

Member	Meeting Attendance	Height	Starting Weight	Current Weight	Total Gain/Loss	Current Month's Progress	Pushups	Pullups	Plank	Mile	Planned Routine	Goals	Milestones	Struggles	Individual Notes
Adam TX	<input type="checkbox"/>	5'11"	181								-Should follow Pat's guide	-Put on muscle, improve cardio	-Get into gym or work out at house	-"Cardio sucks"	
Alan MI	<input checked="" type="checkbox"/>	6'0"	235	221	-14	Lost a couple lbs Routine stagnated at holidays	26	0	1:30	10:42	-OMAD diet, caloric deficit, (1700 cal ceiling) Plans to use Patrick's guide	-Lose weight -Get to 185 lbs -Wants to be on defense for food drive	-Wants to lose 6 lbs, Goal met!		-At 224 now and is doing SL 5x5
Alex NJ	<input type="checkbox"/>														
Andrew NY	<input type="checkbox"/>		245	190	-55						-3 days of cardio, one day of weights -3 mile runs	-Lose weight	-Doesn't need to stop to run 3 miles -Wants to lose 25 more lbs -Wants to bench 200 (225 lbs)		-Diet from Calvin CO, Keto diet
Arthur MI	<input type="checkbox"/>	5'11"	280								-Has fitness app for targeting specific muscle groups	-Cut weight and get stronger		-Cardio trouble	-Goes to gym every day after work -Will work out 3 hrs every time in gym
Austin TX	<input checked="" type="checkbox"/>		207	204	-3	Fasted and binged no progress.					-PPL routine	-Get stronger, leaner	-Sub 20% BF	Needs more recovery time	-Goes to gym six days per week
Billy IN	<input type="checkbox"/>		220	203		-is more active in chat in December					-Club 88 Routine?, Boxing, sprints at end of workout	160 lbs			
Bryan OK	<input type="checkbox"/>		251	188	-63		PASS	2		8:00	-Lifting and 1000 calorie deficit	-Weight loss	-Wants drop to 185 lbs can keep up running with others		-Lost 61 lbs in 3 months. At 190 now.
Floyd FL	<input checked="" type="checkbox"/>	5'8"	207.6	198	-9.4					11:09	-Walk 7 miles per day, counting calories -8 week gym challenge, personal trainer	-Wants to get to 180	-Lost 12 lbs, goal met! -Is at 195 lbs	-"Too fat"	
Gabriel AZ	<input checked="" type="checkbox"/>	6'1"	280	250	-10						-Going to gym 3x week, swimming and jogging, Muay Thai	-Weight loss and diet plan -Get to 230 lbs -Hit 500 lbs DL	-Make it to 250 lbs		
Harrison TX	<input type="checkbox"/>														
Hugh AL	<input type="checkbox"/>		240.8	218	-22.8	Lost about 4 lbs -Gets trained by Norman AL	1	0	5 min	9:25	-7 Day regiment, shadowboxing and cardio -Starting to lift this Monday	-Cut fat	-Lost 45 lbs since June -Wants to get to 210 by next meeting		-Has a strict diet
Jack FL	<input type="checkbox"/>														
Jackson GA	<input type="checkbox"/>	6'2"	195												
Jackson NY	<input type="checkbox"/>														
James AL	<input checked="" type="checkbox"/>	5'9"	192	186		-Can do 8 pullups -trying to get to 10 -continuing on strength training -CAN PASS ALL PT TESTS	PASS	8	2:30	8:23	-Reduce carbs at home	-Wants to hit 185 -Hit 2:30 plank	-Working on the road often -Cardio esp. running	-Has homegym	
Jason NY	<input type="checkbox"/>				-5						-Should follow guide	-Eat a caloric deficit, -Lose 1lb per week, -improve mile time	-Has difficulty with radical diet/workout changes -Needs to take it slow		
Johnny ID	<input type="checkbox"/>														
Kenneth VA	<input type="checkbox"/>		216	209	-7						-Meal plan, should follow guide	-Cutting fat primary, strength gains	-Needs more organization, and meal plan		-Lost 7 lbs already
Logan TN	<input type="checkbox"/>														
Marshall MA	<input type="checkbox"/>	5'9"	190	180	-10										
Matt TX	<input type="checkbox"/>														
Nathan MI	<input type="checkbox"/>					-Pyramid Pushups and situps daily -Putting on size -Ordered Powerstation -Working with Sam MI	50		3:00+		105 pushups, 105 situps a day, eat lots of eggs and milk				
Norman GA	<input type="checkbox"/>	5'10"	193	186.8	-6.2	-is new -counting calories -doing 1 hr runs -quit seed oils									
Norman WI	<input type="checkbox"/>				-30										
Phillip MA	<input checked="" type="checkbox"/>	5'8"	230	235	5		25				-Push/Pull (legs on pull) routine, 3x gym per week, 25 PU, 25 SU, 25 SQ, 2.5 P 1D	-Get onto keto diet	-Started and couldn't do a push-up, can now do 25 -Wants to lose 10 lbs by next meeting	-Injured pinky	-Lost 5 lbs so far
Ryan FL	<input type="checkbox"/>		105	110	5		10	0	30-45	DNF					
Samuel NJ	<input type="checkbox"/>		230								Training to pass PT test, cut out sugar				
Sean AL	<input checked="" type="checkbox"/>	6'0"	218	197	-21	-Injured back -lost 5lbs -wants to get to 190 -No alcohol in a month -got gym pass -overcoming withdraws	PASS	PASS	PASS	PASS	-Dieting, Wants to get to 190 by Jan 1	-Lose 20 lbs, hit 190 -improve cardio	-Wants to drop 20 lbs in one month		-9 lbs lost so far
Victor IN	<input type="checkbox"/>														
Walter OR	<input checked="" type="checkbox"/>		240	212	-28	-Very active -lost 5lbs -Improving a lot with progressive overload	15	2	1:45	8:30	-SL 5x5, walking	-Get under 200lbs before April or as soon as February	Lost 7lbs in November. Squats: 50lbs at start to 180 lbs now Bench: 50lbs at start to 105 lbs now Barbell row: 70lbs at start to 125 lbs now Deadlift: 100lbs at start to 225 lbs now Overhead Press: 50lbs at start to 100 lbs now	-fell off exercise routine	-Fell off the workout path again, Net zero progress this month -did have to move recently
William TX	<input checked="" type="checkbox"/>	5'11"	190	185	-5						-Running and calisthenics 3x per week, pushups/planks -Want to get him running longer distance.	-Get lean, 8 minute mile, Cardio	-Lost 5 lbs	Diet	
Wilson TX	<input checked="" type="checkbox"/>	5'7"	192			-200-500 cal daily deficit -doing stairmaster 4x a week	11	2	1:45	9:50	-Dieting -10-15 mins cardio, stronglifts	-Become 15% bodyfat (long term) -improve nutrition -Run 0.5-1 mile and not feel terrible	-Wants to get to 25% BF	Nutrition (bad cooking)	-Lost 1% bodyfat so far