



TODD LOST 7LBS, 2.75" & 2.8% BF

LAURA LOST 3LBS, 3.5" & 2% BF

JOHN LOST 6 LBS, 8.25" & 1.05% BF

BRETT LOST 4 LBS



KELLY LOST 4.6% BF

JESSE LOST 2 LBS & 4.5"

ELIZABETH LOST 4.5"

LISA LOST 5" & 2% BF

AMANDA LOST 6" & 3% BF



FAWN LOST 5.5 " & 3.68% BF

MICHELLE LOST 7 LBS & 5.5"

LAUREN LOST 4.75" & .5% BF

EMILY LOST 4.25"

AMY LOST 4" & 3% BF

CONGRATULATIONS TO ALL OUR 21 DAY CHALLENGERS



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JACKIE LOST 3.75" & 2% BF

TAMARA LOST 6.75" & 2LBS

BETHANY GAINED 9LBS MUSCLE

ANNE LOST 8" & 4% BF

BRANDY LOST 4.5" AND 1% BF

KELLY LOST 5 LBS, 7.6 " & 10% BF

EMILY LOST 1" & 1.4% BF

ERICKA LOST 1% BF

SHAWNIE LOST 5.75"

SARAH J LOST 4 " & + 35 JUMPROPES

TODD LOST 7 LBS & 5.5"

JILL LOST 2 "

COURTNEY LOST 4" & 2.9% BF

