

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

STATISTICS 08/9/06 MONTH 3

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	13	38	40.5	18.5	12.75	156	30.5	5 ft	64
D. Gregor MacGregor III	14.75	44	42.75	20	15.625	234.5	31.8	6 ft	50
David Petrovich	15	49.5	56	23.5	17.75	319	37.8	6 ft 5 in	53
Harvey Wallace	15.75	47.25	51.5	21.5	17.25	257	37.9	5 ft 9 in	61
Jane Hutchens	14.5	43.25	48.5	21.25	18	248	36.6	5 ft 9 in	46
Jim Reeves	13	43	42	20.75	15.75	206	34.3	5 ft 5 in	50
Jon Hartwig	15	42.25	43.25	21.75	16.75	243	31.2	6 ft 2 in	52
Joseph Burdick	13.5	41	45	18.75	16	212	30.4	5 ft 10 in	33
Judy Goldsworthy	11	35	42.5	18	13	153	28.9	5 ft 1 in	59
Nancy Lindstrom	13.5	38.25	46.75	22.75	16	196.25	31.7	5 ft 6 in	48
Renee Deroche	13.75	35.5	49.5	25.5	19.75	198	35.1	5 ft 3 in	49

TOTALS**2422.75 366.2****STATISTICS 09/13/06 MONTH 4**

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	13.75	36	39	18.5	13	154	30.1	5 ft	64
D. Gregor MacGregor III	13.75	41.5	43.25	19.5	15.5	227.75	30.9	6 ft	50
David Petrovich	14.5	49.5	54.5	25.75	17.75	310.5	36.8	6 ft 5 in	53
Harvey Wallace	16	47.75	51.5	22	16.25	255.5	37.7	5 ft 9 in	61
Jane Hutchens	14.75	41.75	49.25	21.75	18.5	244	36	5 ft 9 in	46
Jim Reeves	12.5	41.75	41.75	20.25	15.75	205	34.1	5 ft 5 in	50
Jon Hartwig	14.25	41.25	44.5	19.25	17.75	245	31.5	6 ft 2 in	52
Joseph Burdick	12.5	36	42.75	19	16.25	202	29	5 ft 10 in	33
Judy Goldsworthy	11	35.5	42	19.5	13.5	152.5	28.8	5 ft 1 in	59
Nancy Lindstrom	13.5	37	46	22.75	15.75	191.5	30.9	5 ft 6 in	48
Renee Deroche	13.25	33.75	47.75	24.75	18.5	193.5	34.3	5 ft 3 in	49

TOTALS**2381.25 360.1****STATISTICS 10/11/06 MONTH 5**

Name	BICEP	WAIST	HIPS	QUADS	CALVES	WEIGHT	BMI	HEIGHT	AGE
Carolyn McDonald	14	37.25	41	20	12.25	156	30.5	5 ft	64
D. Gregor MacGregor III	14	41.5	43.25	19.5	15.25	221	30	6 ft	50
David Petrovich	14.75	49	51.75	24.25	17.75	302	35.8	6 ft 5 in	53
Harvey Wallace	15.75	47.5	50.5	23	17	246	36.3	5 ft 9 in	61
Jane Hutchens	15	44.75	51.25	26.5	19.25	250	36.9	5 ft 9 in	46
Jim Reeves	12.75	41.75	42	21	15.75	203	33.8	5 ft 5 in	50
Jon Hartwig	14.5	41	44	19.75	17.5	245	31.5	6 ft 2 in	52
Joseph Burdick	13.25	35.5	43	20	16.5	197	28.3	5 ft 10 in	33
Judy Goldsworthy	10.75	37.75	44.75	20.5	13.25	152	28.7	5 ft 1 in	59
Nancy Lindstrom	13.5	37	45.5	23.25	15.25	188	30.3	5 ft 6 in	48
Renee Deroche	13	34	46	24.5	18	191.5	33.9	5 ft 3 in	49

TOTALS**2351.5 356****GRAND TOTAL POUNDS LOST 311.75**

GRAND TOTAL BMI POINTS LOST 46.3