

21 Januray 2008

11 April 2008

Change

	Total Weight	Fat Weight	Fat %	Waist (cm)	L Bicep (cm)	Hips (cm)	Total Weight	Fat Weight	Fat %	Waist (cm)	L Bicep (cm)	Hips (cm)	Total Weight	Fat Weight	Fat %	Waist (cm)	L Bicep (cm)	Hips (cm)
Geoff	95.5	23.80	24.9%	101.5			85.5	20.09	23.5%	86			10.0	3.7	3.88%	15.5		
Deborah	81.5	35.04	43.0%	95	31	113	70.0	27.17	38.8%	81	31	106	11.5	7.9	9.66%	14.0	0.5	7.0
	177.0	58.8	33.2%	196.5			155.5	47.3	30.4%	167.0			21.5	11.6	6.54%	29.5	0.5	
Matthew	105.5	29.58	28.0%	106.0			87	19.26	22.1%	89			18.5	10.3	9.78%	17.0		
Angela	68.5	24.27	35.4%	83	31	104	62.5	19.99	32.0%	71	29	99	6.0	4.3	6.25%	12.0	1.8	4.5
	174.0	53.9	30.9%	189.0			149.5	39.3	26.3%	160.0			24.5	14.6	8.39%	29.0	1.8	
Dene	95	19.48	20.5%	102.0			86	17.1	19.9%	90			9.0	2.4	2.51%	12.0		
Julie	75.0	32.75	43.7%	89			65.5	25.46	38.9%	83		104	9.5	7.3	9.72%	6.0	0.0	-104.0
	170.0	52.2	30.7%	191.0			151.5	42.6	28.1%	173.0			18.5	9.7	5.69%	18.0	0.0	