

## WILL LOSE WEIGHT FOR MONEY WEEK 7

Tracking #	Starting Weight	Last weeks weight	Current weight	Lost	% Lost	Tracking #	Total Lost
2	175	168.5	165.5	-3	5.4%	2	-9.5
3	253	242				3	
4	236.5	228	226.75	-1.25	4.1%	4	-9.75
5	173.5	170.25	171	0.75	1.4%	5	-2.5
6	239.5	227.75	222.5	-5.25	7.1%	6	-17
7	160.25	159	158	-1	1.4%	7	-2.25
8	228.25	230	229.5	-0.5	-0.5%	8	1.25
9	223.25	225				9	
11	251	256.5	254.25	-2.25	-1.3%	11	3.25
12	223.5	210.75	210	-0.75	6.0%	12	-13.5
13	222	219	217.5	-1.5	2.0%	13	-4.5
14	262	244	240.5	-3.5	8.2%	14	-21.5
15	189	181	179	-2	5.3%	15	-10
16	252.75	250				16	
17	234.5	219.5	216.25	-3.25	7.8%	17	-18.25
18	317	313				18	
19	149.5	148				19	
20	209	201	197.75	-3.25	5.4%	20	-11.25
21	168.25	165.5				21	
22	193	194.5				22	
23	230	226				23	
24	166	160	159.5	-0.5	3.9%	24	-6.5
26	178	177	177.5	0.5	0.3%	26	-0.5
27	225.5	225				27	
28	183	175.5	174.5	-1	4.6%	28	-8.5
29	277	270.8	267.8	-3	3.3%	29	-9.2
30	209.5	205	205.25	0.25	2.0%	30	-4.25
31	197	196.5				31	
32	267	258.5	251	-7.5	6.0%	32	-16
33	164.75	163				33	
34	164	160	159.5	-0.5	2.7%	34	-4.5
35	338	339.5	340	0.5	-0.6%	35	2
36	146	146				36	
37	273.5	274	275	1	-0.5%	37	1.5
38						38	0
39						39	0
40						40	0
41						41	0
42						42	0
43						43	0

**As of 11-12-08**