

Healthy Weight Journal

STARTING STATISTICS									
Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	15	40.5	42.5	20.125	13.625	168	32.8	5 ft	64
D. Gregor MacGregor III	14.875	45.75	45.25	21.75	16	246	33.4	6 ft	50
David Petrovich	15.325	53.5	59	27.875	18.5	340	40.3	6 ft 5 in	53
Harvey Wallace	16.375	53.375	54.25	22.25	17.875	283	41.8	5 ft 9 in	61
Jane Hutchens	16.375	46	55.75	25.875	19	283	41.8	5 ft 9 in	46
Jim Reeves	13.875	46.875	44	20.875	15.5	225.5	37.5	5 ft 5 in	50
Jon Hartwig	15.325	45	46	22.75	17	265	34	6 ft 2 in	52
Joseph Burdick	13.75	47.125	46	19.625	16.75	244	35	5 ft 10 in	33
Judy Goldsworthy	11.25	37.75	46.125	19	13.5	160	30.2	5 ft 1 in	59
Nancy Lindstrom	15.5	43.875	50	23	16.5	223	35.5	5 ft 6 in	48
Renee Deroche	15	42	51	28	20.125	225.75	40	5 ft 3 in	49
TOTALS						2663.25	402.3		

STATISTICS 06/07/06 MONTH 1									
Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	15.125	39	42.375	20	13.5	163.5	31.9	5 ft	64
D. Gregor MacGregor III	14.5	45.625	45	21	15.875	242.5	32.9	6 ft	50
David Petrovich	15	52	57	25	18.5	327	38.8	6 ft 5 in	53
Harvey Wallace	16.125	51.25	53	22.25	17.75	271.5	40.1	5 ft 9 in	61
Jane Hutchens	16.125	46	54.5	22.5	18.75	259.5	38.3	5 ft 9 in	46
Jim Reeves	13	45	44	20.75	15.75	215	35.8	5 ft 5 in	50
Jon Hartwig	15.5	43.875	44.75	22	17.25	252	32.4	6 ft 2 in	52
Joseph Burdick	14	44.5	46	19.5	16.75	232	33.3	5 ft 10 in	33
Judy Goldsworthy	11.125	37	45	18	14	155.5	29.4	5 ft 1 in	59
Nancy Lindstrom	15	42.75	49.25	22.5	16.75	213	34.4	5 ft 6 in	48
Renee Deroche	14.125	38	49	26.5	20.5	211	37.4	5 ft 3 in	49
TOTALS						2542.5	384.7		

STATISTICS 07/12/06 MONTH 2									
Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	15.125	38.5	42	19	13.5	159	31	5 ft	64
D. Gregor MacGregor III	14.25	44.5	44.125	20.5	15.5	233.5	31.7	6 ft	50
David Petrovich	15.5	51.5	54.75	26	18.25	321	38.5	6 ft 5 in	53
Harvey Wallace	16	50.25	52	22	17.25	260.5	38.5	5 ft 9 in	61
Jane Hutchens	16	44	52.75	22.5	18	244.5	36.1	5 ft 9 in	46
Jim Reeves	13.5	44.5	43.625	20.75	15.25	209	34.8	5 ft 5 in	50
Jon Hartwig	14.75	43	44.25	22	17.25	249	32	6 ft 2 in	52
Joseph Burdick	13.75	42.75	45	19.25	16.5	221.5	31.8	5 ft 10 in	33
Judy Goldsworthy	11.125	36	44.75	18	13.875	153.5	29	5 ft 1 in	59
Nancy Lindstrom	14.5	41.5	47.25	22.25	16.25	202.5	32.7	5 ft 6 in	48
Renee Deroche	14	36.5	48	26	20	204	36.1	5 ft 3 in	49
TOTALS						2458	372.2		

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	13.75	34.5	40.5	19	13.25	154.5	30.2	5 ft	64
D. Gregor MacGregor III	14	38.75	42	20.5	15.25	223	30.2	6 ft	50
David Petrovich	14.5	47	51	22	17	305	36.2	6 ft 5 in	53
Harvey Wallace	15.75	45	50	21.5	17	249	36.8	5 ft 9 in	61
Jane Hutchens	14.5	42	51.5	23.5	18	246.25	36.4	5 ft 9 in	46
Jim Reeves	13	39.5	41	23	15.75	199.75	33.2	5 ft 5 in	50
Jon Hartwig	14.75	41.75	44	19.75	17.5	250	32.1	6 ft 2 in	52
Joseph Burdick	13	32.5	42	18	16	190	27.3	5 ft 10 in	33
Judy Goldsworthy	10.75	33	42.75	19.5	13.25	150.5	28.4	5 ft 1 in	59
Nancy Lindstrom	13.5	37	44	21.25	15.25	186.5	30.1	5 ft 6 in	48
Renee Deroche	13	32.25	45	25	18	190	33.7	5 ft 3 in	49
TOTALS						2344.5	354.6		

GRAND TOTAL POUNDS LOST 318.75

GRAND TOTAL BMI POINTS LOST 47.7