

data examples:

Day & Time	Activity	Global feeling	Index finger	Middle finger	Ring finger	Notes
08-03-22 06:00	After morning routine	Pleasant Well expressed Clear Well build	++ Snake	++ Frog	++ Swan	Feeling of a single wave under all fingers, balanced pulse.
08-03-22 06:50	Before eating (milk, cereals, dates, almonds)	Clear	+++ Snake Frog Acute Fast Thin	+++ Frog Acute Knocking Hot		
08-03-22 07:10	After eating	Well expressed	++ Snake Frog Changing		++ Frog Heavy Mobile	
08-03-22 09:30	After fast walking	Unpleasant	+++ Snake Changing Thin Mobile Fast Irregular	Snake Frog Fast		Feeling of a string
08-03-22 18:00	During samaveda listening	Pleasant Well expressed Clear	+ Light Soft Slow	++ Soft Regular	++ Stable Soft Regular Slow	After a short time the pulse disappears

The columns will have a different width:

- the first can be tightened to always fit the date and time;
- the second and the last one (activity, notes) they should be wider to contain the free text, but with a fixed width so as not to make the table too long;
- the four columns in the middle (global and fingers) can have the same width, a list of words will always go there.

The self-pulse reading practitioner can fill in all the cells in a row based on what he feels or can note down a single value in a single cell.