
4														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
5														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
6														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
7														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
8														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
9														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
10														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
11														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
12														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
13														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
14														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
15														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
16														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
17														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
18														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
19														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
20														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
21														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
22														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
23														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
24														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
25														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
26														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
27														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
28														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
29														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
30														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!

Right click in Box A1, then select Paste



Find the Merge & Center button. Click on it and select “Unmerge Cells”

The screenshot shows the Microsoft Excel interface with the 'Home' tab selected. The 'Merge & Center' button in the 'Text & Styles' group is highlighted with a red arrow. A dropdown menu is open, showing the following options: 'Merge & Center' (checked), 'Merge Across', 'Merge Cells', and 'Unmerge Cells' (highlighted with a red arrow). The spreadsheet contains data for a weight report with columns A through P and rows 1 through 34. The status bar at the bottom shows 'Ready', 'Count: 176', and '100%' zoom.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Alby, Keith	201.0 Lbs	200.0 Lbs	202.0 Lbs	203.0 Lbs	203.0			196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2																
3																
4																
5		Smith, Gwendolyn	136.0 Lbs	136.0 Lbs	135.0 Lbs	134.0 Lbs	135.0 Lbs	137.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
6																
7																
8																
9		Bell, Linda	165.0 Lbs	164.0 Lbs	182.0 Lbs	204.0 Lbs	209.0 Lbs	219.0 Lbs	235.0 Lbs	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
10																
11																
12																
13																
14		Camp, Rick	161.0 Lbs	158.0 Lbs	163.0 Lbs	165.0 Lbs	167.0 Lbs	158.0 Lbs	158.0 Lbs	154.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
15																
16																
17																
18		Crown, William										111.0 Lbs	111.0 Lbs			
19																
20																
21																
22		Davidson, David	102.0 Lbs	101.0 Lbs	108.0 Lbs	107.0 Lbs	110.0 Lbs	112.0 Lbs	115.0 Lbs	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
23																
24																
25																
26		Elliott, Gerdie	171.0 Lbs	166.0 Lbs	166.0 Lbs	164.0 Lbs	162.0 Lbs	160.0 Lbs	157.0 Lbs	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
27																
28																
29																
30																
31																
32																
33		Gray, Sandra	186.0 Lbs	181.0 Lbs	177.0 Lbs	174.0 Lbs	177.0 Lbs	182.0 Lbs	178.2 Lbs	173.0 Lbs	1					

To select multiple columns of unneeded data--Hold the Control key while clicking columns that are empty.

Self-Calculating-Weight-Report															
Home Insert Draw Page Layout Formulas Data Review View															
Q Search Sheet															
Share															
Paste Times New... 12 A A Wrap Text General \$ % .00 .00 Conditional Formatting Format as Table Cell Styles Insert Delete Format Sort & Filter Find & Select															
AL1															
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1		Date: Time: User:  Resident:  Resident Name  Anderson, Samantha  Andrews, Carol  Benson, Judith  Bartle, Barbara  Bens, Betty  Banner, Rich	5-Jul-21 16:17:52 ET Kate Capen  All						Monthly Weight Report					Aug-20	
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14								Aug		Sep				Oct	Nov
15															
16															
17								153.2 Lbs		154.6 Lbs				156.3 Lbs	153.0 Lbs
18															
19															
20								202.8 Lbs		207.6 Lbs				210.2 Lbs	197.5 Lbs
21															
22															
23								133.1 Lbs		131.6 Lbs				133.5 Lbs	131.9 Lbs
24															
25															
26															
27															
28															
29								202.2 Lbs		208.0 Lbs				202.2 Lbs	193.3 Lbs
30															
31															
32															
33															
34															
35															

Then right click and select delete. You DO NOT need to remove the extra rows between patients.

