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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