

**Weight Lost Percentage**

|                       | Jennifer      | Sarah         | Urby          | Margaret      | Melodi        | Lisa          | Melanie       | Mike Riley    | Jim           | Chris Beck   | Mark         | Tammy         | Rey           | Tod          | McDade        | Jennifer R    | Brittany J    | Gary          | Joe           | Raquel        | Jeff W       | Chuey         | Tino          | Darren       | Tony          | Brandon P     | Chris Bean    | Nathan        | Robert        | Raymond       | James V       | Paul          | Kristy         | Jeremy        | Cris A        | Joseph R.    | Kyle M        |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|--------------|---------------|---------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|---------------|---------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|---------------|---------------|--------------|---------------|
| 26-Oct                | -0.29%        | -2.17%        | -1.05%        | -1.73%        | -3.09%        | -2.66%        | -2.46%        | -1.51%        | -1.07%        | -1.16%       | -0.30%       | -2.69%        | -0.75%        | 0.00%        | -0.53%        | 0.00%         | <b>-4.55%</b> | -1.34%        | -0.66%        | -1.04%        | 0.00%        | -2.93%        | -2.02%        | 0.88%        | -1.31%        | -1.42%        | -0.93%        | -0.58%        | -1.51%        | -1.16%        | -1.49%        | 0.81%         | -1.71%         | 0.26%         | -3.89%        | -1.84%       | -0.62%        |
| 2-Nov                 | -1.25%        | -0.83%        | -1.35%        | 0.23%         | -0.60%        | 0.41%         | -0.48%        | 0.47%         | 1.35%         | 0.07%        | 0.90%        | -0.52%        | 0.65%         | 0.00%        | <b>-1.92%</b> | -0.40%        | 0.12%         | -0.35%        | 0.37%         | -0.35%        | 0.00%        | -0.47%        | -0.72%        | 0.87%        | 0.00%         | -1.44%        | 0.28%         | 0.08%         | -0.77%        | 2.26%         | 1.21%         | -1.31%        | -1.85%         | -0.78%        | 1.14%         | 2.17%        | -1.79%        |
| 9-Nov                 | 2.04%         | 0.70%         | 0.15%         | -0.23%        | -0.20%        | -2.04%        | -1.36%        | 0.35%         | 0.80%         | 0.59%        | -0.40%       | 0.35%         | 0.43%         | 0.00%        | 0.22%         | -0.81%        | 0.35%         | -0.65%        | 0.07%         | -0.47%        | 0.00%        | -1.32%        | -0.21%        | 0.00%        | -0.25%        | 0.26%         | 0.09%         | 0.00%         | -0.60%        | 0.01%         | -0.10%        | -0.81%        | <b>-2.33%</b>  | -0.79%        | -0.10%        | -1.74%       | 0.00%         |
| 16-Nov                | -1.90%        | -0.97%        | 0.15%         | -0.61%        | -0.90%        | 0.97%         | 0.20%         | -1.41%        | -0.40%        | 0.58%        | 0.15%        | -0.04%        | -0.43%        | 0.00%        | 1.09%         | -0.51%        | 1.04%         | 0.54%         | -0.88%        | -2.36%        | 0.00%        | -1.25%        | 0.83%         | 0.00%        | 0.00%         | 0.26%         | 0.56%         | 0.00%         | -0.52%        | 0.01%         | 0.00%         | 0.22%         | -1.25%         | -0.26%        | -2.16%        | -1.77%       | <b>-3.10%</b> |
