

NAME	Weekly Checkins		Monthly Progress	Week 3	Week 4
	Week 1	Week 2			
Alan MI	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Continuing w/ OMAD, 5x5, walking, almost got 1 pullup, down to 223lbs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Andrew WY	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Down to 190 lbs, wants to maingain now after losing 50 lbs	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Arthur MI	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Severe car accident, can't train	<input type="checkbox"/>	<input type="checkbox"/>
Austin TX	<input type="checkbox"/>	<input type="checkbox"/>	198.4 PR Squat, Got to 19% BF, wants 15%	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Bryan OK	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Lost 1 pound week 3 and can keep up running with the other members	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Floyd FL	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Lost about 5lbs, working with trainer	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gabriel AZ	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Harrison TX	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Hugh AL	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lost 4.2 pounds this month	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Jackson GA	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
James AL	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Added a min to plank time	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Jason NY	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Johnny ID	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Kenneth VA	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Logan TN	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Marshall MA	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Matt TX	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Nathan MI	<input type="checkbox"/>	<input checked="" type="checkbox"/>	105 pushups and situps a day getting easier, eating lots of eggs and milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Norman WI	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Phillip MA	<input type="checkbox"/>	<input type="checkbox"/>	Has been busy, still 235	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ryan FL	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Samuel NJ	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Cut out sugar, still 230, practicing 4 PT exercises, 10 pushups	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sean AL	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Lost 7 lbs, following strict diet	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Victor IN	<input type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Vincent WA	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Walter ID/OR	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	8:30 Mile, Can do 1 pullup now, improved on all lifts indicated on other sheet, 215lbs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
William TX	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Wilson TX	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1700 cal everyday, hasn't lost desired bf yet	<input type="checkbox"/>	<input checked="" type="checkbox"/>