

| Pulse1 | Pulse2 | Height | Weight | Activity | Run | Smokes | Male | Row | J | K | L | M | N | O | P | Row |
|--------|--------|--------|--------|----------|-----|--------|------|-----|----------------|---|-----------------------------|--------------------------------|-------------------------------|---|---|-----|
| 48 | 54 | 68 | 150 | 1 | 0 | 1 | 1 | 2 | Start: | | Col D | Identify data to be summarized | | | | 2 |
| 54 | 56 | 69 | 145 | 2 | 0 | 1 | 1 | 3 | | | D2:D93 | Identify range: | | | | 3 |
| 54 | 50 | 69 | 160 | 2 | 0 | 0 | 1 | 4 | | | | | | | | 4 |
| 58 | 70 | 72 | 145 | 2 | 1 | 0 | 1 | 5 | | | | | | | | 5 |
| 58 | 58 | 66 | 135 | 3 | 0 | 0 | 1 | 6 | Step A: | Determine # and width of bins | | | Enter formulas & manual entry | | | 6 |
| 58 | 56 | 67 | 125 | 2 | 0 | 0 | 0 | 7 | | # of data values | 92 | =COUNTA(D2:D93) | | | | 7 |
| 60 | 76 | 71 | 170 | 3 | 1 | 0 | 1 | 8 | | # of bins (Calculated) | 6.52 | =LOG(M7,2) | | | | 8 |
| 60 | 62 | 71 | 155 | 2 | 0 | 0 | 1 | 9 | | Select # bins (Manual entry) | 7 | No formula. Round M8 up. | | | | 9 |
| 60 | 70 | 71.5 | 164 | 2 | 0 | 1 | 1 | 10 | | | | | | | | 10 |
| 60 | 66 | 62 | 120 | 2 | 0 | 0 | 0 | 11 | | | Max | 215 | =MAX(D2:D93) | | | 11 |
| 61 | 70 | 65.5 | 120 | 2 | 0 | 0 | 0 | 12 | | | Min | 95 | =MIN(D2:D93) | | | 12 |
| 62 | 76 | 73.5 | 160 | 3 | 1 | 1 | 1 | 13 | | | Range | 120 | =M11-M12 | | | 13 |
| 62 | 75 | 72 | 195 | 2 | 1 | 0 | 1 | 14 | | | Bin Width (Calculated) | 17.14 | =M13/M9 | | | 14 |
| 62 | 58 | 72 | 175 | 3 | 1 | 0 | 1 | 15 | | | Select width (Manual entry) | 20 | No formula. Round M14. | | | 15 |
| 62 | 100 | 66 | 120 | 2 | 1 | 0 | 0 | 16 | | | | | | | | 16 |
| 62 | 98 | 62.75 | 112 | 2 | 1 | 1 | 0 | 17 | J | K | L | M | N | O | P | 17 |
| 62 | 62 | 74 | 190 | 1 | 0 | 0 | 1 | 18 | Step B: | Set bin maximum of first/lowest bin | | | Enter formulas & manual entry | | | 18 |
| 62 | 66 | 70 | 155 | 2 | 0 | 0 | 1 | 19 | | Max 1st bin (Calculated) | 114 | =M12+M15-1 | | | | 19 |
| 62 | 68 | 73 | 155 | 2 | 0 | 1 | 1 | 20 | | Max 1st bin (Manual entry) | 110 | Round down to nearest 5 or 10 | | | | 20 |
| 62 | 66 | 65 | 122 | 3 | 0 | 0 | 0 | 21 | | | | | | | | 21 |
| 64 | 88 | 66 | 140 | 2 | 1 | 0 | 1 | 22 | Bin Max | Enter formulas: | | <u>WEIGHT</u> | <u>Frequency</u> | | | 22 |
| 64 | 80 | 69 | 155 | 2 | 1 | 0 | 1 | 23 | 110 | =M20 | | 110 | 6 | | | 23 |
| | | | | | | | | 24 | 130 | =J23+M\$15 | | 130 | 23 | | | 24 |
| | | | | | | | | 25 | 150 | Pull J24 down to J29 | | 150 | 29 | | | 25 |
| | | | | | | | | 26 | 170 | | | 170 | 22 | | | 26 |
| | | | | | | | | 27 | 190 | | | 190 | 10 | | | 27 |
| | | | | | | | | 28 | 210 | | | 210 | 1 | | | 28 |
| | | | | | | | | 29 | 230 | | | 230 | 1 | | | 29 |
| | | | | | | | | 30 | | | | More | 0 | | | 30 |
| | | | | | | | | 31 | | | | | | | | 31 |
| | | | | | | | | 32 | Step 1 | From the Data tab, select, "Data Analysis". Select Histogram. | | | | | | 32 |
| | | | | | | | | 33 | Step 2a | Enter range for data, bin maximums and output (M22). | | | | | | 33 |
| | | | | | | | | 34 | Step 2b | Select charts! Press OK. | | | | | | 34 |
| | | | | | | | | 35 | Step 3a | Format data series. Eliminate space between bars. | | | | | | 35 |
| | | | | | | | | 36 | Step 3b | Horizontal axis title: Weight (Max per bin) | | | | | | 36 |

