

Date	Index	Weight	Cardio*	Weights**	Pushups	Range	Score	Course/Slope	Playing Partner	Instruction	Beer/Mixed Drink	Diet***
1-Jun	14.7	201.8	4.01	S	30	N	-	-	N	N	4/0	7
2-Jun	14.7	201.8	4.04	C/A	27	Y	-	-	N	N	1/2	8
3-Jun	14.7	203.7	-	-	-	Y	40	35.2/124	N	N	4/1	7
4-Jun	14.7	202.8	4.04	S	31	Y	-	-	N	N	3/1	6
5-Jun	14.7	204.7	-	-	-	N	44	34.1/113	Y	N	0/0	7
6-Jun	14.7	205	4.08	C/A	-	Y	-	-	N	N	6/0	6
7-Jun	14.7	205	-	-	-	Y	80	69.1/129	Y	N	3/0	6
8-Jun	14.7	202.8	4.13	S	29	Y	-	-	N	N	4/0	7
9-Jun	14.7	203.2	4.04	-	32	N	-	-	N	N	0/0	7
10-Jun	14.7	202.5	-	-	-	Y	76	68.5/118	Y	N	5/0	6
11-Jun	14.7	203.1	4.14	C/A	-	N	-	-	N	N	1/0	7
12-Jun	14.7	202.9	-	-	35	N	-	-	N	N	4/0	7
13-Jun	14.7	203.2	4.11	S	-	N	86	68/115	Y	N	1/1	8
14-Jun	14.7	202.7	4.1	C/A	-	Y	-	-	N	N	3/0	7
15-Jun	14.7	203.5	-	-	-	Y	-	-	N	N	5/0	5
16-Jun	13	203.7	4.08	-	-	Y	39	35.1/117	N	N	2/0	7
17-Jun	13	202.8	4.07	S	-	N	43	36.3/138	N	N	2/0	7
18-Jun	13	199.4	4.01	C/A	-	N	38	34.2/115	N	N	2/0	7
19-Jun	13	201.8	-	-	32	N	40	34.3/121	Y	N	4/0	6
20-Jun	13	202.1	4.18	S	-	N	-	-	N	N	1/1	8
21-Jun	13	199	3.98	-	-	Y	-	-	N	N	4/0	7
22-Jun	13	199.6	-	-	40	Y	-	-	N	N	2/0	7
23-Jun	13	196.6	-	-	-	Y	-	-	N	N	4/0	7
24-Jun	13	199.3	3.98	C/A	-	Y	-	-	N	N	3/0	6
25-Jun	13	198.6	-	-	36	N	43	35.2/123	N	N	3/0	7
26-Jun	13	199.2	-	-	-	N	44	35.9/127	N	N	2/0	7
27-Jun	13	201.5	4.07	S	-	N	-	-	N	N	3/0	7
28-Jun	13	201.9	-	-	41	Y	-	-	N	N	2/0	8
29-Jun	13	199.6	4.03	C/A	-	N	-	-	N	N	2/0	8
30-Jun	13	200.6	-	-	-	N	-	-	N	N	2/0	7

\*Cardio (miles): elliptical, 45 minutes, hills, setting 17

\*\*Weights: S=Shoulder, C/A = Chest/Arms

Proving it can be done!

\*\*\*Diet: Scale of 1-10 with 1 being Jackie Gleason and 10 being Marie Osmond