

		1/30/08		3-03-08		4-5-08		6-4-08	
	HT	Weight	BMI	Weight	BMI	Weight	BMI	Weight	BMI
Michele Thomas	5'5-3/4"	161.5	26.47	155	25.40	152.5	25.38	148	24.07
Dale Thomas	5'9-1/2"	197.5	28.75	188	27.37	179.6	26.52	178..5	25.98
Rachel Thomas	5'7"	150	23.85	147.5	23.45	144.5	23.3	142	22.2
Michael Thomas	6'	161	24.3	149	20	149.5	22.0	148	20.07
Glenda C	5'3"	210.5				207.0	36.67	201.5	36.3
Aidan C	50.5	68.5	20.3			67	18.5	HT 503/4 70	19.11
Devon	65"	161				165	27.46	159.5	26.54
Daric	6'0	312	42.1	291		275.5	36.5	249.5	33.84

**(CHRISTIANS)**

Feb 1 Total Wt 756.5# BMI 126.53  
 April 5 Total 714.5# BMI 119.13  
 June 4 Total 680 BMI 118.96  
 LOSS: 76.5# 34.93 (decrease)  
 At "goal" weight: 1 out of 4 family members

**THOMAS'S DATA**

Feb 1 Total Wt 670# BMI 103.37  
 April 3 Total Wt 626# BMI 97.2  
 June 4 Total Wt 616.5 BMI 92.2  
 LOSS: 53.5# 11.17 (decrease)  
 At "goal" 4 out of 4 !!! family members