

CDK TEAM 2020 - WEEKLY WEIGHT UPDATE								
				4/1/2020				
Cabbie	Target Weight	Target To Lose	8/11/19 Initial Weight	Loss (Lbs)	Gain (Lbs)	Current Weight	Total Loss Overall (Lbs)	Amount to Lose for Target Weight
Adrianna Kazmierczak	9 st 5 lbs	2 st 12 lbs	12 st 3 lbs	0		10 st 5 lbs	26	1 st 0 lbs
Annie James	14 st 5 lbs	3 st 0 lbs	17 st 5 lbs	2		16 st 3 lbs	16	1 st 12 lbs
Claire Zazzara	8 st 5 lbs	4 st 0 lbs	12 st 5 lbs	0		12 st 1 lbs	4	3 st 10 lbs
Cindy Brown	11 st 0 lbs	2 st 4 lbs	13 st 4 lbs	0		12 st 12 lbs	6	1 st 12 lbs
Daren Parr	15 st 0 lbs	2 st 0 lbs	17 st 0 lbs		4	17 st 0 lbs	0	2 st 0 lbs
Jackie Parr	11 st 0 lbs	1 st 12 lbs	12 st 12 lbs		1	12 st 11 lbs	1	1 st 11 lbs
Jayne Cole	12 st 0 lbs	1 st 0 lbs	13 st 0 lbs			13 st 0 lbs	0	1 st 0 lbs
John Dillane	13 st 0 lbs	2 st 8 lbs	15 st 8 lbs	0		15 st 3 lbs	5	2 st 3 lbs
John Green	11 st 0 lbs	1 st 13 lbs	12 st 13 lbs			12 st 11 lbs	2	1 st 11 lbs
Julian Lillington	13 st 0 lbs	4 st 4 lbs	17 st 4 lbs	0		16 st 8 lbs	10	3 st 8 lbs
June Piper	10 st 7 lbs	3 st 3 lbs	13 st 10 lbs	1		13 st 3 lbs	7	2 st 10 lbs
Lynsey Lockhart	9 st 0 lbs	1 st 1 lbs	10 st 1 lbs			9 st 11 lbs	4	0 st 11 lbs
Melin Sharpe	9 st 0 lbs	0 st 10 lbs	9 st 10 lbs		1	9 st 6 lbs	4	0 st 6 lbs
Mike Tinnion	17 st 0 lbs	6 st 3 lbs	23 st 3 lbs	10		22 st 7 lbs	10	5 st 7 lbs
Nancy Chapman	10 st 3 lbs	1 st 0 lbs	11 st 3 lbs		2	10 st 13 lbs	4	0 st 10 lbs
Sam Cutler	12 st 0 lbs	1 st 7 lbs	13 st 7 lbs			13 st 3 lbs	4	1 st 3 lbs
Sarah Tobias	10 st 7 lbs	0 st 8 lbs	11 st 1 lbs	0		10 st 13 lbs	2	0 st 6 lbs
Stella Wood	8 st 7 lbs	1 st 3 lbs	9 st 10 lbs			9 st 9 lbs	1	1 st 2 lbs
Stephen Newman	14 st 0 lbs	2 st 5 lbs	16 st 5 lbs		6	16 st 3 lbs	2	2 st 3 lbs
Tom Kazmierczak	16 st 0 lbs	9 st 1 lbs	25 st 1 lbs			22 st 1 lbs	42	6 st 1 lbs
Vicki O'Donnell	10 st 11 lbs	2 st 0 lbs	12 st 11 lbs		7	12 st 11 lbs	0	2 st 0 lbs
	245 st 8 lbs	54 st 10 lbs	300 st 4 lbs	13	21	289 st 8 lbs	150	44 st 0 lbs
<b>GROUP SUMMARY FOR THIS WEEK</b>								
Total Weight at Start of Week						43 st 6 lbs		
Weight Loss this Week						13 lbs		
Weight Gain this Week						21 lbs		
Total Overall Weight Loss						150 lbs		
Amount to Lose to reach Group Target						44 st 0 lbs		