NAME	LOCATION	kg	lb	Hips	Waist	Bust/chest	Neck	Overall Goal Weight	Weight Goal for June	Overall/ Other goals
aglowworm	Manchester UK									One day at a time!
AnneMarilyn	Eastern WA USA	90.0	198.6					.5 on the waist/height ratio	would love to move downwards this month	
Arelkade	NSW Australia	75.6	166.7					63kg	74kg	mindful eating and exercise
AT	UK	57.2	126					Maintenance Range 53-55kg	Lose those pesky 2.5kg!	Keep up with my current finess regime
Basyjames	Canton, OH, USA									
Betsylee	Melbourne, Australia	73.1	160.8	114	90.2	96.2	34.2	My ultimate goal, mid BMI, is 53 kg	69 kg, 151.8lbs	Continue walking, plus be more diligent with FDs
Borealis	Iceland	87.0	191.8					65	83kg	Get back on track
BrightonBelle	Brighton, UK									
ccco	USA	53.0	117						Lose 5 lbs	Take one day at a time.
Chocollette	Japan	77.0	169.8					63kg	-4kg	4:3 protocol, eating healthier, consistency
Ciren2	Gloucestershire, UK	64-ish								Get back on the wagon
Coda	Comber NI									ditto
Daffodil2010	Meath, Ireland	61.7	136		31			get back to 125ish	-4lbs	Proper FD's, stop faffing about, 30DS
Debster251	Belfast NI	71.7	158		33”			Get back to 152-156	-3lbs	Proper FD's, stop faffing about,
Dingping	Herefordshire UK									
Dykask	Japan									
Emma Taylor	London UK									
FarToGo									Lose 1 stone	Lose 5 stone overall
Flourbaby	London UK	69.7	153.6						Get below 150lbs	
Funshipfreddie	KZN, South Africa	72.0	158.5					70kg	70kg	Maintain current fitness level
Georgia83	UK							64.5kg	Lose 2kg	
Gretta	Melbourne, Aus	69.9	154					69kg	Hit maintenance!	Injury recovery. Less sunday binging.
hedwig6	Boston, USA	58.2	128					105-110 lbs	120 lbs	ADF, run 38 miles, strength 2x/week
Jaifaim	Ireland								To be filled	To be filled
JohnnyR	UK	85.5	188.5					74kg	82kg	Fit and light enough to do a 20k hills run I've entered on 30 June
kaywesterman	Florida USA	77.2	170.2					lose 6lbs		
Keitii	Brisbane Australia	54.9	121					50kg	Lose 2kg	
Kimjoy										
KTCaroline	Reading, UK	64.0	141						62kg	
Laurello								Get rid of 9kg		
lilymartin	West Australia									
mamajama	New Jersey, USA									
Mapti	Ohio USA								To get back to weight I was at beginning of May	
Metatauta	USA	61.8	136.2	36	29.25	37	12	135	135lb	Tone, Hula Hoop, Walk
Michelinme	UK	65.5	145.5	39	36	29		133-140lbs	142lb	Yoga. Meditation. Sleep. Basic 5:2
MissyBear	Wales, UK	62.0	136.6					133 lbs	Get back to goal weight.	More disciplined NFDs.
Penz	Canberra Australia							Lose 20kg	Lose 3-5kg	
Prina39	London UK	83.5	184					125lbs		
Rabbette	Richmond, VA, USA	71.4	157.6	43	32	33.75	12.75	117	-5 to -10lbs	
Rafiki44	California, USA	56.2	123.8	36.5	30.5	38		120lbs/54.4kg	120lbs/54.4kg	to get into maintenance range of 118-122lbs or 53.5-55kg for a BMI of 21-22. Waist less than 32"
RedRockGirl302	Rocky Mountains USA	57.2	126					53-55kg/117-122lbs	Lose 2.5kg	
Snowflake56	Emden, Germany	62.1	136.9	98	82	94	35	56-58 kg/123.5-127.9lbs	57.9 kg/127.6lbs	back to maintenance to stay there
SongbirdMe	NW Illinois, USA									
steffieagle	Mountain Top PA		146.5					143	144	walk/exercise every day
therealwil78	Atlanta USA									
WACM	Dunedin NZ	77.0	169.8						75kg	
WTHarvey	USA	78.9	174						Lose 4lbs	
Xatie	UK									

NAME	01/06	02/06	03/06	04/06	05/06	06/06	07/06	08/06	09/06	10/06	11/06	12/06	13/06	14/06	15/06
aglowworm													FD		
AnneMarilyn	NFD	NFD	FD	FD	FD	NFD	NFD	NFD	NFD	FD	FD	FD	FD	NFD	NFD
Arelkade		FD		FD					FD			FD			
AT	CD	NFD 56.6kg	FD Birthday	CD 55.8kg	CD	FD800	NFD 55.3kg	NFD	NFD	FD800 56.8!	NFD 56kg	NFD	FD500	CD	Flying out Yoga Hol
Basyjames	FD	FD	FD	FD	FD	FD									
Betsylee	TDEE	NFD	CD	NFD	FD800	CD	FD800	NFD	TDEE	NFD	CD	FD800	CD	FD800	NFD
Borealis		FD		FD	FD800	FD			FD		FD		FD		
BrightonBelle	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol	Hol
ccco	CFD	NFD	CD	FD											
Chocollette	NFD	NFD	FD	NFD	FD	NFD	FD								
Ciren2															
Coda															
