

## Week 3 Weigh-in (As of 10/14)

Tracking #	Starting Weight		Last weeks weight	Current weight	Lost	% Lost
2	175	172.25	173	<b>0.75</b>		2
3	253	251.5	247.8	<b>-3.7</b>		3
4	236.5	233	230.5	<b>-2.5</b>		4
5	173.5	173	172.25	<b>-0.75</b>	42.7	5
6	239.5	233	231.5	<b>-1.5</b>		6
7	160.25	160	159	<b>-1</b>		7
8	228.25	224	228	<b>4</b>		8
9	223.25	225	223	<b>-2</b>		9
10	308.5	310.5	306.25	<b>-4.25</b>		10
11	251	249.5	251	<b>1.5</b>		11
12	223.5	219.5	215	<b>-4.5</b>		12
13	222	221	218	<b>-3</b>		13
14	262	256.75	251	<b>-5.75</b>		14
15	189	184	184.5	<b>0.5</b>		15
16	252.75	252.75	248	<b>-4.75</b>		16
17	234.5	231	226	<b>-5</b>		17
18	317	317	316	<b>-1</b>		18
19	149.5	148.5	148	<b>-0.5</b>		19
20	209	207.4	206.8	<b>-0.6</b>		20
21	168.25	165.75	165.25	<b>-0.5</b>		21
22	193	192.5	193.5	<b>1</b>		22
23	230	227.75	228.5	<b>0.75</b>		23
24	166	165	164	<b>-1</b>		24
25	207.5					25
26	178	176.25	176.5	<b>0.25</b>		26
27	225.5	225.5	224	<b>-1.5</b>		27
28	183	178.75	177.75	<b>-1</b>		28
29	277	272.2	269.8	<b>-2.4</b>		29
30	209.5	208.5	209	<b>0.5</b>		30
31	197	197	195	<b>-2</b>		31
32	267	267	267	<b>0</b>		32