

Biggest Loser
Week 4
February 5, 2010
Notes

Congratulations~ teams that reported lost a total of 377.85 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 Blame It on the Thyroid (M. Ostrom, M. Lemley, & R. Byron) and H3 (J. Everlove, B. Riashi, & A. Luba).

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 12 by 5:00 to be included for drawing. There is no weigh in the week we are on break.

Please keep your challenge point sheets until the end of the challenge. I will let you know when to turn them in. I have attached the challenge sheet again per request from some teams.

Thank you to the teams that have submitted recipes. Please send in some more and I will send a bunch of recipes as an attachment.

Check out meijermealbox.com for some healthy recipes.

Dr. Osbourne's presentation was very good. Did you know that a human is designed to live until 120 years old...we are killing ourselves. Keys to Healthy Nutrition are to learn what we are designed to eat, think, and move!

I would like you to brag about yourself...send me an email of some sort of accomplishment you have made recently. We don't talk about the good things that we do ourselves. They can be health related or not...we just want to recognize you!

Email me a song that gets you moving or inspires you. If your team emails me a song you can add a challenge point.

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 Downsizers 1.89% - S. Bommarito, K. Abel, & C. Petras
- B2 1.64% - B. Gauthier, C. Pacioni, H. Palmer
- Team Cullen 1.43% - N. Montgomery, C. Dombroski, D. Rudzinski

Hope you are all having fun. I wish I could email you each individually when you report your weight loss because you are all doing great, but I can't because of time.

Know that you are doing a great job and making a change!

EMAIL ME WITH ANY QUESTIONS REGARDING THE COMPETITION