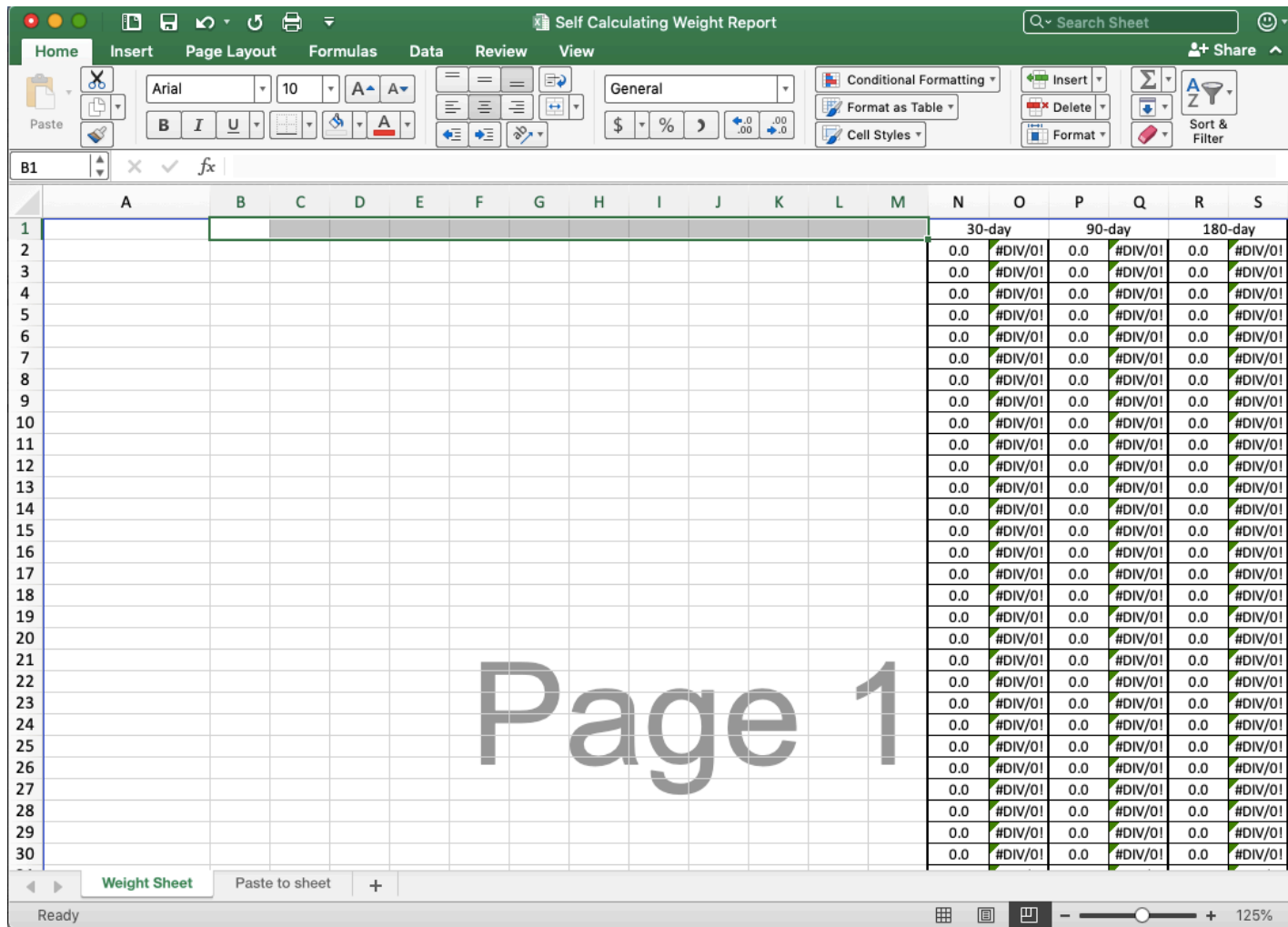


PCC: How to easily calculate monthly weights.

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.



