

# Healthy Weight Journal II

## STARTING STATISTICS

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Anna Galeazzi	13	53	48.5	20.5	15	259.25	40.6	5ft 7in	38
Steen Wamsley	13.5	45	43	19	14.5	217	31.1	5ft 10in	49
Pam Christiansen	17	44	52	22	18	223.5	39.6	5ft 3in	50
Bill Martin	15.25	53.5	60	21	18	312.75	47.5	5ft 8in	67
Sandra Lambert	12.25	35.5	44	23	16.5	193	28.5	5ft 9in	35
Pam Ehnis	16	51	49.5	24.5	18.5	255.5	45.2	5ft 3in	37
Sandra McCowen	13	38.5	44	21	15	168	31.2	5ft 1.5in	53
Jackie Johnson	14	38	45	23	15.5	192	33	5ft 4in	47
Bill Davis	13	43	43	20	16	231	32.2	5ft 11in	57
Doug Reese	15	43	42.5	22	17	281	38.1	6 ft	50
Lynn Moon	12	39.5	44.5	19.5	15.5	192	31.9	5ft 5 in	49
<b>TOTALS</b>						<b>2525</b>	<b>398.9</b>		

## STATISTICS

### MONTH 1

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Anna Galeazzi	11.75	52	48.5	20	15.75	250	39.2	5ft 7in	38
Steen Wamsley	12.5	43	43	18.5	15	214	30.7	5ft 10in	49
Pam Christiansen	13.5	39.25	48.75	24.5	16.25	212	37.6	5ft 3in	50
Bill Martin	14.25	49.25	58.5	20	16.75	294	44.7	5ft 8in	67
Sandra Lambert	11.75	32	42.75	23.5	16.25	183	27	5ft 9in	35
Pam Ehnis	14	48.5	47	20	17.75	241.5	42.8	5ft 3in	37
Sandra McCowen	12.25	38	43.5	19	14.75	166.25	30.9	5ft 1.5in	53
Jackie Johnson	12.5	35.75	43.75	22.25	15	186	31.9	5ft 4in	47
Bill Davis	11.5	42	43.75	19.75	15.5	214.5	29.9	5ft 11in	57
Doug Reese	15.5	41.75	43.5	21.25	17.5	268	36.3	6 ft	50
Lynn Moon	11	39.5	44.5	18.75	15	183	30.4	5ft 5 in	49
<b>TOTALS</b>						<b>2412.25</b>	<b>381.4</b>		

## STATISTICS

### MONTH 2

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Anna Galeazzi	12	53	48.5	19.25	15.25	250	39.2	5ft 7in	38
Steen Wamsley			<b>no data</b>			209	30.7	5ft 10in	49
Pam Christiansen	13.25	41	47	24.5	16.5	206.25	36.5	5ft 3in	50
Bill Martin	13.5	49.5	56	20.5	17	283.75	41.1	5ft 8in	67
Sandra Lambert	11.25	30.25	41.75	21	16	178	26.3	5ft 9in	35
Pam Ehnis	14	47.5	44.75	18.75	18	239	42.3	5ft 3in	37
Sandra McCowen	11.5	36.25	43.5	18.75	14.25	166	30.9	5ft 1.5in	53
Jackie Johnson	12.5	34.75	42.75	20.5	14.75	183	31.4	5ft 4in	47
Bill Davis	12	41	42	18.75	15.5	209	29.1	5ft 11in	57
Doug Reese	14.5	40.25	42.5	20.5	17	257	34.9	6 ft	50
Lynn Moon			<b>no data</b>			183	30.4	5ft 5 in	49
<b>TOTALS</b>						<b>2364</b>	<b>372.8</b>		

**STATISTICS****MONTH 3**

<b>Name</b>	<b>BICEP</b>	<b>WAIST</b>	<b>HIPS</b>	<b>QUADS</b>	<b>CALVES</b>	<b>WEIGHT</b>	<b>BMI</b>	<b>HEIGHT</b>	<b>AGE</b>
Anna Galeazzi	12	52.25	49	19	15.25	247	38.7	5ft 7in	38
Steen Wamsley			<b>no data</b>			209	30.7	5ft 10in	49
Pam Christiansen	13.25	38.5	46.5	24	17	203	36	5ft 3in	50
Bill Martin	14	47	55	21.5	17.25	275	41.8	5ft 8in	67
Sandra Lambert	11	30	41	21	16	177	26.1	5ft 9in	35
Pam Ehnis	14	45.5	44	19	17.5	230	40.7	5ft 3in	37
Sandra McCowen	11.25	36	43.5	18	14.5	165	30.7	5ft 1.5in	53
Jackie Johnson			<b>no data</b>			183	31.4	5ft 4in	47
Bill Davis	12.25	40	42.5	19	15.5	208	29	5ft 11in	57
Doug Reese	14.5	39	42.25	21.5	17	251	34	6 ft	50
Lynn Moon	11.5	39	43	18.75	15	179	29.8	5ft 5 in	49
<b>TOTALS</b>						<b>2327</b>	<b>368.9</b>		

