

NAME

FEBRUARY	1 LB	2 LB	3 LB	4 LB	5 LB
	EXAMPLE TABLE				
WEEK 13	1				
WEEK 20		3			
WEEK 27					
MARCH					
WEEK 6		5			
WEEK 13	6				
WEEK 20	7				
WEEK 27	8				
APRIL					
WEEK 3			11		
WEEK 10			14		
WEEK 17		16			
WEEK 24	17				
MAY					
WEEK 1	18				
WEEK 8	19				
WEEK 15				23	
WEEK 22		25			
WEEK 29	26				
TOTAL	26				