Note: This page is set up as a legal document so it can be wider. It is not meant to be printed but if you do print, please remember to set your printer to “US Legal”.

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| **Name / Nickname(s) and vocation** | **Spouse** | **Family** | **Vocation, major life or family events (past, present, or future)** | **Special Interests** | **Miscellaneous Notes / Ah-Ha Moments** | **Dates trained** | **Workout preferences** | **Injuries / Barriers** |
| Jeff | Jenny | * Jared (son, 15) | * Retired teacher * Jared college in Sept 2014 * Beach vacation Dec 2014 (need to look good!) | * Cat * The opera | * Group of friends (Beer Bros) he meets with regularly * Sings in church choir and performs 3x/yr with other retired teachers. * Friend Bill being treated for malignant tumor in kidney **(April 2010)** * Felt “ripped” on the beach Dec 2012 and cute blond giggled and smiled at him (Jenny didn’t notice) | * Feb 2010-present | * Pushing it! * Deadlifts * Feeling the burn | * Left knee ACL surgery (April 2007) |
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