**STATISTICS****MONTH 4**

<b>Name</b>	<b>BICEP</b>	<b>WAIST</b>	<b>HIPS</b>	<b>QUADS</b>	<b>CALVES</b>	<b>WEIGHT</b>	<b>BMI</b>	<b>HEIGHT</b>	<b>AGE</b>
Anna Galeazzi	12.25	52	49	19.5	15.25	242	37.9	5ft 7in	38
Steen Wamsley	12	41	42.5	18.5	15	210.5	30.2	5ft 10in	49
Pam Christiansen	13	38	46.5	23.5	16.25	199	35.2	5ft 3in	50
Bill Martin	13.75	47	54.5	21.5	17	263.25	40	5ft 8in	67
Sandra Lambert	11	30	39	20.5	15.5	173	25.5	5ft 9in	35
Pam Ehnis	14	44	45	21	17.5	226	40	5ft 3in	37
Sandra McCowen			<b>no data</b>			165	30.7	5ft 1.5in	53
Jackie Johnson	12.75	31	42	21.5	14.5	178	30.6	5ft 4in	47
Bill Davis	12.75	37.5	42.5	19.75	15.5	199.25	27.8	5ft 11in	57
Doug Reese	14	39	41.5	21.5	17	244	33.1	6 ft	50
Lynn Moon			<b>no data</b>			179	29.8	5ft 5 in	49
<b>TOTALS</b>						<b>2279</b>	<b>360.8</b>		

**STATISTICS****MONTH 5**

<b>Name</b>	<b>BICEP</b>	<b>WAIST</b>	<b>HIPS</b>	<b>QUADS</b>	<b>CALVES</b>	<b>WEIGHT</b>	<b>BMI</b>	<b>HEIGHT</b>	<b>AGE</b>
Anna Galeazzi	11.375	51.75	49	19	15.25	239	37.4	5ft 7in	38
Steen Wamsley	12	41	42.5	18	14.75	210.5	30.2	5ft 10in	49
Pam Christiansen	13	37.5	46.25	23	16.25	194	34.4	5ft 3in	50
Bill Martin	13.75	45.75	53	21	16	253	38.5	5ft 8in	67
Sandra Lambert	11	29.5	39	20.25	15.5	172	25.4	5ft 9in	35
Pam Ehnis	14	45	44	19	17.5	222	39.3	5ft 3in	37
Sandra McCowen	11.25	35.25	43	18	14.5	164	30.5	5ft 1.5in	53
Jackie Johnson			<b>no data</b>			178	30.6	5ft 4in	47
Bill Davis	12	36.5	42	18.5	15.25	191	26.6	5ft 11in	57
Doug Reese	14	38	41	21	16.75	237	32.1	6 ft	50
Lynn Moon	11.25	37.5	42.75	18.5	15	177	29.5	5ft 5 in	49
<b>TOTALS</b>						<b>2237.5</b>	<b>354.5</b>		

**STATISTICS****MONTH 6**

<b>Name</b>	<b>BICEP</b>	<b>WAIST</b>	<b>HIPS</b>	<b>QUADS</b>	<b>CALVES</b>	<b>WEIGHT</b>	<b>BMI</b>	<b>HEIGHT</b>	<b>AGE</b>
Anna Galeazzi	11.25	50	49	19	15.25	234.75	36.8	5ft 7in	38
Steen Wamsley	12	41	41.5	18	14.75	210	30.1	5ft 10in	49
Pam Christiansen	12.5	36.5	45	21.25	16.25	188	33.3	5ft 3in	50
Bill Martin	13.75	45	52	20	16.5	248.75	37.8	5ft 8in	67
Sandra Lambert	11	29	39	20	15.5	169.5	25	5ft 9in	35
Pam Ehnis	13.5	42	44	20	17	215	38.1	5ft 3in	37
Sandra McCowen			<b>no data</b>			164	30.5	5ft 1.5in	53
Jackie Johnson	12.25	31	41.75	21.25	14.5	173	29.7	5ft 4in	47
Bill Davis	12	35.5	41.5	18.5	15.25	185	25.8	5ft 11in	57
Doug Reese	14	38	41	21	16.75	237	32.1	6 ft	50
Lynn Moon	11	36.75	42.75	18.5	15	175	29.1	5ft 5 in	49
<b>TOTALS</b>						<b>2200</b>	<b>348.3</b>		

**GRAND TOTAL POUNDS LOST 325**

**GRAND TOTAL BMI POINTS LOST 50.6**

**FINAL**