

**Biggest Loser**  
**January 26, 2009**  
Notes

**Congratulations ~ As of 5:00 on Friday, January 22 teams have lost a total of 454.6 pounds since the beginning of the challenge.**

Hang in there ~ For many teams week 2 didn't produce as great of weight loss or even some weight gain as the previous week. Getting healthy and losing weight is a journey.

**Weekly Drawing Winners: (Gift cards in the mail)**

**Losers R Us ~ Cathy Fisher, Mary Merza, and Elena Kish or Davis**

**Willpower Women ~ Jennifer Kauflin, Kelly Sturm, and Dyanne Nemeth of Bemis**

Weekly weight report ~ Please email me your team name as well in your email. It is easier for me on my tracking system.

Any questions please email Tami at [tamra.clark-moore@uticak12.org](mailto:tamra.clark-moore@uticak12.org)

Weekly Challenge  
Challenge yourself and your teammates  
No pop for the week

