Date	Index	Weight	Cardio*	Weights**	Pushups	Range	Score	Course/Slope	Playing Partner	Instruction	Beer/Mixed Drink	Diet***
1-Jul	12.5	201.4	-	-	-		42	35.2/132	N	N	2/0	7
2-Jul	12.5	198.6	-	S	-	Y	43	35.9/127	N	N	3/0	7
3-Jul	12.5	200	4.05	-	-	N	-	-	N	N	2/0	8
4-Jul	12.5	199.6	-	C/A	-	Y	-	-	N	N	2/0	6
5-Jul	12.5	199.2	-	-	-	N	-	-	N	N	4/0	8
6-Jul	12.5	200.3	4.12	S	-	Y	-	-	N	N	2/2	7
7-Jul	12.5	197.3	-	-	-	N	-	-	N	N	2/1	7
8-Jul	12.5	197.6	-	-	-	Y	-	-	N	N	3/1	7
9-Jul	12.5	200.1	-	-	-		45	36.5/124	N	N	3/0	8
10-Jul	12.5	199.6	4.1	C/A	-	Y	-	-	N	N	4/0	7
11-Jul	12.5	199.2	-	-	36	Y	42	36.4/131	N	N	5/0	7
12-Jul	12.5	196.4	4.07	-	-	Y	-	-	N	N	1/0	8
13-Jul	12.5	197.3	-	-	-	Y	-	-	N	N	3/0	7
14-Jul	12.5	199.2	-	-	-	N	-	-	N	N	2/0	8
15-Jul	12.5	198.4	4.14	-	-	Y	-	-	N	N	2/0	6
16-Jul	12.5	197.9	4.12	S	37	Y	-	-	N	N	3/0	7
17-Jul	12.5	M/G	M/G	-	-	N	M/G	M/G	M/G	M/G	4/0	6
18-Jul	12.5	M/G	M/G	-	-	N	M/G	M/G	M/G	M/G	4/0	7
19-Jul	12.5	M/G	M/G	-	38	N	M/G	M/G	M/G	M/G	3/1	7
20-Jul	12.5	M/G	M/G	-	-	N	M/G	M/G	M/G	M/G	4/0	7
21-Jul	12.5	202	-	-	-	N	-	-	N	N	3/0	7
22-Jul	12.5	197.3	-	-	36	N	-	-	N	N	3/0	8
23-Jul	12.5	196.4	4.11	S	-	Y	-	-	N	N	1/1	8
24-Jul	12.5	198.2	-	-	-	N	-	-	N	N	2/1	7
25-Jul	12.5	197.9	-	-	-	N	-	-	N	N	3/1	8
26-Jul	12.5	201	4.14	C/A	41	N	-	-	N	N	2/1	8
27-Jul	12.5	200.6	-	-	-	Y	42	35.2/132	N	N	3/1	7
28-Jul	12.5	198.4	-	-	-	N	-	-	N	N	2/1	6
29-Jul	12.5	200.2	4.11	S	38	Y	43	36.5/124	N	N	1/1	8
30-Jul	12.5	199	-	-	-	N	-	-	N	N	6/0	7
31-Jul	12.5	200.4	-	-	-	Y	43	35.2/132	N	N	3/1	8

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

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

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

M/G is Member/Guest