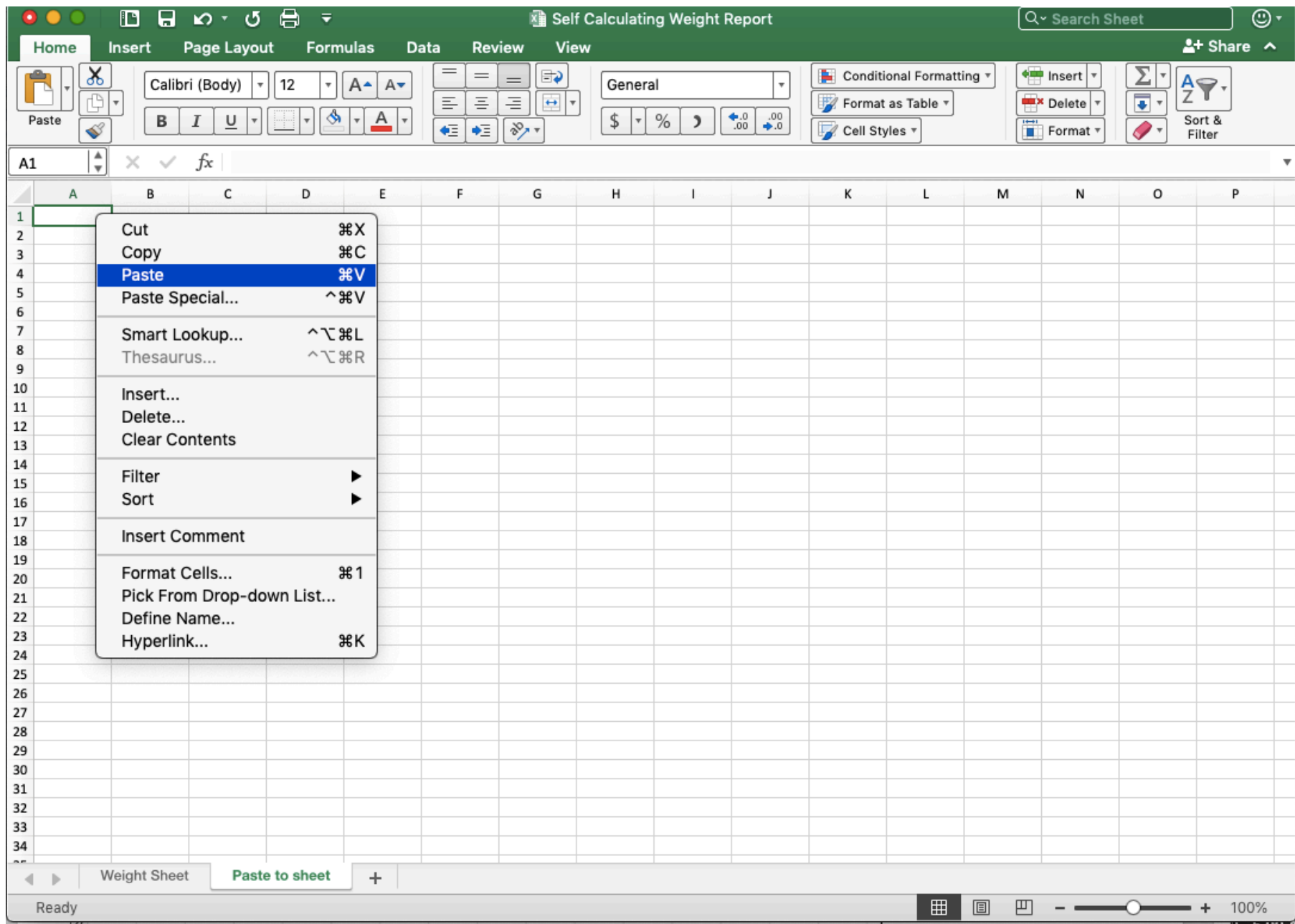
Clinical → Weights and Vitals Heading → Click “Monthly Weight Report” → Make NO changes to settings, Click “Run Report”  
When new window opens with Weight report, on your keyboard Hold down Control and Letter “A” (for PC) or Command and Letter “A” (for Mac).  
This will Select All. Right click your 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 has columns A through S and rows 1 through 30. A large "Page 1" watermark is centered over the grid. The rightmost columns (N, O, P, Q, R, S) contain data for 30-day, 90-day, and 180-day periods, with values like 0.0 and #DIV/0!. A red arrow points to the "Paste to sheet" tab at the bottom of the window.

