

Biggest Loser  
Week 1  
January 15, 2010  
Notes

Congratulations~ 13 teams that reported lost a total of 106.1 pounds. No teams gained weight!

Weekly Drawing Winners: (Gift cards in the mail) The 2 teams that won the drawing for emailing weekly weight are Two Men & a Dana (D. Colo, J. Bertich, & B. Szlaga) and Male Hornets (R. Leidecker, J. LaPratt, & K. Zacharias).

Weekly weight report ~ Please email me your team name as well in your email. It is easier for me on my tracking system. Next weigh in is Friday, January 22 by 5:00.

If a member of your team is absent and you can't report your team weight, just email me your team's weight as soon as you can. You just can not be entered into the drawing for that week, but I would still love to know your weight loss/gain.

If we have a snow day on a Friday, then weigh in will be Monday. Please email me your team's weight by Monday, at 5:00 if there is a snow day on a Friday.

How is percentage of weight loss determined?

Amount weight lost/previous weight X 100 = percentage of weight loss

Remember that we are collecting canned goods if your team gains weight during a week. Collection of canned goods will be determined at a later date.

Please pass along the **updated** Challenge Points sheet. Keep track of challenge points that you and your team earn.

Lots of teams lost a lot of weight this week. Please pass on any specific workout routines, recipes, etc. that helped you lose the weight!

I will be letting you know the top 3 team's percentage of weight loss for the week. However, to be included in this you have to have reported the week before so the numbers are accurate.

Top 3 Teams with most percentage of weight lost for the week

Three Blondes 2.51% (K. Rechtziegel, A. Bollinger, K. Lavery)

Team C.A.B. 2.38 % (H. Andrus, M. Cloyd, L. Berg)

Chubby Hubbies 2.15% (N. Chambers, G. Mandziara, J. Webster)

**HAVE A GREAT WEEK! HAVE FUN & GOOD LUCK!!!!!!!!!!!!!!**