

Date	Resting Heart Rate	Steps	Minutes Activity (with elevated HR)	Sleep
2/11	55	16,316	61	6 hr 18 min
2/10	53	13,888	28	6 hr 52 min
2/9	53	8,856	36	8 hr 14 min
2/8	53	8,834	42	3 hr 4 min

Note: All figures above are pulled from the Fitbit and may not be fully representative.

Prescriptions:

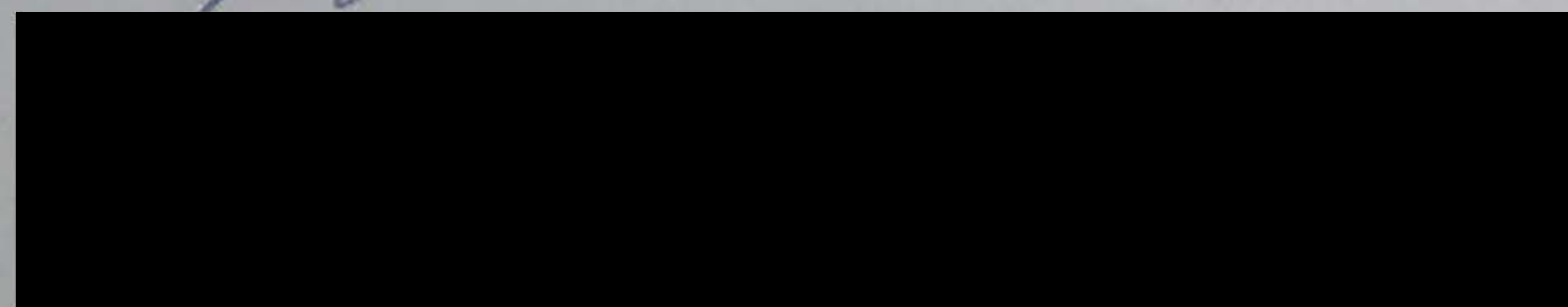
- Losartan Potassium – 50mg – 1 per day
- Clopidogrel – 75 mg – 1 per day
- Atorvastatin Calcium – 40mg – 1 per day
- Nitroglycerin – 0.4mg – As needed – emergency
- Aspirin – 1 baby tablet – 1 per day
- Used CPAP machine overnight



Conversation summary of what Don said to Jody on why the plane had to return to Bellingham for additional maintenance.

Conversation took place around the last week of Jan 2018 to the first week of Feb 2018.

Don and I had a conversation about why he needed to take his plane back to the Bellingham airport maintenance building after more work was done at Payne Field maintenance. Don said that when he picked up the plane in Bellingham after the first visit that everything in the dashboard seemed to working right as the plane was sitting on the ground warming up. He told me that when he was in the air the items that had been put in stopped working. He continued the flight to Payne to get that appointment done. When it was done he flew the plane to Harvey Field. He said it was like when one had a car problem like a strange noise and you had to take the mechanic for a ride to let them know what you were hearing. He was thinking that he would have to take the mechanic for the plane up in the air to see that the items weren't working there like they had been working on the ground.



2-14-18