



March-April, 2016

Name	FFL 7 Week Goal	Completion Date
Genelle Clark		
Jenny Schoohs		
Mary Ann Doornoos		
Carol Meyer	Finish my aerobic/strength video!	April 16
Lisa Quiring		
Deb Lenox	5 mile walk with no breaks!	April 16
Jacque Fedo	Exercise/sleep become routine/stay injury free/improve fitness level	April 16
Liz Stone	Azalea Trail Run 5K	April 2
Sheri Dursin	Hike Mt. Ascutney/6 miles	April 16
Melissa Frazier		
Cheryl Curtis	5K	April 22
Sara Borgstede	Sara's Spectacular Mini Tri	April 16
Corinne Baur	5K walking/running	April 16
Christine Drews	Back to Back Bike rides of 40/10 miles	April 16/17
Cathy Hooper	5K/ running up the HILL successfully	April 16
Lauren Bates	5K	May 27
Louise Ryan	5K/build up to 3 yoga sessions/week	May 2
Maria Hass	Alaska Heart Run/beat fastest time	April 23

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Julie Donahue	5K in under 45 minutes	April 16
Michele Kearns	Tiptoeing Through the Tulip Trails	April 16
Bethany Ivie	Black Light 5K	April 16
Denise Dilley	The City Run 5K	Mid-April
Amanda Huffman	Tinkerbell Half Marathon	May 8
Jacqui Brough	Yoga Challenge	April 16
Julie Willis-Jones	Julie's Core Circuit Challenge	April 16
Jennifer Van Hoy	Maintain blood sugar below 140/walk 6x week for 45 min	April 16
Sharon Jordan	Walk 25 miles by April 15	April 16
Stacey Townsend		
Tami Qualls	400 minutes exercise logged	April 16
Jen Pedri	4x a week core workouts for 4 weeks	April 16
Marcellina Maria	Normal blood sugar for 1 month/walk 10-20 minutes	April 16
Tammy McDonald	5K	April 16
Leanne Richardson	core/strength train to improve running 3x week/Ottawa Race Weekend	May
Danielle Tate	Complete 12 workouts	April 15
Dana Anderson	jog a 5K	April 16