	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



Highlight all unneeded data, then right click and select delete. Continue to do this until just the patient names and weights remain. You DO NOT need to remove the extra lines between patients.

Self Calculating Weight Report

Home Insert Page Layout Formulas Data Review View

Search Sheet

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																
2																
3		Date:	2-Nov-18		Heritage House of Ric Facility #		4									
4		Time:	08:32:58 ET		Monthly Weight Report											
5				Page #	1											
6		User:	Kate Capen		Dec-17 to		Oct-18									
7																
8																
9																
10		All		Active		All		Floor:	All							
11		Resident:		Status:		Unit:										
12																
13																
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17																
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33																
34																

Weight Sheet Paste to sheet

Ready Average: 25971 Count: 23 Sum: 129855 100%

Again on your keyboard Hold down Control and Letter "A" (for PC) or Command and Letter "A" (for Mac). This will Select All.

[illegible]

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

A screenshot of the Microsoft Excel interface. The title bar reads "Self Calculating Weight Report". The ribbon is set to "Home". In the "Font" group, the font face is "Calibri (Body)", size is "12", and bold, italic, and underline are all selected. In the "Paragraph" group, the alignment dropdown menu is open, showing options: "General", "Left", "Center", "Right", "Merge &amp; Center", "Merge Across", "Merge Cells", and "Unmerge Cells". A red arrow points from the top of the screen down to the "Unmerge Cells" option. Another red arrow points from the "Unmerge Cells" option down to a cell in the spreadsheet grid. The spreadsheet has columns labeled A through P and rows numbered 1 through 34. Data is entered in several rows, including names like "Allby, Keith", "Smith, Gwendolyn", "Bell, Linda", "Camp, Rick", "Crown, William", "Davidson, David", "Elliott, Gerdie", and "Gray, Sandra", along with numerical values representing weights in pounds. The status bar at the bottom shows "Ready", "Weight Sheet", "Paste to sheet", and "Count: 176".

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. This may look different if you are using a PC.

**Self Calculating Weight Report**

Home Insert Page Layout Formulas Data Review View

Paste Paste as Conditional Formatting Format as Table Cell Styles Sort & Filter Sort & Filter

