– EXERCISE DETAIL FOR OCTOBER 2006 –

Bob User • November 1st, 2006

You can focus in one one area of your life if you so desire, such as fitness.

Workouts

OCTOBER 2006

SUMMARY **GOAL: 20**
YES/NO: 20 / 2
SUCCESS RATE: 100%

DETAIL **GOALS: 1 / Day**
5 / Week

S 01	Yes	
M 02	Yes	
T 03	Yes	
W 04		
T 05	Yes	
F 06	Yes	
S 07		
WEEKLY TOTAL		5/0
S 08	Yes	
M 09	Yes	
T 10		
W 11	Yes	
T 12	Yes	
F 13	No	
S 14		
WEEKLY TOTAL		4/1
S 15		
M 16	Yes	
T 17	Yes	
W 18		
T 19	Yes	
F 20	No	
S 21	Yes	
WEEKLY TOTAL		4/1
S 22	Yes	
M 23	Yes	
T 24	Yes	
W 25		
T 26	Yes	
F 27	Yes	
S 28		
WEEKLY TOTAL		5/0
S 29		
M 30	Yes	
T 31	Yes	
WEEKLY TOTAL		2/0

Weight

OCTOBER 2006 / MONTHLY REPORT

GOAL:	AVG:	SUCCESS RATE:
165	171.80	104%

WEEKLY GOAL = N/A

OCT 01	172.00	104%
OCT 08	171.00	103%
OCT 15	173.00	104%
OCT 22	172.00	104%
OCT 29	171.00	103%

Miles Run

OCTOBER 2006 / MONTHLY REPORT

GOAL:	COUNT:	SUCCESS RATE:
60	57.00	95%

WEEKLY GOAL = 15

OCT 01	15.00	100%
OCT 08	12.00	80%
OCT 15	9.00	60%
OCT 22	15.00	100%
OCT 29	6.00	40%

Stretch

OCTOBER 2006 / MONTHLY REPORT

GOAL:	YES/NO:	SUCCESS RATE:
20	18 / 5	90%

WEEKLY GOAL = 5

OCT 01	4/1	80%
OCT 08	3/2	60%
OCT 15	5/0	100%
OCT 22	4/1	80%
OCT 29	2/1	40%