

Biggest Loser  
Week 6  
February 26, 2010  
Notes

Great job B2, Blame It on the Thyroid, Broad Broads, Chubby Hubbies, The Downsiziers, Fat Guys in Little Coats, H3, Male Hornets, Three Musketeers, Two Men & a Dana, & The Wannabees for reporting your weights.

Hang in there all and remember "Take one step at a time" for a new and healthy you!

Congratulations~ teams that reported lost a total of 409.5 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 The Three Musketeers (N. Wiegand, J. Brooks, & G. Brandenbury-Brown) and The Wannabees (L. Harkins, M. Goodman, & T. Moore)

Weekly weight report ~ Next weigh in is Friday, March 5 by 5:00 to be included for drawing.

Don't be shy...tell me something you have accomplished lately or brag about a friend or a teammate!

Keep on sending the recipes, exercise advice, or songs!!!

Fat Guys in Little Coats suggested doing the P90X workouts.

The Downsiziers wanted to share the website [womenshealthmag.com](http://womenshealthmag.com). The team also does 'water' bombs, which are hilarious and helpful. Whenever we pass each other in the hall or send an email or call the classroom, we say 'WATER' which reminds us to take a big gulp and keeps us from overeating at lunch or snacking on garbage before dinner.

Remember to keep track of your bonus points. You will send in point sheets at the end.

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.

- ❖ The Downsiziers .96% (S. Bommarito, K. Abel, & C. Petras)
- ❖ Three Musketeers .65% (N. Wiegand, J. Brooks, & G. Brandenbury-Brown)
- ❖ B2 .54% (B. Gauthier, C. Pacioni, & H. Palmer)

**EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION**  
**Also send me your canned goods if you have gained weight ☺**