

ID	Facilitator	Workout Date	Duration	Effort	Attitude	Energy	Energy (at e	Workout Ener	Life Energy	Injury	Comments
8	Eric Osaki	9/16/2020	45	Easy	Enjoyed	Some	Some		Rested		
15	Eric Osaki	9/28/2020	40	Easy	Satisfied	Little	Little	Tired	Rested		
15	Eric Osaki	9/30/2020	60	Easy	Satisfied	Some	Some	Ready	Rested		
15	Eric Osaki	10/2/2020	56	Easy	Satisfied	Some	Some	Ready	Energetic		
15	Eric Osaki	10/5/2020	40	Easy	Enjoyed	Ample	Ample	Ready	Able to Work		
15	Eric Osaki	10/7/2020	65	Easy	Burdened	Some	Some	Tired	Able to Work		
15	Eric Osaki	10/10/2020	70	Moderate	Satisfied	Ample	Some	Ready	Able to Work		
15	Eric Osaki	10/16/2020	40	Easy	Satisfied	Some	Some	Ready	Weary		
16	Eric Osaki	9/20/2020	40	Easy	Enjoyed	Some	Ample	Ready	Able to Work		I'm enjoying my facilitated workouts with Eric and the group. Having Eric lead us makes the time go by faster, and he does a very good job of keeping us focused but also relaxed. I'm happy to be part of a training group again!
16	Eric Osaki	9/22/2020	55	Moderate	Satisfied	Ample	Some	Ready	Able to Work		
16	Eric Osaki	9/27/2020	40	Easy	Satisfied	Little	Some	Ready	Able to Work	Tender	My right heel (achilles) is a bit sore when I run. I eased up and walked today. I will try ice and stretching.
16	Eric Osaki	10/4/2020	40	Easy	Satisfied	Some	Some	Tired	Able to Work	Tender	I'm still having a little soreness in my right heel and now in my right hip. I did some yoga after the run to stretch out.
16	Eric Osaki	11/2/2020	65	Moderate	Satisfied	Ample	Some	Ready	Able to Work		
18	Eric Osaki	9/20/2020	45	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	9/23/2020	55	Moderate	Satisfied	Ample	Abundant	Ready	Energetic		
18	Eric Osaki	9/25/2020	60	Easy	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	9/27/2020	40	Easy	Enjoyed	Abundant	Abundant	Ready	Rested		
18	Eric Osaki	9/30/2020	60	Easy	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	10/2/2020	65	Very Easy	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	10/4/2020	40	Easy	Enjoyed	Abundant	Abundant	Ready	Rested		
18	Eric Osaki	10/8/2020	65	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		
18	Eric Osaki	10/16/2020	40	Moderate	Enjoyed	Ample	Ample	Ready	Rested		
22	Eric Osaki	9/21/2020	40	Easy	Burdened	Some	Ample	Tired	Able to Work		
22	Eric Osaki	9/27/2020	-40	Easy	Satisfied	Ample	Ample	Ready	Able to Work		
22	Eric Osaki	9/29/2020	60	Easy	Satisfied	Some	Ample	Ready	Weary		
22	Eric Osaki	10/1/2020	65	Easy	Satisfied	Ample	Ample	Ready	Weary		
25	Eric Osaki	9/15/2020	60	Very Easy	Satisfied	Abundant	Ample		Rested		
25	Eric Osaki	9/17/2020	60	Easy	Satisfied	Some	Some		Weary		Sleep deprived
25	Eric Osaki	9/19/2020	55	Easy	Satisfied	Some	Some	Lazy	Weary		Have a cold (coughing, sneezing, reduced energy) this week
25	Eric Osaki	9/22/2020	20	Very Easy	Burdened	Little	Little	Sluggish	Weary		Little energy. Fever, congestion and body aches. Cut it short
25	Eric Osaki	9/24/2020	20	Easy	Burdened	Little	Little	Sluggish	Exhausted		Still tired and achey from cold. Little energy. Cut it short
25	Eric Osaki	9/26/2020	0	Very Easy	Oppressed	None	None	Sluggish	Exhausted		I did not do this workout, per Brian's recommendation. Fatigued from illness
25	Eric Osaki	10/3/2020	30	Very Easy	Satisfied	Some	Some	Tired	Exhausted		Still a little tired from illness, but walking felt good. Did mostly flat with two small hills.
25	Eric Osaki	10/6/2020	40	Very Easy	Satisfied	Ample	Ample	Tired	Exhausted		First run since illness- went very easy (mostly walking), Felt good.
25	Eric Osaki	10/8/2020	40	Very Easy	Satisfied	Ample	Ample	Tired	Weary		Second jog since illness. Mostly walked.
25	Eric Osaki	10/13/2020	75	Easy	Satisfied	Ample	Some	Lazy	Able to Work		Working on stamina to make up for time lost in weeks 3 and 4
25	Eric Osaki	10/17/2020	75	Moderate	Satisfied	Some	Some	Lazy	Able to Work		This workout felt just right in terms of effort and 24 hr recovery time.

25	Eric Osaki	10/20/2020	55	Moderate	Satisfied	Some	Some	Lazy	Able to Work		Felt great after this workout, although it required almost 48 hrs for recovery. I can feel the energy pattern of my workouts starting to shift from lazy towards ready, although inadequate sleep continues to sap my energy.
25	Eric Osaki	10/22/2020	75	Moderate	Satisfied	Some	Some	Lazy	Able to Work		50 min hills
25	Eric Osaki	10/25/2020	100	Moderate	Burdened	Little	None	Tired	Weary		the workout. I think it may have been too long.
25	Eric Osaki	10/29/2020	60	Easy	Satisfied	Some	Some	Tired	Weary		Did easy workout due to lack of sleep.
25	Eric Osaki	10/31/2020	50	Easy	Satisfied	Some	Ample	Lazy	Weary	Twinge	workout.
25	Eric Osaki	11/3/2020	60	Moderate	Satisfied	Some	Some	Tired	Weary		Easy ++ workout. Forgot to count steps. Form is improving.
25	Eric Osaki	11/5/2020	70	Moderate	Satisfied	Some	Some	Lazy	Able to Work		Just okay
25	Eric Osaki	11/7/2020	90	Moderate	Satisfied	Some	Some	Lazy	Able to Work	Twinge	arch support in shoes to stabilize knees.
25	Eric Osaki	11/10/2020	70	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
25	Eric Osaki	11/12/2020	65	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
25	Eric Osaki	11/14/2020	90	Easy	Satisfied	Some	Some	Tired	Able to Work		
30	Eric Osaki	9/20/2020	40	Very Easy	Enjoyed	Ample	Ample	Ready	Rested		Need to have a lighter meal before the workout (or not eat so fast close to the workout start time).
30	Eric Osaki	9/22/2020	55	Easy	Satisfied	Ample	Some	Ready	Rested		
30	Eric Osaki	9/24/2020	60	Easy	Satisfied	Some	Ample	Ready	Rested		a snack 1 to 1 1/2 hours before workout.
30	Eric Osaki	9/27/2020	40	Easy	Enjoyed	Ample	Ample	Ready	Rested		
30	Eric Osaki	9/29/2020	60	Easy	Enjoyed	Ample	Ample	Ready	Rested		
30	Eric Osaki	10/1/2020	65	Easy	Enjoyed	Ample	Ample	Ready	Rested		
30	Eric Osaki	10/4/2020	40	Easy	Enjoyed	Ample	Ample	Ready	Rested		
30	Eric Osaki	10/7/2020	65	Easy	Satisfied	Some	Little	Tired	Rested		
30	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Some	Ample	Lazy	Able to Work		
30	Eric Osaki	10/10/2020	70	Moderate	Enjoyed	Some	Ample	Lazy	Able to Work		
30	Eric Osaki	10/17/2020	70	Moderate	Enjoyed	Ample	Ample	Ready	Rested		
30	Eric Osaki	10/21/2020	70	Moderate	Satisfied	Some	Some	Ready	Rested		
30	Eric Osaki	10/26/2020	55	Easy	Satisfied	Ample	Ample	Ready	Able to Work		
30	Eric Osaki	10/28/2020	70	Moderate	Satisfied	Some	Ample	Ready	Rested		
30	Eric Osaki	11/9/2020	65	Moderate	Satisfied	Some	Ample	Ready	Able to Work	Tender	After workout
30	Eric Osaki	11/16/2020	70	Moderate	Satisfied	Some	Ample	Ready	Able to Work		
32	Eric Osaki	9/24/2020	45	Easy	Satisfied	Some	Ample	Ready	Weary		
32	Eric Osaki	9/26/2020	60	Easy	Satisfied	Some	Ample	Ready	Able to Work		
32	Eric Osaki	9/27/2020	40	Moderate	Burdened	Some	Some	Tired	Weary	Tender	It's not a big injury. I banged my knee pretty hard on my desk and it's bruised.
