

<b>Name:</b>	Nancy Lewis
<b>Starting Weight:</b>	178 lbs. on 8/27/06
<b>Current Weight:</b>	132 lbs.
<b>Goal Weight:</b>	Maintained 132 lbs. since April 2008
<b>Reason for Wanting Change:</b>	I decided I had to lose weight due to health conditions.
<b>Weekly Workout Schedule:</b>	5X/Week twice each day for 45 minutes each time.
<b>Weaknesses:</b>	I love food.
<b>"Stick With It" Tip:</b>	Journal calories consumed and calories burned. Also use pedometer, cross training, and a good food program such as Weight Watchers or one prescribed by a nutritionist.