	Rapa Dose MG	Taken With	Symptoms	APOB	LDL	HDL	Total Cholesterol	Triglycerides	VLDL	HbA1C	RBC	Platelets	Neutrophils %	Notes
7/7/2023	Baseline		-		65	72	50	135	60	13	5.9%	4.3	212	48.0%	10MG rosuvastatin. Daily fish oil.
10/10/2023	Baseline				62	63	53	127	47	11	5.6%	4.2	226	44.3%	20 MG rosuvastatin. Daily fish oil.
11/11/2023	1	Salmon salad	Headache												
11/18/2023	2	Salmon salad	Bad headache												
11/25/2023	3	Salmon salad													
12/2/2023	-	-			76	75	58	146	61	13	5.9%				10MG rosuvastatin. 3mg Rapa. Vacation with poor eating habits. Daily fish oil.
12/9/2023	4	Greek Yogurt	None												
12/16/2023	5	Salmon, green tea	None												
12/23/2023	-	-													
12/30/2023	6	Salmon salad	None												
1/6/2024	7	Yogurt	None												
1/13/2024	-	-													
1/20/2024	8	Salmon salad	None												
1/27/2024	-	-													
2/3/2024	8	Salmon salad	None		63	71	53	136	55	12	5.9%	4.6	270	47.0%	10 MG rosuvastatin. Sirolimus blood test: 4 ng/ml at 43 hours after dose. 1.2 ng/ml 7 days after. Daily fish oil
2/10/2024	-														
2/19/2024	8	Salmon salad	Slight headache												
2/24/2024	-														
3/2/2024	8	Avacado Oil	None												
3/9/2024	-														
3/16/2024	8	Salmon salad	Headache												
3/23/2024	-				62	69	58	138	49		5.5%				10 MG rosuvastatin. Daily fish oil.
3/30/2024	8	Salmon salad	Slight Headache												
4/6/2024	-														
4/13/2024															
BREAK	BREAK														Extended break due to surgery in mid-April
6/1/2024	6	Avacado oil	None												10 MG rosuvastatin. Daily fish oil
6/8/2024	6	-													
6/21/2024				-		77	58.7	146	50	-	5.4%	4.1	238		10MB Rosuvastatin. Off training for 2 months. Restarted
7/1/2024	6	2 boiled eggs	None												
7/7/2024	7	PB & eggs	None												Took with green tea
7/14/2024	-														
7/23/2024	7	Dinner	None												
7/24/2024					67	78	56	144	43	10	5.7%	4.1	227	38.0%	10MB Rosuvastatin. Training 1-2x per week. Not feeling well 2 weeks prior
8/4/2024	-														
8/11/2024	7	Dinner	None												
8/24/2024	-														
8/31/2024	7	Green Tea	None												
9/7/2024	7	-	None												
9/14/2024	-														
9/21/2024	-														Flu & difficult race
9/28/2024	-														
10/5/2024	-														Pneumonia due to running race with flu
10/12/2024	-														
10/19/2024	-														Shingles vaccine dose 2
10/26/2024	-				64	81	54	146	51	11	5.9%	4.2	241	46.0%	10MB Rosuvastatin. Training 3x per week.
11/2/2024	-														
11/9/2024	6	-	None												
11/16/2024	7	Green Tea	Slight headache												