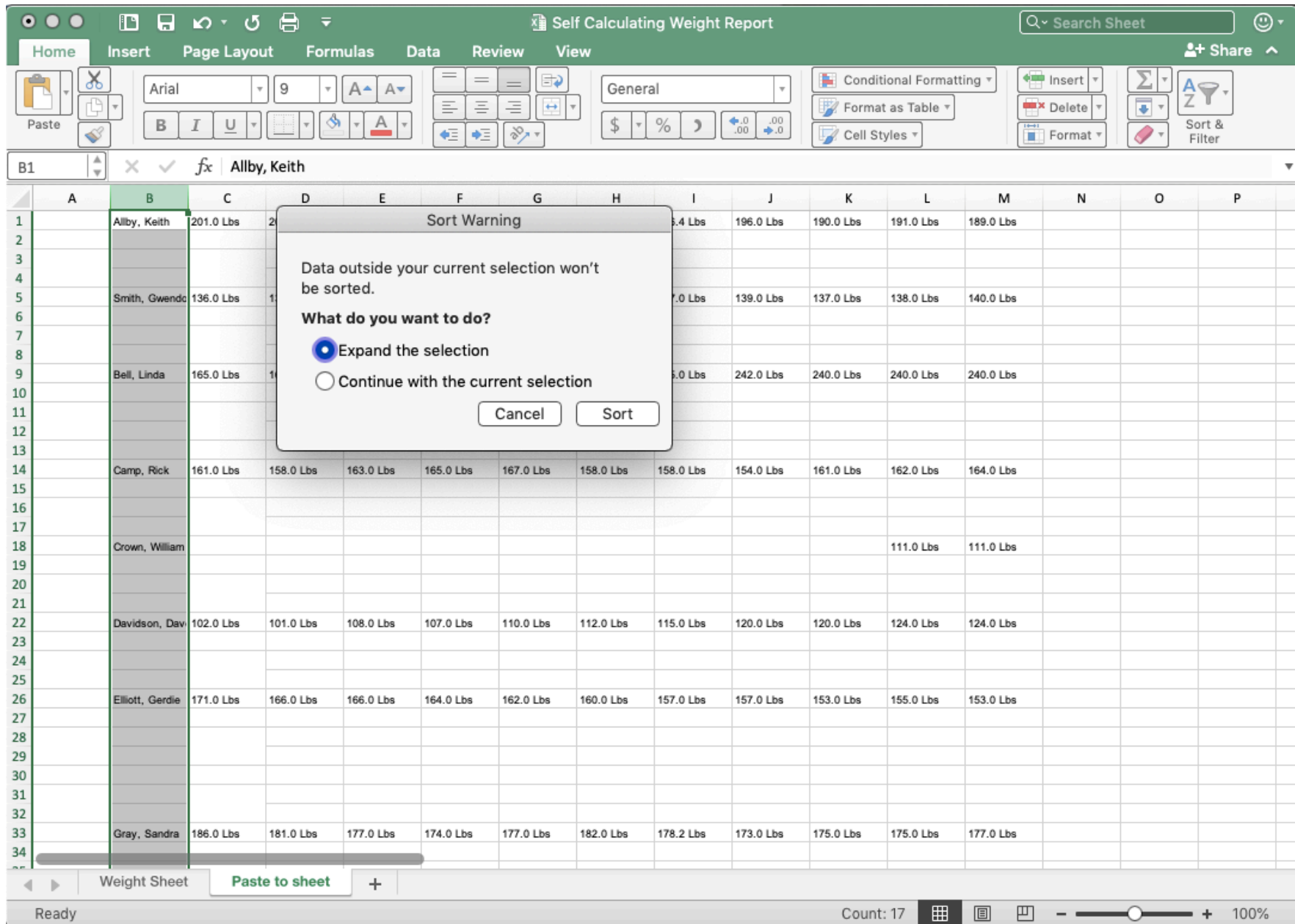
B1 fx Allby, Keith

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			
34															

Weight Sheet + Ready Count: 17 100%



**\*\*This will then sort the names alphabetically, taking all of their weights to the sorted line with the now alphabetized names and compacted lines.**



Your sheet should now look like this.

[illegible]

Ready    -  + 100%

Then select Replace

Self Calculating Weight Report

Home Insert Page Layout Formulas Data Review View

Find & Replace: Search in Sheet, Search in Workbook, Advanced Search..., Replace...

	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, Patrici	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			
18																
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33																
34																

Weight Sheet Paste to sheet

Ready 100%

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 Microsoft Excel spreadsheet titled "Self Calculating Weight Report". The "Replace" dialog box is open, showing the following settings:

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

The background spreadsheet shows a list of names in column A and their weights in column B. The weights are listed in column B, ranging from 160.0 Lbs to 240.0 Lbs. The "Replace All" button is highlighted in blue.