Daffodil2010	NFD 136	NFD	FD 138.8	FD 136.8	NFD	Birthday	NFD	NFD	NFD	FD 139	FD 137	NFD 137	FD 137	NFD	NFD
Debster251	NFD	NFD	FD	NFD	FD										
Dingping															
Dykask															
Emma Taylor															
FarToGo															
Flourbaby															
Funshipfreddie	NFD	NFD	FD	NFD	FD	NFD	FD	NFD	NFD	FD	NFD	FD	NFD	FD	NFD
Georgia83															
Gretta	NFD	NFD	FD	NFD	FD	NFD	NFD	NFD	NFD	NFD	FD	NFD	FD	NFD	NFD
hedwig6					NFD	FD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD
Jaifaim	NFD	NFD	NFD	FD	FD	CD	CD	NFD	NFD	FD	FD	NFD	CD	NFD	NFD
JohnnyR	NFD	FD	FD	FD	FD	FD	FD	NFD	NFD	FD	FD	FD	FD	FD	NFD
kaywesterman															
Keitii	FD	FD	FD	FD	FD	FD									
Kimjoy															
KTCaroline															
Laurello		FD													
lilymartin															
mamajama															
Mapti															
Metatauta	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD	NFD
Michelinme			FD			FD				FD			FD		
MissyBear	NFD	NFD	FD	CD	CD	FD	NFD	NFD	NFD	FD	CD	CD	FD	NFD	NFD
Penz															
Prina39															
Rabbette	NFD	NFD													
Rafiki44	FD	NFD	FD	NFD	NFD	FD	NFD	NFD	FD	NFD	FD	NFD	FD123.4	NFD	NFD
RedRockGirl302															
Snowflake56	FD	CD	FD	NFD	FD	CD	CD	NFD	NFD	FD800	NFD	NFD	NFD	NFD	FD
SongbirdMe															
steffieagle												146.5			
therealwil78															
WACM	NFD	NFD	NFD	FD											
WTHarvey															
Xatie															

NAME	16/06	17/06	18/06	19/06	20/06	21/06	22/06	23/06	24/06	25/06	26/06	27/06	28/06	29/06	30/06	kg	lbs	Total Loss in kg	Total Loss in lb	Hips	Waist	Bust	Neck
aglowworm																							
AnneMarilyn	NFD	FD egg	FD	FD	FD	FD	NFD transition	NFD	NFD	NFD	NFD												
Arelkade													FD800			75.3							
AT	Yoga Hol	Yoga Hol	Yoga Hol	Yoga Hol	Yoga Hol	Yoga Hol	Flying back FD500	NFD 55.1kg	FD	NFD 54.8kg	NFD	CD	NFD	NFD	NFD								
Basyjames																							
Betsylee	NFD	CD	CD	CD	CD	NFD	NFD	NFD	NFD	CD	CD	FD800	FD800	FD 800	FD 800	73.6	161.9	gain 0.5	1.1 lb	114.3	96.2	89.8	34.2
Borealis		FD		FD	FD			FD					FD	FD	FD								
BrightonBelle	Hol	Hol	Hol	Hol	Hol																		
ccco																							
Chocollette																							
Ciren2																							
Coda																							
Daffodil2010	NFD	FD	NFD 138	FD	NFD	NFD	NFD	NFD	Egg FD 140	Egg FD 137.8	Egg FD 135.4	Egg FD 134.4	NFD final weigh in 133.6	NFD Party	NFD		133.6		2.4		31		
Debster251																							
Dingping																							
Dykask																							
Emma Taylor																							
FarToGo																							
Flourbaby																							
Funshipfreddie	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	70.5		1.5					
Georgia83																							
Gretta	NFD	FD	NFD	FD	NFD	NFD	NFD	NFD	FD	NFD	FD	NFD	NFD	NFD	NFD								
hedwig6	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD	FD	NFD								
Jaifaim	NFD	FD		FD																			
JohnnyR	NFD	FD	FD	FD	FD	FD	NFD	NFD	FD	FD	FD	FD	FD	NFD	NFD								
kaywesterman																							
Keitii																							
Kimjoy																							
KTCaroline																							
Laurello																							
lilymartin																							
mamajama																							
Mapti																							
Metatauta	NFD	NFD	NFD	NFD	NFD	NFD	NFD																
Michelinme		FD			FD				FD			FD				64.5kg	143			38.5	28.5	35.5	12
MissyBear	NFD	FD	CD	CD	FD	NFD	NFD	NFD	FD	NFD	FD	NFD	NFD 131.8	NFD	NFD								
Penz																							
Prina39																							
Rabbette																							
Rafiki44	NFD	FD	FD	FD	NFD 120.8	NFD	NFD	NFD	FD	NFD	FD	NFD	NFD	NFD	NFD	0.0				36	29.5	36	
RedRockGirl302																							
Snowflake56	NFD	FD	FD	FD	NFD 132.3	NFD 131.5	NFD	NFD	NFD	NFD 136.5	Egg FD 136.7	Egg FD 134.7	Egg FD 133.4	Egg FD 130.5	Egg FD 130.	58.3	128.5	3.8	8.4	95	71	90	34.5
SongbirdMe																							
steffieagle																							
therealwil78																							
WACM																							
WTHarvey																							
Xatie																							