1. Format all cells -> Autofit column width
2. 442 duplicate records found and deleted
3. Set DATE as date format
4. Data validation for TYPE – text or numeric only
5. For unitless descriptions/values, some have been marked null while some are left blank. Convert all blanks of UNITS to null.
6. All measurements follow a consistent system   
   eg all weights are in kg and not g or lb, heights are all in cm not m or in – in accordance with the medical standard LOINC 8302-2
7. No space or case inconsistencies in description