	A	B	J	K	L	M	N	O	P
1		Allby, Keith 20	16.0 Lbs	190.0 Lbs	191.0 Lbs	189.0 Lbs			
2		Bell, Linda 16	12.0 Lbs	240.0 Lbs	240.0 Lbs	240.0 Lbs			
3		Camp, Rick 16	14.0 Lbs	161.0 Lbs	162.0 Lbs	164.0 Lbs			
4		Crown, William			111.0 Lbs	111.0 Lbs			
5		Davidson, Davi 10	20.0 Lbs	120.0 Lbs	124.0 Lbs	124.0 Lbs			
6		Elliott, Gerdie 17	17.0 Lbs	153.0 Lbs	155.0 Lbs	153.0 Lbs			
7		Gray, Sandra 18	13.0 Lbs	175.0 Lbs	175.0 Lbs	177.0 Lbs			
8		Kemp, Annie 77	10.0 Lbs	77.0 Lbs	78.0 Lbs	77.0 Lbs			
9		Miller, Sam				114.2 Lbs			
10		Parker, Carl	19.0 Lbs	212.0 Lbs	208.0 Lbs	201.0 Lbs			
11		Shaw, Joan 16	17.0 Lbs	152.0 Lbs	154.0 Lbs	154.0 Lbs			
12		Smith, Gwendol 13	19.0 Lbs	137.0 Lbs	138.0 Lbs	140.0 Lbs			
13		Thompson, Rut 22	13.0 Lbs	219.0 Lbs	226.0 Lbs	225.0 Lbs			
14		Watson, Patrici 14	10.0 Lbs	131.0 Lbs	131.0 Lbs	133.0 Lbs			
15		White, Harry 15	11.0 Lbs	151.0 Lbs	153.0 Lbs	153.0 Lbs			
16		Williams, Beatrice	18.0 Lbs	160.0 Lbs		163.0 Lbs			
17		Wilson, Andrew 19	19.0 Lbs	224.0 Lbs	229.0 Lbs	239.0 Lbs			

How you sheet should now appear.

Self Calculating Weight Report

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		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, Dave	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, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140			
13		Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225			
14		Watson, Patricia	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			
18																
19																
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24																
25																
26																
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34																

Weight Sheet Paste to sheet

Ready

100%

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

The screenshot shows a Google Sheet titled "Self Calculating Weight Report". The interface includes a top menu bar with "Home", "Insert", "Page Layout", "Formulas", "Data", "Review", and "View". Below the menu is a toolbar with various icons for editing and formatting. The main area is a spreadsheet with columns A through P and rows 1 through 34. A red arrow points to the row number "1" in the left margin. The data in the spreadsheet is as follows:

	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, Dave	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, Gwendolyn	136	136	135	134	135	137	137	139	137	138	140			
13		Thompson, Ruth	226	225	224	225	225	223	223	223	219	226	225			
14		Watson, Patricia	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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33																
34																

The bottom of the screen shows a status bar with "Ready", "Average: 197.4", "Count: 12", "Sum: 2171.4", and a zoom level of "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 data is as follows:

	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			
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", "Average: 197.4", "Count: 12", "Sum: 2171.4", and a zoom level of 100%.



Your sheet should look like this.

Self Calculating Weight Report

Search Sheet

Share

HomeInsertPage LayoutFormulasDataReviewView

Paste

Calibri (Body)12A A

B I U

General\$ % , .0 .00

Conditional FormattingFormat as TableCell Styles

InsertDeleteFormat

Sort & Filter

I25fx

	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, Gordie	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			
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Weight Sheet

Paste to sheet

+

Ready

100%

Click on the Column headers to highlight these columns.

The screenshot shows a Google Sheet titled "Self Calculating Weight Report". The interface includes a top menu bar with "Home", "Insert", "Page Layout", "Formulas", "Data", "Review", and "View". Below the menu is a toolbar with various icons for editing and formatting. The main area is a spreadsheet with columns A through P and rows 1 through 34. A red arrow points to the column header "A". The data in the spreadsheet is as follows:

	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, Davi	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, Gwendo	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, Patrici	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																

The bottom of the screen shows a status bar with the text "Select destination and press ENTER or choose Paste", "Average: 165.3660377", "Count: 176", "Sum: 26293.2", and a zoom level of "100%".