| 23-Nov                | -1.55%        | -0.14%        | 0.39%         | -0.08%        | -0.71%        | -0.62%        | -0.99%        | 0.00%         | 0.26%         | -0.07%       | 0.15%        | -0.04%        | 1.83%         | 0.00%        | <b>-2.15%</b> | -2.05%        | 0.00%         | -0.41%        | 0.22%         | 2.05%         | 0.00%        | 0.78%         | -0.31%        | 0.00%        | 0.00%         | 0.26%         | 0.74%         | 0.00%         | -0.26%        | 0.01%         | 0.00%         | 0.07%         | 0.23%          | -0.26%        | 0.21%         | 1.40%        | 1.80%         |
| 30-Nov                | -0.59%        | -0.84%        | 0.10%         | 0.15%         | 0.41%         | -0.62%        | 0.40%         | -1.43%        | -0.13%        | -0.07%       | 0.15%        | -0.09%        | -1.79%        | 0.00%        | 0.55%         | -0.10%        | 0.00%         | 1.61%         | -0.15%        | -0.95%        | 0.00%        | 0.29%         | 1.45%         | 0.00%        | 0.00%         | 0.26%         | -1.11%        | 0.00%         | -0.26%        | 0.06%         | 0.00%         | 0.81%         | <b>-3.10%</b>  | 0.09%         | 1.15%         | 1.38%        | -0.40%        |
| 7-Dec                 | 0.60%         | 0.14%         | 0.10%         | -0.39%        | -1.12%        | 0.28%         | -0.50%        | 0.90%         | 0.46%         | 0.87%        | 0.15%        | 0.03%         | -1.29%        | 0.00%        | -0.22%        | 0.00%         | 0.00%         | -1.87%        | 0.15%         | 0.24%         | 0.00%        | 0.00%         | -1.73%        | 0.00%        | 0.00%         | 0.26%         | -1.68%        | 0.00%         | -0.61%        | -0.22%        | 0.00%         | 0.00%         | -1.54%         | -0.80%        | -0.31%        | 1.36%        | <b>-2.18%</b> |
| 14-Dec                | 1.08%         | -1.13%        | 0.49%         | -0.39%        | -0.51%        | 1.11%         | 0.00%         | 0.90%         | -0.39%        | 0.00%        | 0.15%        | 0.03%         | 0.54%         | 0.00%        | -0.98%        | 0.00%         | 0.00%         | -1.07%        | -0.81%        | 0.12%         | 0.00%        | <b>-1.34%</b> | -0.83%        | 0.00%        | 0.00%         | 0.26%         | 1.05%         | 0.00%         | 0.26%         | -0.25%        | 0.00%         | 0.00%         | -0.96%         | -0.89%        | -0.73%        | 1.34%        | -0.91%        |
| 21-Dec                | -0.39%        | 0.43%         | 0.48%         | -0.47%        | 0.52%         | 0.45%         | -1.50%        | 0.00%         | -0.26%        | 0.19%        | 0.15%        | 0.03%         | -1.73%        | 0.00%        | 2.43%         | 0.00%         | 0.00%         | -0.54%        | 0.00%         | 0.60%         | 0.00%        | -0.19%        | -0.52%        | 0.00%        | 0.00%         | 0.00%         | -1.41%        | 0.00%         | 0.00%         | -0.24%        | 0.00%         | 0.00%         | -0.36%         | 0.99%         | <b>-1.99%</b> | 1.33%        | 1.67%         |
| 28-Dec                | -0.39%        | 1.57%         | 0.00%         | 0.00%         | 0.51%         | 0.46%         | 1.11%         | 0.00%         | 1.66%         | 0.19%        | -0.59%       | <b>-1.60%</b> | 0.33%         | 0.00%        | -1.51%        | 0.00%         | 0.00%         | -0.30%        | 1.93%         | 0.47%         | 0.00%        | 1.56%         | 0.11%         | 0.00%        | 0.00%         | 0.00%         | 3.53%         | 0.00%         | -0.61%        | -0.24%        | 0.00%         | 0.00%         | -0.37%         | 2.94%         | 1.60%         | 1.40%        | 0.29%         |
