

Week 4 Weigh in

Tracking #	Starting Weight	Last weeks weight	Current weight	Lost	% Lost
2	175	173		0	1.1%
3	253	247.8	248	0.2	2.0%
4	236.5	230.5	228.5	-2	3.4%
5	173.5	172.25	170.5	-1.75	1.7%
6	239.5	231.5	229.25	-2.25	4.3%
7	160.25	159	158	-1	1.4%
8	228.25	228	228	0	0.1%
9	223.25	223		0	0.1%
10	308.5	306.25		0	0.7%
11	251	251	252	1	-0.4%
12	223.5	215	215.25	0.25	3.7%
13	222	218	217	-1	2.3%
14	262	251	250.5	-0.5	4.4%
15	189	184.5	181.5	-3	4.0%
16	252.75	248	251	3	0.7%
17	234.5	226	224.5	-1.5	4.3%
18	317	316	311.5	-4.5	1.7%
19	149.5	148		0	1.0%
20	209	206.8	203.8	-3	2.5%
21	168.25	165.25		0	1.8%
22	193	193.5	190.5	-3	1.3%
23	230	228.5		0	0.7%
24	166	164	162.3	-1.7	2.2%
25	207.5				
26	178	176.5	176.5	0	0.8%
27	225.5	224		0	0.7%
28	183	177.75	176.75	-1	3.4%
29	277	269.8		0	2.6%
30	209.5	209	207	-2	1.2%
31	197	195	195	0	1.0%
32	267	267	269	2	-0.7%
33	164.75	164.75	164.75	0	0.0%
34	164	164	164	0	0.0%
35	338	338	338	0	0.0%