

NAME

FEBRUARY	EX - 1 LB	1 LB	2 LB	3 LB	4 LB	5 LB
WEEK 13	1					
WEEK 20	2					
WEEK 27	3					
MARCH						
WEEK 6	4					
WEEK 13	5					
WEEK 20	6					
WEEK 27	7					
APRIL						
WEEK 3	8					
WEEK 10	9					
WEEK 17	10					
WEEK 24	11					
MAY						
WEEK 1	12					
WEEK 8	13					
WEEK 15	14					
WEEK 22	15					
WEEK 29	16					
TOTAL	16					