



88.8 pounds lost

WEEK 1 of 6 Results

11-13-07

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Maintain, Don't Gain

	Team Name	lbs lost	avg lbs lost
1	Captain "Crunches"	-12.00	-4.00
2	Krystal Lites	-23.20	-3.31
3	Ponderosa Losers	-22.20	-2.78
4	3 Faders plus 1	-9.30	-2.33
5	BJ & DJ	-4.60	-2.30
6	Four Aces	-9.00	-2.25
7	Two 7 Point 5	-3.00	-1.50
8	Transformers	-4.00	-0.67
9	American Divas	-2.00	-0.50
10	7 Wonders	0.50	0.07
11	Phat Lozers		
12	Home Pie Loser		
13	Pudgy Pals		
14	Yin Yang		

KEEP SNACK PORTIONS SMALL

Consider the calories in small portions of some of our favorite snacks, and see how quickly they can add up when portions are multiplied: 1 Twinkie: 150 calories, 12 peanut M&Ms: 125 calories, 1 ounce of French fries: 88 calories, 1.5 donut holes: 100 calories, 3 Hershey kisses: 75 calories, 3 Oreo cookies: 160 calories, 15 tortilla chips: 142 calories, 20 potato chips: 162 calories.

**it is not recommended that you lose more than 2 1/2 pounds per week.