| 4-Jan                 | 1.18%         | 0.14%         | 0.00%         | 0.00%         | -0.51%        | 0.46%         | 0.20%         | 0.00%         | <b>-4.82%</b> | 0.19%        | 0.00%        | -1.63%        | -0.44%        | 0.00%        | 0.88%         | 0.00%         | 0.00%         | -1.03%        | -1.38%        | -1.53%        | 0.00%        | -1.06%        | -0.21%        | 0.00%        | 0.00%         | 0.00%         | 0.18%         | 0.00%         | -0.44%        | -0.24%        | 0.00%         | 0.00%         | 0.12%          | 0.09%         | -2.10%        | -1.57%       | 0.29%         |
| 11-Jan                | -0.58%        | -2.80%        | 0.00%         | -1.01%        | -0.51%        | -0.95%        | -0.10%        | 0.00%         | -3.42%        | 0.00%        | 0.00%        | 1.97%         | 0.00%         | 0.00%        | -3.37%        | 0.00%         | 0.00%         | 0.18%         | 0.96%         | 0.48%         | 0.00%        | -0.97%        | -0.84%        | 0.00%        | 0.00%         | 0.00%         | -2.85%        | 0.00%         | -0.71%        | -0.25%        | 0.00%         | 0.00%         | <b>-4.53%</b>  | -1.47%        | -3.00%        | 0.00%        | -0.90%        |
| Overall % Weight Lost | <b>-2.11%</b> | <b>-5.83%</b> | <b>-0.57%</b> | <b>-4.44%</b> | <b>-6.57%</b> | <b>-2.80%</b> | <b>-5.39%</b> | <b>-1.74%</b> | <b>-6.00%</b> | <b>1.38%</b> | <b>0.50%</b> | <b>-4.21%</b> | <b>-2.68%</b> | <b>0.00%</b> | <b>-5.52%</b> | <b>-3.83%</b> | <b>-3.11%</b> | <b>-5.18%</b> | <b>-0.22%</b> | <b>-2.78%</b> | <b>0.00%</b> | <b>-6.76%</b> | <b>-4.94%</b> | <b>1.76%</b> | <b>-1.56%</b> | <b>-1.34%</b> | <b>-1.68%</b> | <b>-0.50%</b> | <b>-5.88%</b> | <b>-0.27%</b> | <b>-0.40%</b> | <b>-0.22%</b> | <b>-16.40%</b> | <b>-0.95%</b> | <b>-9.87%</b> | <b>3.39%</b> | <b>-5.81%</b> |

**Body Fat Percentage**

|                    | Jennifer      | Sarah         | Urby          | Margaret     | Melodi        | Lisa         | Melanie       | Mike Riley    | Jim          | Chris Beck   | Mark          | Tammy         | Rey           | Tod          | McDade        | Jennifer R    | Brittany J    | Gary          | Joe           | Raquel        | Jeff W       | Chuey         | Tino          | Darren       | Tony          | Brandon P     | Chris Bean    | Nathan       | Robert       | Raymond      | James V       | Paul         | Kristy        | Jeremy       | Cris A        | Joseph R      | Kyle M        |
|--------------------|---------------|---------------|---------------|--------------|---------------|--------------|---------------|---------------|--------------|--------------|---------------|---------------|---------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|---------------|---------------|--------------|---------------|---------------|---------------|--------------|--------------|--------------|---------------|--------------|---------------|--------------|---------------|---------------|---------------|
| 26-Oct             | -1.20%        | 0.70%         | -0.40%        | 0.00%        | 0.00%         | -0.40%       | 0.30%         | -1.10%        | -0.10%       | 1.30%        | -1.90%        | 0.20%         | -1.80%        | 0.00%        | 0.10%         | -1.10%        | -0.30%        | -0.10%        | 1.20%         | 0.40%         | 0.00%        | -2.00%        | -0.90%        | 0.05%        | 0.30%         | -1.05%        | 0.60%         | 0.00%        | 0.20%        | 1.00%        | <b>-2.30%</b> | 0.00%        | 0.50%         | 0.80%        | -1.00%        | -1.10%        | 1.10%         |