Self-Calculating-Weight-Report

Home Insert Draw Page Layout Formulas Data Review View

Search Sheet

Share

Clipboard: Paste

Font: Times New... 12 A A

Paragraph: = Merge & Center

Number: General

Conditional Formatting Format as Table Cell Styles

Insert Delete Format

Sort & Filter Find & Select

AL1

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1																
2																
3																
4		Date:	5-Jul-21						Monthly Weight							
5		Time:	16:17:52 ET						Dennis							
6		User:	Kate Capen												Aug-20	
7																
8																
9																
10		Resident:														
11																
12																
13																
14		Resident Name						Aug		Sep			Oct			Nov
15																
16																
17																
18		Anderson, Samantha					153.2 Lbs		154.6 Lbs			156.3 Lbs				153.0 Lbs
19																
20																
21		Andrews, Carol					202.8 Lbs		207.6 Lbs				210.2 Lbs			197.5 Lbs
22																
23																
24		Banson, Judith					133.1 Lbs		131.6 Lbs				133.5 Lbs			131.9 Lbs
25																
26																
27		Bartle, Barbara														
28																
29																
30		Bens, Betty					202.2 Lbs		206.0 Lbs				202.2 Lbs			193.3 Lbs
31																
32																
33		Bannor, Rich														
34																
35																

Context Menu:

- Cut ⌘X
- Copy ⌘C
- Paste ⌘V
- Paste Special >
- Smart Lookup... ^⌘L
- Thesaurus... ^⌘R
- Insert...
- Delete...**
- Clear Contents
- Filter >
- Sort >
- Insert Comment
- Delete Comment
- Format Cells... ⌘1
- Pick From Drop-down List...
- Define Name...
- Hyperlink... ⌘K
- iPhone
- Take Photo
- Scan Documents
- Add Sketch

To remove the Header information—Select all rows with Facility info, Facility ID, Dates, etc. Then right click and select delete. If the box pops up, select “Shift cells up”.

Self-Calculating-Weight-Report

Home Insert Draw Page Layout Formulas Data Review View

Times New... 12 A A

Paste B I U

Wrap Text Merge & Center

General \$ %

Conditional Formatting Format as Table Cell Styles

Insert Delete Format

Sort & Filter Find & Select

A13

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1																
2																
3	Date:															
4	Time:															
5																
6	User:															
7																
8																
9																
10	Resident:															
11																
12																
13																
14	Resident Name	Aug	Sep													
15																
16																
17																
18	Anderson, Samantha	153.2 Lbs	154.6 Lbs	156.3 Lbs												
19																
20																
21	Andrews, Carol	202.8 Lbs	207.6 Lbs	210.2 Lbs												
22																
23																
24	Barnson, Judith	133.1 Lbs	131.6 Lbs	133.5 Lbs												
25																
26																
27	Bartle, Barbara															
28																
29																
30	Bene, Betty	202.2 Lbs	206.0 Lbs	202.2 Lbs												
31																
32																
33	Bannon, Rich															
34																
35																

Context menu options:

- Cut ⌘X
- Copy ⌘C
- Paste ⌘V
- Paste Special >
- Insert
- Delete**
- Clear Contents
- Format Cells... ⌘1
- Row Height...
- Hide ^9
- Unhide ^+9
- iPhone
- Take Photo
- Scan Documents
- Add Sketch
- Services >

Again on your keyboard Hold down Control and Letter “A” (for PC). This will Select All.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Paste

Calibri (Body) 12 A A

B I U

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

B20

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Allby, Keith	201.0 Lbs	200.0 Lbs	202.0 Lbs	203.0 Lbs	203.0 Lbs	200.0 Lbs	196.4 Lbs	196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2																
3																
4																
5		Smith, Gwendolyn	136.0 Lbs	136.0 Lbs	135.0 Lbs	134.0 Lbs	135.0 Lbs	137.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
6																
7																
8																
9		Bell, Linda	165.0 Lbs	164.0 Lbs	182.0 Lbs	204.0 Lbs	209.0 Lbs	219.0 Lbs	235.0 Lbs	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
10																
11																
12																
13																
14		Camp, Rick	161.0 Lbs	158.0 Lbs	163.0 Lbs	165.0 Lbs	167.0 Lbs	158.0 Lbs	158.0 Lbs	154.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
15																
16																
17																
18		Crown, William										111.0 Lbs	111.0 Lbs			
19																
20																
21																
22		Davidson, David	102.0 Lbs	101.0 Lbs	108.0 Lbs	107.0 Lbs	110.0 Lbs	112.0 Lbs	115.0 Lbs	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
23																
24																
25																
26		Elliott, Gerdie	171.0 Lbs	166.0 Lbs	166.0 Lbs	164.0 Lbs	162.0 Lbs	160.0 Lbs	157.0 Lbs	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
27																
28																
29																
30																
31																
32																
33		Gray, Sandra	186.0 Lbs	181.0 Lbs	177.0 Lbs	174.0 Lbs	177.0 Lbs	182.0 Lbs	178.2 Lbs	173.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			
34																

