

Biggest Loser
January 30, 2009
Notes

Congratulations ~ As of Friday, January 29 teams have lost a total of 594.3 pounds since the beginning of the challenge. Some teams have not reported so know we lost more!

Weekly Drawing Winners: (Gift cards in the mail)

- S.M.L (Small, Medium, Large) ~ Kathy Rehtziegel, Laura Berg, and Karen Lavery of Wiley.
- Light & Right ~ Jo Lappe, Chris Glanert, and Ann Custer of Davis.

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

Weekly Challenge

Challenge yourself and your teammates

No snacking after dinner or do not eat for 2 hours before bed

ATTEND

Heart Health & Nutrition

February 3, 2009

4 -5 PM

Special drawings for Biggest Loser Contestants

In addition to door prizes and refreshments

R.S.V.P by Feb. 2 nancy.smith@uticak12.org

Join team UEA 4 A-Cure

Susan G. Comen Walk For the Cure

5K Run, 5K Walk, 1 Mile Walk

May 30

Contact tamra.clark-moore@uticak12.org for more info