| 2-Nov              | 0.20%         | 1.10%         | 0.50%         | 0.00%        | -0.50%        | 0.00%        | -1.20%        | -1.30%        | -0.40%       | -0.90%       | 0.90%         | 0.20%         | 0.30%         | 0.00%        | -0.40%        | 0.90%         | -0.10%        | 0.30%         | <b>-1.80%</b> | -0.80%        | 0.00%        | 1.10%         | -0.60%        | 0.05%        | -0.70%        | -1.05%        | -0.30%        | 0.30%        | -0.50%       | -0.30%       | 0.20%         | -0.30%       | -0.10%        | -0.60%       | 0.00%         | 1.70%         | -1.00%        |
| 9-Nov              | -0.10%        | -1.40%        | 0.00%         | 0.00%        | 0.30%         | -2.30%       | 1.10%         | 0.30%         | -0.20%       | -0.05%       | -1.00%        | -0.40%        | -1.50%        | 0.00%        | 0.80%         | -0.70%        | 0.30%         | 0.30%         | -0.30%        | -0.70%        | 0.00%        | -1.00%        | -0.30%        | 0.00%        | -0.10%        | 0.15%         | -1.30%        | 0.00%        | 0.50%        | 0.10%        | 0.50%         | -1.20%       | 0.00%         | -0.60%       | -1.00%        | 0.00%         | 0.40%         |
| 16-Nov             | 0.70%         | -0.80%        | -0.60%        | 0.00%        | -0.40%        | 1.20%        | -0.20%        | 0.00%         | 0.80%        | -0.05%       | 0.15%         | -0.10%        | 1.90%         | 0.00%        | -0.20%        | -0.90%        | -0.30%        | 0.00%         | 0.20%         | -0.40%        | 0.00%        | 0.60%         | 0.80%         | 0.00%        | 0.00%         | 0.15%         | 1.80%         | 0.00%        | -0.70%       | 0.10%        | 0.00%         | 1.00%        | -1.00%        | 0.55%        | -0.20%        | <b>-2.60%</b> | -1.20%        |
| 23-Nov             | 0.00%         | 0.50%         | -0.70%        | 0.00%        | 0.00%         | 0.60%        | -0.80%        | 0.10%         | -0.90%       | 0.35%        | 0.15%         | -0.20%        | <b>-1.50%</b> | 0.00%        | 0.40%         | 0.20%         | 0.05%         | 0.10%         | 0.50%         | -0.60%        | 0.00%        | -0.30%        | -0.30%        | 0.00%        | 0.00%         | 0.15%         | -0.60%        | 0.00%        | -0.75%       | 0.05%        | 0.00%         | 0.90%        | 0.40%         | 0.55%        | 0.40%         | 0.00%         | -0.20%        |
| 30-Nov             | -0.40%        | 0.20%         | <b>-1.70%</b> | 0.00%        | -0.60%        | 0.00%        | 0.00%         | -0.30%        | 0.60%        | 0.35%        | 0.15%         | -0.20%        | -0.40%        | 0.00%        | -1.60%        | -0.20%        | 0.05%         | -1.00%        | -0.40%        | 0.80%         | 0.00%        | -0.40%        | 0.20%         | 0.00%        | 0.00%         | 0.15%         | 0.20%         | 0.00%        | -0.75%       | 0.05%        | 0.00%         | -0.40%       | -1.00%        | -0.40%       | -0.90%        | 0.00%         | 0.10%         |
| 7-Dec              | 0.20%         | -0.10%        | 2.40%         | 0.00%        | 0.10%         | -0.80%       | 0.00%         | 0.50%         | -0.50%       | -0.20%       | 0.15%         | 0.40%         | 0.70%         | 0.00%        | -0.10%        | 0.00%         | 0.00%         | 0.50%         | 0.00%         | 0.30%         | 0.00%        | -0.20%        | -0.60%        | 0.00%        | 0.00%         | 0.15%         | <b>-1.50%</b> | 0.00%        | 0.10%        | -0.05%       | 0.00%         | 0.00%        | 1.00%         | 0.10%        | 1.20%         | 0.00%         | -0.60%        |