Weight Sheet Paste to sheet +

Ready Count: 176 100%



Click on the Column header of patients names. This will highlight this column.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Paste

Arial 9 A A

B I U

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

B1 Allby, Keith

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Allby, Keith	201.0 Lbs	200.0 Lbs	202.0 Lbs	203.0 Lbs	203.0 Lbs	200.0 Lbs	196.4 Lbs	196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2																
3																
4																
5		Smith, Gwendolyn	136.0 Lbs	136.0 Lbs	135.0 Lbs	134.0 Lbs	135.0 Lbs	137.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
6																
7																
8																
9		Bell, Linda	165.0 Lbs	164.0 Lbs	182.0 Lbs	204.0 Lbs	209.0 Lbs	219.0 Lbs	235.0 Lbs	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
10																
11																
12																
13																
14		Camp, Rick	161.0 Lbs	158.0 Lbs	163.0 Lbs	165.0 Lbs	167.0 Lbs	158.0 Lbs	158.0 Lbs	154.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
15																
16																
17																
18		Crown, William										111.0 Lbs	111.0 Lbs			
19																
20																
21																
22		Davidson, David	102.0 Lbs	101.0 Lbs	108.0 Lbs	107.0 Lbs	110.0 Lbs	112.0 Lbs	115.0 Lbs	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
23																
24																
25																
26		Elliott, Gerdie	171.0 Lbs	166.0 Lbs	166.0 Lbs	164.0 Lbs	162.0 Lbs	160.0 Lbs	157.0 Lbs	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
27																
28																
29																
30																
31																
32																
33		Gray, Sandra	186.0 Lbs	181.0 Lbs	177.0 Lbs	174.0 Lbs	177.0 Lbs	182.0 Lbs	178.2 Lbs	173.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			
34																

Weight Sheet Paste to sheet +

Ready Count: 17 100%

On the Home tab, look for Sort & Filter button.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Paste

Arial 9

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

Sort & Filter

B1

fx Allby, Keith

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Allby, Keith	201.0 Lbs	200.0 Lbs	202.0 Lbs	203.0 Lbs	203.0 Lbs	200.0 Lbs	196.4 Lbs	196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2																
3																
4																
5		Smith, Gwendolyn	136.0 Lbs	136.0 Lbs	135.0 Lbs	134.0 Lbs	135.0 Lbs	137.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
6																
7																
8																
9		Bell, Linda	165.0 Lbs	164.0 Lbs	182.0 Lbs	204.0 Lbs	209.0 Lbs	219.0 Lbs	235.0 Lbs	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
10																
11																
12																
13																
14		Camp, Rick	161.0 Lbs	158.0 Lbs	163.0 Lbs	165.0 Lbs	167.0 Lbs	158.0 Lbs	158.0 Lbs	154.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
15																
16																
17																
18		Crown, William										111.0 Lbs	111.0 Lbs			
19																
20																
21																
22		Davidson, David	102.0 Lbs	101.0 Lbs	108.0 Lbs	107.0 Lbs	110.0 Lbs	112.0 Lbs	115.0 Lbs	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
23																
24																
25																
26		Elliott, Gerdie	171.0 Lbs	166.0 Lbs	166.0 Lbs	164.0 Lbs	162.0 Lbs	160.0 Lbs	157.0 Lbs	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
27																
28																
29																
30																
31																
32																
33		Gray, Sandra	186.0 Lbs	181.0 Lbs	177.0 Lbs	174.0 Lbs	177.0 Lbs	182.0 Lbs	178.2 Lbs	173.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			



After sorting, if the only items that were sorted are the names you will need to “Undo”. Then select all. Then proceed with sorting again. Look at the few patient names and be sure weights sorted with the correct patient.

