

FALL 2008 Biggest Loser

FINAL RESULTS

Thank you all for your participation this semester!

I hope you continue on with your weight loss journey.

We will have this challenge again next semester for those of you who want to participate once again in the Palomar College version of the "Biggest Loser"

November 19th

place	Team Name	lbs +/-	% +/-
1st	FAT PACK	-58.25	-7.25%
2nd	WEIGHT NO MORE	-47.75	-6.55%
3rd	FLAB U LESS 4	-48.4	-5.87%
4th	PSYCHO INDIANS	-19.6	-2.46%
5th	JUST DO IT, DON'T WEIGHT	-13.2	-1.93%
6th	SHRINKY DINKS	-6.8	-1.33%
7th	FOUR HUNGRY GIRLS	-8.2	-1.03%
8th	WANNA-BE MINI-ME	-6.2	-0.95%
9th	FRESH SQUEEZED	-5.4	-0.91%
10th	FROM FAT TO FLAT	5.8	0.76%

TOTAL weight lost this week -208

TOTAL WEIGHT LOSS RESULTS	
date	total pounds lost
24-Sep	61.9
1-Oct	97.9
8-Oct	125.75
15-Oct	130
22-Oct	153.9
29-Oct	166.4
5-Nov	176.6
11-Nov	181.5
19-Nov	208

TOP MALE AND FEMALE LOSERS			
FEMALES		MALES	
Susan Rogers	-13.19%	Ben Moss	-9.27%
Jody Hall	-10.22%	Don Clark	-8.86%
Patti Robinson	-8.47%	Evic Oropilla	-8.33%

Together

evaluating

assessing

managing

life

improvements

for

employees