| 14-Dec             | 0.40%         | 0.50%         | 0.00%         | 0.00%        | -0.80%        | 0.70%        | 0.30%         | 0.50%         | 0.20%        | 0.10%        | 0.15%         | 0.40%         | 0.30%         | 0.00%        | 2.70%         | 0.00%         | 0.00%         | 0.20%         | -0.60%        | -0.10%        | 0.00%        | 1.20%         | 0.60%         | 0.00%        | 0.00%         | 0.15%         | 1.70%         | 0.00%        | 2.00%        | -0.05%       | 0.00%         | 0.00%        | <b>-1.10%</b> | -0.40%       | 0.40%         | 0.00%         | 0.60%         |
| 21-Dec             | -0.05%        | -0.30%        | 0.00%         | 0.00%        | 0.00%         | 0.00%        | -2.00%        | 0.00%         | -0.50%       | 1.76%        | 0.15%         | 0.40%         | 0.50%         | 0.00%        | <b>-2.40%</b> | 0.00%         | 0.00%         | -1.20%        | 0.50%         | 0.00%         | 0.00%        | -1.70%        | 0.40%         | 0.00%        | 0.00%         | 0.00%         | -0.80%        | 0.00%        | -1.50%       | -0.05%       | 0.00%         | 0.00%        | -0.70%        | 0.60%        | -0.10%        | 0.00%         | -1.30%        |
| 28-Dec             | -0.05%        | -0.20%        | 0.00%         | 0.00%        | 0.00%         | 0.00%        | 1.80%         | 0.00%         | 0.70%        | 1.76%        | -0.50%        | -0.50%        | -0.20%        | 0.00%        | 1.90%         | 0.00%         | 0.00%         | 1.60%         | -0.50%        | 0.60%         | 0.00%        | 0.70%         | -1.30%        | 0.00%        | 0.00%         | 0.00%         | 2.70%         | 0.00%        | 2.60%        | -0.05%       | 0.00%         | 0.00%        | 0.10%         | 1.10%        | <b>-1.90%</b> | 0.00%         | -0.20%        |
| 4-Jan              | -0.30%        | -0.10%        | 0.00%         | 0.00%        | <b>-1.55%</b> | 0.00%        | 0.70%         | 0.00%         | 1.00%        | 1.78%        | 0.00%         | -0.50%        | -0.50%        | 0.00%        | -1.10%        | 0.00%         | 0.00%         | -1.50%        | 0.70%         | -0.60%        | 0.00%        | -0.10%        | 0.50%         | 0.00%        | 0.00%         | 0.00%         | -0.90%        | 0.00%        | -1.30%       | -0.05%       | 0.00%         | 0.00%        | 0.30%         | 0.40%        | 1.10%         | 1.80%         | -0.20%        |
| 11-Jan             | 0.40%         | -0.90%        | 0.00%         | 0.00%        | -1.55%        | 1.60%        | -0.20%        | 0.00%         | -0.40%       | 0.00%        | 0.00%         | -0.40%        | 0.00%         | 0.00%        | 0.00%         | 0.00%         | 0.00%         | 0.10%         | -0.30%        | -0.20%        | 0.00%        | -1.20%        | -0.60%        | 0.00%        | 0.00%         | 0.00%         | <b>-2.40%</b> | 0.00%        | 0.90%        | -0.05%       | 0.00%         | 0.00%        | 0.10%         | -0.30%       | -1.00%        | 0.00%         | 0.20%         |
| Overall % Fat Lost | <b>-0.20%</b> | <b>-0.80%</b> | <b>-0.50%</b> | <b>0.00%</b> | <b>-5.00%</b> | <b>0.60%</b> | <b>-0.20%</b> | <b>-1.30%</b> | <b>0.30%</b> | <b>6.20%</b> | <b>-1.60%</b> | <b>-0.70%</b> | <b>-2.20%</b> | <b>0.00%</b> | <b>0.10%</b>  | <b>-1.80%</b> | <b>-0.30%</b> | <b>-0.70%</b> | <b>-0.80%</b> | <b>-1.30%</b> | <b>0.00%</b> | <b>-3.30%</b> | <b>-2.10%</b> | <b>0.10%</b> | <b>-0.50%</b> | <b>-1.20%</b> | <b>-0.80%</b> | <b>0.30%</b> | <b>0.80%</b> | <b>0.70%</b> | <b>-1.60%</b> | <b>0.00%</b> | <b>-1.50%</b> | <b>1.80%</b> | <b>-3.00%</b> | <b>-0.20%</b> | <b>-2.30%</b> |