Your sheet should now look like this.

[illegible]

In the Search box, click the small carrot arrow in left corner.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Calibri (Body) 12 A A

General

Conditional Formatting Format as Table Cell Styles

Insert Delete Format

Sort & Filter

F24

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Allby, Keith	201.0 Lbs	200.0 Lbs	202.0 Lbs	203.0 Lbs	203.0 Lbs	200.0 Lbs	196.4 Lbs	196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2		Bell, Linda	165.0 Lbs	164.0 Lbs	182.0 Lbs	204.0 Lbs	209.0 Lbs	219.0 Lbs	235.0 Lbs	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
3		Camp, Rick	161.0 Lbs	158.0 Lbs	163.0 Lbs	165.0 Lbs	167.0 Lbs	158.0 Lbs	158.0 Lbs	154.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
4		Crown, William										111.0 Lbs	111.0 Lbs			
5		Davidson, Davi	102.0 Lbs	101.0 Lbs	108.0 Lbs	107.0 Lbs	110.0 Lbs	112.0 Lbs	115.0 Lbs	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
6		Elliott, Gerdie	171.0 Lbs	166.0 Lbs	166.0 Lbs	164.0 Lbs	162.0 Lbs	160.0 Lbs	157.0 Lbs	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
7		Gray, Sandra	186.0 Lbs	181.0 Lbs	177.0 Lbs	174.0 Lbs	177.0 Lbs	182.0 Lbs	178.2 Lbs	173.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			
8		Kemp, Annie	77.0 Lbs	76.0 Lbs	77.0 Lbs	77.0 Lbs	77.0 Lbs	77.0 Lbs	76.0 Lbs	77.0 Lbs	77.0 Lbs	78.0 Lbs	77.0 Lbs			
9		Miller, Sam											114.2 Lbs			
10		Parker, Carl			202.0 Lbs	211.0 Lbs	217.0 Lbs	211.0 Lbs	218.0 Lbs	219.0 Lbs	212.0 Lbs	208.0 Lbs	201.0 Lbs			
11		Shaw, Joan	162.0 Lbs	161.0 Lbs	164.0 Lbs	166.0 Lbs	158.0 Lbs	156.0 Lbs	158.0 Lbs	157.0 Lbs	152.0 Lbs	154.0 Lbs	154.0 Lbs			
12		Smith, Gwendol	136.0 Lbs	136.0 Lbs	135.0 Lbs	134.0 Lbs	135.0 Lbs	137.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
13		Thompson, Rut	226.0 Lbs	225.0 Lbs	224.0 Lbs	225.0 Lbs	225.0 Lbs	223.0 Lbs	223.0 Lbs	223.0 Lbs	219.0 Lbs	226.0 Lbs	225.0 Lbs			
14		Watson, Patric	142.0 Lbs	139.0 Lbs	141.0 Lbs	137.0 Lbs	139.0 Lbs	137.0 Lbs	130.4 Lbs	130.0 Lbs	131.0 Lbs	131.0 Lbs	133.0 Lbs			
15		White, Harry	156.0 Lbs	158.0 Lbs	163.0 Lbs	164.0 Lbs	164.0 Lbs	158.0 Lbs	155.0 Lbs	151.0 Lbs	151.0 Lbs	153.0 Lbs	153.0 Lbs			
16		Williams, Beatrice							159.0 Lbs	158.0 Lbs	160.0 Lbs		163.0 Lbs			
17		Wilson, Andrew	198.0 Lbs	203.0 Lbs	204.0 Lbs	216.0 Lbs	218.0 Lbs	217.0 Lbs	224.0 Lbs	229.0 Lbs	224.0 Lbs	229.0 Lbs	239.0 Lbs			
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Weight Sheet Paste to sheet

Ready 100%

Then select Replace

[illegible]

When the box opens in the Find what box type: a space and Lbs. In the Replace with box leave blank. Click “Replace All”. This will remove Lbs from all of the weights.