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

[illegible]

Click on the “Weight Sheet” tab

Self Calculating Weight Report

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

30-day 90-day 180-day

1															0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!
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

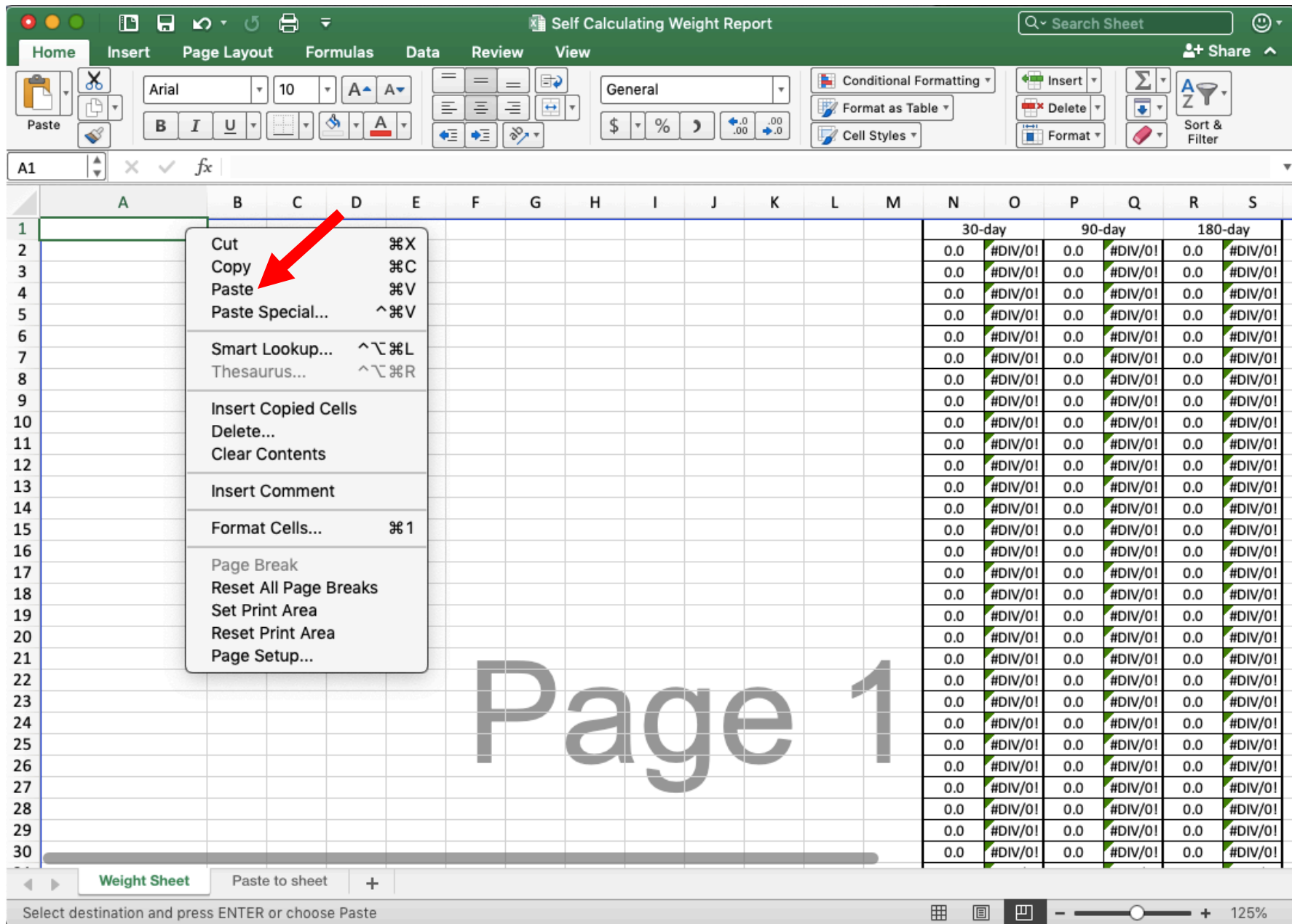
Weight Sheet

Paste to sheet

Select destination and press ENTER or choose Paste

125%

Right click on Box A1 and select "Paste"



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

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

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	Elliott, 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	204	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	223	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	100	101	111	114	111	102	110.2	113	113	113	111	114	3.0	3.9%	3.0	3.9%	3.0	3.9%
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%
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 3

Weight Sheet Paste to sheet +

Ready 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.