

Healthy Weight Journal II

STARTING STATISTICS

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT
<b>BOB APPLE</b>	13.2	47.6	44.4	22.4	15.6	259		34.5 6'0
<b>IRIS CHARMER</b>	11.6	35.4	41.8	22.2	12	152		30 4'11
<b>SUSAN DELORIA</b>	13.4	43.2	49.6	24.2	16.4	221		38 5'4.5
<b>HERB GRENKE</b>	14	50.8	46.4	22.8	16.6	282.8		38 6'0
<b>GLORIA MARTIN</b>	13.6	51	60	23	14.8	226.2		36.5 5'6
<b>DULCEY MASHBURN</b>	13.8	40.8	47.2	25.8	15.8	207.6		36 5'3
<b>DANIELLE PETERSON (ELLIOT)</b>	13.2	40	41.2	22.4	15.6	178		29 5'4.5
<b>BOB SWANSON</b>	12.8	44.8	47.8	20.6	15.2	255.2		36 5'10
<b>MARCIA PARKKONEN</b>	15.6	39.6	50.8	20.8	15.6	207		42 4'11

TOTALS

STATISTICS

MONTH 1

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT
<b>BOB APPLE</b>	14.4	47.6	44.4	22.8	17.8	240.6		33 6'0"
<b>IRIS CHARMER</b>	12.4	34.2	41.8	19.8	12.5	145.6		29 4'11"
<b>SUSAN DELORIA</b>	13.5	42.4	48.8	24.4	16.5	211.4		37 5'4.5"
<b>HERB GRENKE</b>	14	48	45.5	22.5	17	269.4		37 6'0"
<b>GLORIA MARTIN</b>	13.5	47.8	58.8	23	16	217.2		35 5'6"
<b>DULCEY MASHBURN</b>	14.5	39	47.5	27.5	16.7	204.4		36 5'3"

<b>DANIELLE PETERSON (ELLIOT)</b>	13.5	35.5	40.5	23.6	16	169.4	29	5'4.5"
<b>BOB SWANSON</b>	13.6	44.8	48.8	23.6	16	242	35	5'10"
<b>MARCIA PARKKONEN</b>	15.4	43.8	49	25	16.4	201.6	40	4'11"

STATISTICS	MONTH 2							
Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT
<b>BOB APPLE</b>						234.2		
<b>IRIS CHARMER</b>	11.8	35.8	42.2	24.2	12.6	140.6	28	4'11
<b>SUSAN DELORIA</b>						209		
<b>HERB GRENKE</b>	14.5	48.4	44.2	21.1	17.6	262.4	37	6'0
<b>GLORIA MARTIN</b>	14	46	53	23.4	14.8	214.8	35	5'6
<b>DULCEY MASHBURN</b>	14.4	41.6	48.6	26.8	17	207.6	36	5'3
<b>DANIELLE PETERSON (ELLIOT)</b>	12.6	36.3	40	21.7	15.9	163.2	28	5'4.5
<b>BOB SWANSON</b>	13.2	42.5	47.4	24	15.7	237.6	34	5'10
<b>MARCIA PARKKONEN</b>	16.4	43.5	51.2	23.2	16.5	200.4	40	4'11

**Total Lost: (did not subtract gain)**

STATISTICS	MONTH 3							
Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT

**BOB APPLE**  
**IRIS CHARMER**  
**SUSAN DELORIA**  
**HERB GRENKE**  
**AMY MCINNIS**  
**GLORIA MARTIN**  
**DULCEY MASHBURN**  
**DANIELLE PETERSON (ELLIOT)**  
**BOB SWANSON**

GRAND TOTAL POUNDS LOST	325
	FINAL
GRAND TOTAL BMI POINTS LOST	50.6