

Biggest Loser  
Week 3  
January 29, 2010  
Notes

Congratulations~ teams that reported lost a total of 280.85 pounds since initial weigh in.

Weekly Drawing Winners: (Gift cards in the mail) The 2 teams that won the drawing for emailing weekly weight on time are Chubby Hubbies (N. Chamber, G. Mandziara, & J. Webster) and Broad Broads (L. DiPirro, K. Koteles, & J. Mocerri).

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, February 5 by 5:00 to be included for drawing.

Please keep your challenge point sheets until the end of the challenge. I will let you know when to turn them in.

The Three Blondes said they are enjoying working out to The Biggest Loser Boot Camp and Biggest Loser Weight Loss Yoga DVDs. They also have logged on to Jillian.Michaels.com. I have attached a healthy recipe they have enjoyed ☺ Thanks so much!

Please pass on any specific workout routines, recipes, etc. that helped you lose the weight!

Let a teammate know you are thinking of them or another friend....send a Happy Gram and support Team UEA 4-A-Cure and the Susan G. Komen Race for the Cure. Happy Grams due February 3. See attachment.

Please come to Lose Weight...Reduce Stress...Get Healthy presentation by Dr. Mike Osborne on February 3 from 4:30-5:30 at Garden Grill & Banquet Center.

RSVP at [www.surveymonkey.com/s/B5FZVCV](http://www.surveymonkey.com/s/B5FZVCV). Email Nancy Smith for further questions.

Top 3 team's percentage of weight lost for this week. To be included in this you have to have reported the week before so the numbers are accurate.

- Chubby Hubbies (N. Chamber, G. Mandziara, & J. Webster) lost 1.44%
- Junk In the Trunk (K. Widener, J. Tropea-Murphy, & C. Joss) lost 1.4%
- B2 (B. Gauthier, C. Pacioni, & H. Palmer) lost .96%

**REMEMBER TO TAKE ONE STEP AT A TIME...TO A NEW YOU!**  
**EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION**