

- Height:  
5'6
- Weight:  
156
- Body type:  
pear shaped
- Weightloss goal:  
lose 15 pounds in 2 months
- Health Issues:  
respiratory problems
- Injuries:  
knee and ankle injuries over the last 3 months
- Gym membership:  
I have a current gym membership.

The reason for my weightloss is that i want to feel better about myself. I feel that i spend to much of my time in front of my computer and sleeping. I also want to have professional photos taken of me in chicago for my mom to have. She doesnt have any nice pictures of me. I was to feel better about getting pictures take of me and i want to look better aswell.

I also want to over come my injuries and just feel physically better. Im always tired and never feel right in my own skin. Its been 2 months since ive engaged in a work out but when i did i was at the gym daily and zumba'd twice daily. Two months ago i injured my ankles and had to stop. About a week ago i shifted my knee cap and have been dealing with that.

I hope that by doing this challenge i can be encouraged to lose weight and enjoy doing it with others.