ACCOUNTIBILITY TRACKING- JULY 2016 3RD WEEK

Asked about goal?	Progress? Y/N	Date	Member	PROGRESS/CHALLENGE/ACTIONS NOTES
☐			Alyssa Jenkins	Has the flu
☐			Amanda Knier	Doing well with MJ. Call MJ and talk
☐			Caroline	Fertility medication- So gaining weight
☐			Christina	Lost 1.2 lbs Doing good nutrition and says TNF is best thing in week
☐				
☐			Darlene K. Mann	Wants to do more cardio
☐			Danielle	Lost 1% body fat
☐			Debra Stone	Knee hurting. No running. Feeling better today
☐			Daniella G.	Lost 1.5 lbs
☐			Denise K.	On 3 week trip
☐			Dwan Padilla	No squats/hip thrusts. anything bouncing
☐			Edie	Really enjoying boot camp classes and watch the knees
☐				
☐			Gretchen	Gained 3 lbs. Will renew with 1 year membership
☐				
☐			Jeff Chandler	Renewed fro 1 year. Tight hamstrings
☐			Jenn Marinelli	Renewed 3 month
☐			Jenna Gilman	Was not in. Send email
☐			Jennifer Montenegro	Have a talk about form
☐			Jessica Yee	(L) shoulder sometimes knee. More upper mobility work
☐			Jody Bordessa	Neck issues
☐			Julie Wilson	Not eating after 9 pm. Baby step
☐				
☐			Kim M. Comstock	Wants to amp up weight loss. Have her feel out outcome sheet
☐			Kelly	Doing good on out of workouts
☐			Kathy Wiss	
☐			Kathy Ivey	Shoulder issue /boot camp
☐			Kimberly	Schedule food packing and 1 day workout
☐			Jeanne Crawford	Gone 3 weeks , Gave program design
☐			Lynne	Likes new stuff in workout
☐			Laura Carlson	Jessica check in
☐			Len stone	Doing program
☐			Lee	On trip and watch wrists
☐			Lisa B.	Coming back soon
☐			Mary Ellen	Personal stuff Wants to lose weight
☐			Margo Melman	Neck issue from pillow - Back
☐			Mikael Granont	Back doing great
☐			Michele	On vacation
☐			Monica Chandler	Wants work core more
☐			Marta	Back and knee issues
☐			Seema Kantak	Doing good. Pants fitting better . Likes core work
☐				
☐			Suzanne	Arm is still healing. Likes the Body weight stuff over weights
☐			Shreeraj Kantak	Shoulder doing better
☐			Tyler Quintanilla	Baseball injury shoulder
☐			Ingrid	Enjoys workout.
☐			Lisa /boot camp	Loving boot camp
☐			Sandra/ boot camp	Watch back issues
☐			Melody	Ready to lose weight. Keeping food journey. Enjoys new stuff
☐			Natasha	Limit anything above Tspine.
☐			Kathy Burry	Wants to lose 5 lbs Keeping food journey
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				