The screenshot shows a Google Sheets interface with a spreadsheet titled "Self Calculating Weight Report". A "Replace" dialog box is open in the center, with the following settings:

- Find what:** Lbs
- Within:** Sheet
- Search:** By Rows
- Replace with:** (empty field)
- Buttons:** Replace, Replace All (highlighted), Close, Find Next

The background spreadsheet has columns A through P. Columns J through M contain weight values in pounds (Lbs). The weights are listed for various individuals in column B.

	A	B	J	K	L	M	N	O	P
1		Allby, Keith 20	196.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2		Bell, Linda 16	242.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
3		Camp, Rick 16	244.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
4		Crown, William			111.0 Lbs	111.0 Lbs			
5		Davidson, Davi 10	120.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
6		Elliott, Gerdie 17	157.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
7		Gray, Sandra 18	173.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			
8		Kemp, Annie 77	170.0 Lbs	77.0 Lbs	78.0 Lbs	77.0 Lbs			
9		Miller, Sam				114.2 Lbs			
10		Parker, Carl	219.0 Lbs	212.0 Lbs	208.0 Lbs	201.0 Lbs			
11		Shaw, Joan 16	157.0 Lbs	152.0 Lbs	154.0 Lbs	154.0 Lbs			
12		Smith, Gwendo 13	149.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
13		Thompson, Rut 22	223.0 Lbs	219.0 Lbs	226.0 Lbs	225.0 Lbs			
14		Watson, Patric 14	130.0 Lbs	131.0 Lbs	131.0 Lbs	133.0 Lbs			
15		White, Harry 15	151.0 Lbs	151.0 Lbs	153.0 Lbs	153.0 Lbs			
16		Williams, Beatrice	168.0 Lbs	160.0 Lbs	160.0 Lbs	163.0 Lbs			
17		Wilson, Andrew 19	239.0 Lbs	224.0 Lbs	229.0 Lbs	239.0 Lbs			



How you sheet should now appear.

[illegible]



We will need to adjust some of the lines to have proper alignment. Right click on the 1 (shown by red arrow).

Self Calculating Weight Report

Home Insert Page Layout Formulas Data Review View

Paste

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

A1

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1		Alby, Keith	201	200	202	203	203	200	196.4	196	190	191	189			
2		Bell, Linda	165	164	182	204	209	219	235	242	240	240	240			
3		Camp, Rick	161	158	163	165	167	158	158	154	161	162	164			
4		Crown, William										111	111			
5		Davidson, Davi	102	101	108	107	110	112	115	120	120	124	124			
6		Elliott, Gerdie	171	166	166	164	162	160	157	157	153	155	153			
7		Gray, Sandra	186	181	177	174	177	182	178.2	173	175	175	177			
8		Kemp, Annie	77	76	77	77	77	77	76	77	77	78	77			
9		Miller, Sam											114.2			
10		Parker, Carl			202	211	217	211	218	219	212	208	201			
11		Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154			
12		Smith, Gwendo	136	136	135	134	135	137	137	139	137	138	140			
13		Thompson, Rut	226	225	224	225	223	223	223	219	226	225				
14		Watson, Patrici	142	139	141	137	139	137	130.4	130	131	131	133			
15		White, Harry	156	158	163	164	164	158	155	151	151	153	153			
16		Williams, Beatrice							159	158	160		163			
17		Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239			
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Weight Sheet Paste to sheet

Ready Average: 197.4 Count: 12 Sum: 2171.4 100%

When you right click, then select “Insert”. This will insert one line above.

The screenshot shows a Google Sheet titled "Self Calculating Weight Report". The interface includes a top toolbar with tabs for Home, Insert, Page Layout, Formulas, Data, Review, and View. A right-click context menu is open over cell A1, with the "Insert" option highlighted by a red arrow. The menu options are: Cut (⌘X), Copy (⌘C), Paste (⌘V), Paste Special (⇧⌘V), Insert, Delete, Clear Contents, Format Cells... (⌘1), Row Height..., Hide, and Unhide. The spreadsheet grid shows columns A through P and rows 1 through 34. The data is organized into a table with the following content:

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1				201	200	202	203	203	200	196.4	196	190	191	189		
2				165	164	182	204	209	219	235	242	240	240	240		
3				161	158	163	165	167	158	158	154	161	162	164		
4													111	111		
5				102	101	108	107	110	112	115	120	120	124	124		
6				171	166	166	164	162	160	157	157	153	155	153		
7				186	181	177	174	177	182	178.2	173	175	175	177		
8				77	76	77	77	77	77	76	77	77	78	77		
9															114.2	
10						202	211	217	211	218	219	212	208	201		
11				162	161	164	166	158	156	158	157	152	154	154		
12				136	136	135	134	135	137	137	139	137	138	140		
13				226	225	224	225	225	223	223	223	219	226	225		
14				142	139	141	137	139	137	130.4	130	131	131	133		
15				156	158	163	164	164	158	155	151	151	153	153		
16		Williams, Beatrice								159	158	160		163		
17		Wilson, Andrew	198	203	204	216	218	217	224	229	224	229		239		
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The status bar at the bottom indicates "Ready" and provides summary statistics: "Average: 197.4 Count: 12 Sum: 2171.4". The sheet tab at the bottom is labeled "Weight Sheet" and "Paste to sheet".

Your sheet should look like this.

Self Calculating Weight Report																Search Sheet		Share
Home Insert Page Layout Formulas Data Review View																		
Paste		Calibri (Body) 12 A A		B I U		General		Conditional Formatting		Insert		Delete		Format		Sort & Filter		
I25		fx																
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P		
1																		
2		Alby, Keith	201	200	202	203	203	200	196.4	196	190	191	189					
3		Bell, Linda	165	164	182	204	209	219	235	242	240	240	240					
4		Camp, Rick	161	158	163	165	167	158	158	154	161	162	164					
5		Crown, William										111	111					
6		Davidson, Dave	102	101	108	107	110	112	115	120	120	124	124					
7		Elliott, Gerdie	171	166	166	164	162	160	157	157	153	155	153					
8		Gray, Sandra	186	181	177	174	177	182	178.2	173	175	175	177					
9		Kemp, Annie	77	76	77	77	77	77	76	77	77	78	77					
10		Miller, Sam											114.2					
11		Parker, Carl			202	211	217	211	218	219	212	208	201					
12		Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154					
13		Smith, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140					
14		Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225					
15		Watson, Patricia	142	139	141	137	139	137	130.4	130	131	131	133					
16		White, Harry	156	158	163	164	164	158	155	151	151	153	153					
17		Williams, Beatrice							159	158	160		163					
18		Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239					
19																		
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34																		
Weight Sheet Paste to sheet +																		
Ready																		

Click on the Column headers to highlight these columns.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Paste

Calibri (Body) 12

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

B1

A B C D E F G H I J K L M N O P

1																	
2		Allby, Keith	201	200	202	203	203	200	196.4	196	190	191	189				
3		Bell, Linda	165	164	182	204	209	219	235	242	240	240	240				
4		Camp, Rick	161	158	163	165	167	158	158	154	161	162	164				
5		Crown, William										111	111				
6		Davidson, Dave	102	101	108	107	110	112	115	120	120	124	124				
7		Elliott, Gerdie	171	166	166	164	162	160	157	157	153	155	153				
8		Gray, Sandra	186	181	177	174	177	182	178.2	173	175	175	177				
9		Kemp, Annie	77	76	77	77	77	77	76	77	77	78	77				
10		Miller, Sam											114.2				
11		Parker, Carl			202	211	217	211	218	219	212	208	201				
12		Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154				
13		Smith, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140				
14		Thompson, Rut	226	225	224	225	225	223	223	223	219	226	225				
15		Watson, Patricia	142	139	141	137	139	137	130.4	130	131	131	133				
16		White, Harry	156	158	163	164	164	158	155	151	151	153	153				
17		Williams, Beatrice							159	158	160		163				
18		Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239				
19																	
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34																	

Weight Sheet Paste to sheet

Select destination and press ENTER or choose Paste

Average: 165.3660377 Count: 176 Sum: 26293.2

100%

Right click on the now highlighted columns, and select Copy.