32	Eric Osaki	10/9/2020	40	Easy	Satisfied	Some	Some	Ready	Able to Work		
32	Eric Osaki	10/10/2020	67	Moderate	Enjoyed	Some	Abundant	Ready	Able to Work		
32	Eric Osaki	10/13/2020	40	Moderate	Enjoyed	Ample	Ample	Ready	Able to Work		
32	Eric Osaki	10/15/2020	75	Easy	Burdened	Some	Little	Ready	Able to Work		tired me out. I thought about just going home, but I decided to at least walk, so I'm happy about
32	Eric Osaki	10/20/2020	50	Moderate	Enjoyed	Some	Ample	Ready	Able to Work		
32	Eric Osaki	10/22/2020	50	Moderate	Enjoyed	Some	Some	Lazy	Weary		
32	Eric Osaki	10/24/2020	80	Moderate	Enjoyed	Some	Ample	Ready	Able to Work		
32	Eric Osaki	10/31/2020	80	Easy	Enjoyed	Ample	Ample	Ready	Rested		
32	Eric Osaki	11/7/2020	86	Moderate	Enjoyed	Ample	Ample	Ready	Rested		
32	Eric Osaki	11/10/2020	66	Moderate	Enjoyed	Ample	Abundant	Eager	Rested		minutes as I tried to stay warm. I've never run in weather this cold before. I did in 66 minutes almost
32	Eric Osaki	11/12/2020	78	Moderate	Enjoyed	Ample	Ample	Eager	Rested		figuring out the gear for cold weather. 37 degrees when I set out today!
32	Eric Osaki	11/14/2020	91	Moderate	Enjoyed	Some	Ample	Ready	Able to Work	Tender	leg to my buttock two days after the workout. It seems better today, but I was having little twinges of
9	Ernestine Mu	9/15/2020	35	Moderate	Burdened	Some	Some		Rested	Sore	beginning to hurt again.
9	Ernestine Mu	9/30/2020	50	Moderate	Burdened	Some	Ample	Ready	Able to Work	Ache	second wind and wanted to go further. My hip was starting to feel pain or I would have gone
27	Ernestine Mu	9/18/2020	45	Easy	Satisfied	Ample	Abundant	Ready	Energetic		17'49" pace 1st mile - slow and easy
27	Ernestine Mu	9/19/2020	41	Hard	Enjoyed	Some	Abundant	Ready	Rested		1 mile 16'11" pace
27	Ernestine Mu	9/20/2020	45	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		2.78 miles

27	Ernestine Mu	9/23/2020	52	Moderate	Enjoyed	Some	Ample	Ready	Rested		52:32 minutes
27	Ernestine Mu	9/23/2020	52	Moderate	Enjoyed	Some	Ample	Ready	Rested		52:32 minutes
27	Ernestine Mu	9/25/2020	60	Hard	Enjoyed	Ample	Abundant	Ready	Rested		Duration 1:00:23
27	Ernestine Mu	9/27/2020	58	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		3.77 miles
27	Ernestine Mu	9/28/2020	48	Easy	Enjoyed	Ample	Abundant	Ready	Rested		
27	Ernestine Mu	9/30/2020	58	Easy	Satisfied	Some	Ample	Ready	Rested		hills
27	Ernestine Mu	10/2/2020	45	Moderate	Satisfied	Some	Ample	Ready	Rested		Hills
27	Ernestine Mu	10/4/2020	61	Easy	Satisfied	Ample	Abundant	Ready	Rested		
27	Ernestine Mu	10/5/2020	45	Moderate	Satisfied	Ample	Abundant	Ready	Rested		Hills
27	Ernestine Mu	10/9/2020	57	Moderate	Satisfied	Ample	Abundant	Ready	Rested		3.65 miles
27	Ernestine Mu	10/11/2020	69	Easy	Satisfied	Some	Ample	Ready	Rested		4.10 miles
27	Ernestine Mu	10/14/2020	34	Easy	Satisfied	Ample	Ample	Ready	Rested		
27	Ernestine Mu	10/16/2020	66	Easy	Enjoyed	Ample	Ample	Ready	Rested		
27	Ernestine Mu	10/17/2020	68	Easy	Enjoyed	Ample	Ample	Ready	Rested		
27	Ernestine Mu	10/18/2020	82	Easy	Satisfied	Ample	Abundant	Ready	Rested		
27	Ernestine Mu	10/21/2020	56	Moderate	Enjoyed	Ample	Abundant	Ready	Rested		Cut short, Rain at the end.
27	Ernestine Mu	10/25/2020	82	Easy	Satisfied	Ample	Ample	Ready	Rested		
29	Ernestine Mu	9/24/2020	40	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
29	Ernestine Mu	9/26/2020	45	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
29	Ernestine Mu	9/26/2020	40	Moderate	Satisfied	Some	Some	Lazy	Rested		
29	Ernestine Mu	9/29/2020	50	Easy	Satisfied	Some	Ample	Lazy	Rested		
29	Ernestine Mu	10/1/2020	50	Easy	Enjoyed	Some	Ample	Ready	Rested		
29	Ernestine Mu	10/4/2020	40	Moderate	Satisfied	Some	Ample	Lazy	Rested		
29	Ernestine Mu	10/8/2020	55	Moderate	Satisfied	Ample	Ample	Ready	Rested		
29	Ernestine Mu	10/8/2020	55	Moderate	Satisfied	Some	Some	Ready	Rested		
29	Ernestine Mu	10/10/2020	60	Moderate	Satisfied	Some	Some	Lazy	Rested		
29	Ernestine Mu	10/13/2020	60	Moderate	Satisfied	Some	Some	Ready	Rested		
29	Ernestine Mu	10/16/2020	60	Moderate	Satisfied	Ample	Ample	Ready	Rested		
29	Ernestine Mu	10/18/2020	50	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
29	Ernestine Mu	10/20/2020	18	Moderate	Satisfied	Ample	Ample	Ready	Energetic	Ache	Injured while raking gravel in the backyard. Ernie said go only 20 minutes which I did
