

Jan 15, 1980

work on sink all day. B.P. 10:00 = 128/64, pulse 58.

Jan 16, 1980

Exercise 10:00 A.M.

1000' pulse 56

1000' " 56

1000' " 56

1000' " 56

280' " 56

stairs (8 1/2 feet elevation) 4 times  
pulse 62.

Jan 17, 1980

Exercise 9:00 A.M.

1000' pulse 60

1000' " 58

1000' " 60

1000' " 60

280' " 60

Jan 19, 1980

Exercise 11:30 A.M.

1000' pulse 56

1000' " 56

1000' " 56

1000' " 56

280' " 56

7:30 P.M.

1000' pulse 58

1000' " 60

1000' " 60

1000' " 60

280' " 60

stairs x 4 64

6:00 P.M. stairs x 10 times

start pulse 54, end 68, 5 min later 56

at 3:07 A.M. this morning pulse increased  
and hard, decreased but ~~not~~ pulse  
maintained, then to normal.

Jan 20, 1980

Exercise 10:35 A.M.

1000' pulse 58

1000' 60

1000' 60

1000' 60

280' 60

6:00 P.M.

1 mile pulse 60

10x stairs pulse 64