The screenshot shows a Google Sheet titled "Self Calculating Weight Report". The "Home" tab is active. A range of columns (F-M) and rows (1-18) is selected. A right-click context menu is open, showing options: Cut (⌘X), Copy (⌘C), Paste (⌘V), Paste Special... (^⌘V), Insert, Delete, Clear Contents, Format Cells... (⌘1), Column Width..., Hide, and Unhide. A red arrow points to the "Copy" option. The sheet contains a table with names in column A and numerical data in columns F-M. The status bar at the bottom shows "Average: 165.3660377", "Count: 176", and "Sum: 26293.2".

	F	G	H	I	J	K	L	M
1								
2	202	203	203	200	196.4	196	190	189
3	182	204	209	219	235	242	240	240
4	163	165	167	158	158	154	161	162
5								111
6	108	107	110	112	115	120	120	124
7	166	164	162	160	157	157	153	153
8	177	174	177	182	178.2	173	175	175
9	77	77	77	77	76	77	77	78
10								114.2
11	202	211	217	211	218	219	212	208
12	164	166	158	156	158	157	152	154
13	135	134	135	137	137	139	137	138
14	224	225	225	223	223	223	219	226
15	142	139	141	137	139	137	130.4	130
16	156	158	163	164	164	158	155	151
17								160
18	198	203	204	216	218	217	224	229

Click on the "Weight Sheet" tab

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Paste

Arial 10 A A

B I U

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

A1

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1														30-day	90-day	180-day			
2														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
3														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
4														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
5														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
6														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
7														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
8														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
9														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
10														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
11														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
12														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
13														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
14														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
15														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
16														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
17														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
18														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
19														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
20														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
21														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
22														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
23														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
24														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
25														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
26														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
27														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
28														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
29														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
30														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!

Page 1

Weight Sheet

Paste to sheet

Select destination and press ENTER or choose Paste

125%

Right click on Box A1 and select “Paste”

The screenshot displays the Microsoft Excel interface. The title bar reads "Self Calculating Weight Report". The ribbon is set to "Home". The formula bar shows "A1". A right-click context menu is open over cell A1, with a red arrow pointing to the "Paste" option. The menu includes the following items:

- Cut (⌘X)
- Copy (⌘C)
- Paste (⌘V)
- Paste Special... (⇧⌘V)
- Smart Lookup... (⇧⌘L)
- Thesaurus... (⇧⌘R)
- Insert Copied Cells
- Delete...
- Clear Contents
- Insert Comment
- Format Cells... (⌘1)
- Page Break
- Reset All Page Breaks
- Set Print Area
- Reset Print Area
- Page Setup...

The background spreadsheet has columns labeled A through S and rows 1 through 30. A large "Page 1" watermark is centered on the grid. The status bar at the bottom indicates "Weight Sheet", "Paste to sheet", and a zoom level of 125%.



This is how your sheet should now look. The right 6 columns will automatically calculate weight changes for 30, 90, and 180 days in pounds and percent. The sheet will also automatically highlight significant weight gains in yellow and significant weight losses as a negative number in red. You can also see that when there is not data in a cell the calculation has a error----- (shown as #DIV/0!)