29	Ernestine Mu	10/27/2020	30	Moderate	Satisfied	Some	Ample	Lazy	Able to Work	Twinge	It's getting better.
29	Ernestine Mu	10/29/2020	40	Easy	Satisfied	Ample	Some	Lazy	Rested		
29	Ernestine Mu	11/3/2020	40	Easy	Enjoyed	Ample	Ample	Lazy	Rested		
29	Ernestine Mu	11/5/2020	55	Easy	Enjoyed	Ample	Ample	Ready	Energetic		
29	Ernestine Mu	11/12/2020	50	Moderate	Satisfied	Some	Some	Tired	Able to Work		Only slept a few hours
29	Ernestine Mu	11/15/2020	70	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
31	Ernestine Mu	9/20/2020	51	Easy	Satisfied	Ample	Ample	Ready	Weary		
31	Ernestine Mu	9/22/2020	50	Hard	Satisfied	Some	Ample	Ready	Rested		Ernie did an awesome job talking us thru this 1st hills workout!!
31	Ernestine Mu	9/24/2020	50	Moderate	Satisfied	Ample	Ample	Ready	Weary	Twinge	Also- I noticed at home when I walk around barefooted my right arch seems achey. As long as I put shoes on... I am fine.
31	Ernestine Mu	9/27/2020	60	Easy	Satisfied	Ample	Ample	Ready	Able to Work		
31	Ernestine Mu	9/29/2020	52	Moderate	Enjoyed	Ample	Abundant	Ready	Exhausted		
31	Ernestine Mu	10/1/2020	55	Easy	Enjoyed	Ample	Ample	Ready	Rested		period of time... ea few minuets this happened. Kinda frustrating!
31	Ernestine Mu	10/4/2020	63	Easy	Satisfied	Ample	Ample	Ready	Rested		
31	Ernestine Mu	10/7/2020	50	Easy	Satisfied	Ample	Some	Ready	Rested		
31	Ernestine Mu	10/8/2020	58	Moderate	Satisfied	Ample	Some	Tired	Able to Work		
31	Ernestine Mu	10/18/2020	60	Easy	Satisfied	Ample	Some	Lazy	Rested		
31	Ernestine Mu	10/22/2020	63	Moderate	Burdened	Some	Some	Tired	Weary		
31	Ernestine Mu	11/1/2020	46	Easy	Satisfied	Ample	Some	Lazy	Able to Work		

31	Ernestine Mu	11/8/2020	83	Moderate	Burdened	Some	None	Lazy	Rested		
40	Ernestine Mu	9/25/2020	52	Easy	Enjoyed	Ample	Some	Eager	Rested		
40	Ernestine Mu	9/27/2020	42	Easy	Satisfied	Some	Some	Ready	Able to Work		Felt somewhat achy from a vaccination shot day before. So I cut short my work out.
40	Ernestine Mu	9/29/2020	0	Hard	Burdened	None	None	Sluggish	Exhausted		Did not work out. Felt run down after a vaccination shot.
40	Ernestine Mu	10/1/2020	53	Easy	Satisfied	Some	Some	Ready	Able to Work		
40	Ernestine Mu	10/4/2020	40	Easy	Satisfied	Some	Ample	Ready	Able to Work		
40	Ernestine Mu	10/9/2020	50	Moderate	Satisfied	Ample	Some	Ready	Able to Work		
KF	Karl-Richard	11/2/2020	60	Moderate	Satisfied	Ample	Ample	Ready	Rested		
KF	Karl-Richard	11/4/2020	60	Moderate	Satisfied	Some	Some	Ready	Able to Work		
KF	Karl-Richard	11/7/2020	70	Moderate	Oppressed	Ample	Some	Ready	Energetic		
KF	Karl-Richard	11/10/2020	75	Moderate	Satisfied	Some	Some	Lazy	Able to Work		
KF	Karl-Richard	11/12/2020	60	Moderate	Satisfied	Some	Some	Ready	Able to Work		
38	Other	9/22/2020	66	Easy	Satisfied	Ample	Some	Ready	Weary	Tender	water I drank went down my windpipe.
38	Other	9/24/2020	60	Moderate	Satisfied	Some	Some	Ready	Rested	Ache	the run.