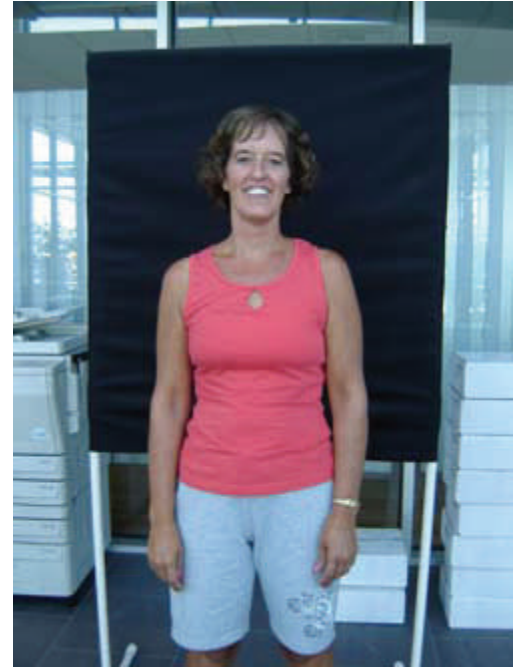


*Before Weight Loss*



*After Weight Loss*



<b>Name:</b>	Andrea Perkins
<b>Starting Weight:</b>	170 on 3/2008
<b>Current Weight:</b>	134
<b>Goal Weight:</b>	
<b>Reason for Wanting</b>	I wanted to avoid family history of diabetes and cancer.
<b>Weekly Workout Sched-</b>	Cardio 3times a week and weights 3 times a week.
<b>Weaknesses:</b>	Sweets
<b>"Stick With It" Tip:</b>	Think of it as a hobbyie.
	I have to do it to eat.
	I sleep better and feel better.