Self Calculating Weight Report

Home Insert Page Layout Formulas Data Review View

General

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

J3

fx 240

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
														30-day	90-day	180-day			
1																			
2	Allby, Keith	201	200	202	203	203	200	196.4	196	205	191	189	188	-1.0	-0.5	-17.0	-8.3%	-12.0	-6.0%
3	Bell, Linda	165	164	182	204	209	219	235	242	240	240	240	245	5.0	2.1%	5.0	2.1%	26.0	11.9%
4	Camp, Rick	161	158	163	165	167	158	158	154	161	162	164	165	1.0	0.6%	4.0	2.5%	7.0	4.4%
5	Crown, William										111	111	113	2.0	1.8%	113.0	#DIV/0!	113.0	#DIV/0!
6	Davidson, Dave	102	101	108	107	110	112	115	120	120	124	124	122	-2.0	-1.6%	2.0	1.7%	10.0	8.9%
7	Elliot, Gerdie	171	166	166	164	162	160	157	157	153	155	153	160	7.0	4.6%	7.0	4.6%	0.0	0.0%
8	Gray, Sandra	186	181	177	174	177	182	178.2	173	175	175	177	174	-3.0	-1.7%	-1.0	-0.6%	-8.0	-4.4%
9	Kemp, Annie	77	76	77	77	77	77	76	77	77	78	77	80	3.0	3.9%	3.0	3.9%	3.0	3.9%
10	Miller, Sam											114.2	118	3.8	3.3%	118.0	#DIV/0!	118.0	#DIV/0!
11	Parker, Carl			202	211	217	211	218	219	212	208		201	3.0	1.5%	-8.0	-3.8%	-7.0	-3.3%
12	Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154	155	1.0	0.6%	3.0	2.0%	-1.0	-0.6%
13	Smith, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140	143	3.0	2.1%	6.0	4.4%	6.0	4.4%
14	Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225	223	-2.0	-0.9%	4.0	1.8%	0.0	0.0%
15	Watson, Patricia	142	139	141	137	139	137	130.4	130	131	131	133	135	2.0	1.5%	4.0	3.1%	-2.0	-1.5%
16	White, Harry	156	158	163	164	164	158	155	151	151	153	153	150	-3.0	-2.0%	-1.0	-0.7%	-8.0	-5.1%
17	Williams, Beatrice							159	158	160		163	160	-3.0	-1.8%	0.0	0.0%	160.0	#DIV/0!
18	Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239	233	-6.0	-2.5%	9.0	4.0%	16.0	7.4%
19														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
20														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
21														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
22														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
23														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
24														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
25														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
26														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
27														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
28														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
29														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
30														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
31														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
32														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
33														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
34														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
35														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
36														0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!

Page 1

Weight Sheet

Paste to sheet

Ready

100%



On this sheet there is room for 55 patients. If you have more patients, you will need to add additional formulas lines. Select the last row of boxes with calculations in them. When select these you will see a Green box with a small square in the lower right corner.

Self Calculating Weight Report

Search Sheet

Home Insert Page Layout Formulas Data Review View

Calibri (Body) 10 A A

Number

Conditional Formatting

Format as Table

Cell Styles

Insert

Delete

Format

Sort & Filter

18 fx =M18-L18

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
Gray, Sandra	160	161	177	174	177	162	176.2	173	173	173	177	174	-3.0	-1.7%	-1.0	-0.6%	-8.0	-4.4%
Kemp, Annie	77	76	77	77	77	77	76	77	77	78	77	80	3.0	3.9%	3.0	3.9%	3.0	3.9%
Miller, Sam											114.2	118	3.8	3.3%	118.0	#DIV/0!	118.0	#DIV/0!
Parker, Carl			202	211	217	211	218	219	212	208	201	204	3.0	1.5%	-8.0	-3.8%	-7.0	-3.3%
Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154	155	1.0	0.6%	3.0	2.0%	-1.0	-0.6%
Smith, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140	143	3.0	2.1%	6.0	4.4%	6.0	4.4%
Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225	223	-2.0	-0.9%	4.0	1.8%	0.0	0.0%
Watson, Patricia	142	139	141	137	139	137	130.4	130	131	131	133	135	2.0	1.5%	4.0	3.1%	-2.0	-1.5%
White, Harry	156	158	163	164	164	158	155	151	151	153	153	150	-3.0	-2.0%	-1.0	-0.7%	-8.0	-5.1%
Williams, Beatrice							159	158	160		163	160	-3.0	-1.8%	0.0	0.0%	160.0	#DIV/0!
Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239	233	-6.0	-2.5%	9.0	4.0%	16.0	7.4%
Parker, Carl			202	211	217	211	218	219	212	208	201	204						
Shaw, Joan	162	161	164	166	158	156	158	157	152	154	154	155						
Smith, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140	143						
Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225	223						
Watson, Patricia	142	139	141	137	139	137	130.4	130	131	131	133	135						
White, Harry	156	158	163	164	164	158	155	151	151	153	153	150						
Williams, Beatrice							159	158	160		163	160						
Wilson, Andrew	198	203	204	216	218	217	224	229	224	229	239	233						

Page 1

Page 3

Weight Sheet

Paste to sheet

Average: 3.2 Count: 6 Sum: 19.1

100%

Click on the small square in the lower right corner, and Drag it downward to the number of patients. This will copy the formulas from the rows selected and now calculate all the weight changes.

This should complete the weight calculation report.