

Goals 2016

Checkpoints (19th or 20th of each month)

As of January 19, 2016



7 Day Weight Average 201.71

-Able to zip and button size 10 Levis, but still way too tight, too much muffin top.

-Khakis can be buttoned but not zipped up

-Christmas shorts can be pulled all the way over hips, but way too tight to be worn.

Sub-Goals earned this checkpoint period:

Earned Great Barrier Reef Badge
Completed Lessons 1-4 on lifeprint.com

As of February 19, 2016



7 Day Weight Average 195.91

-Size 10 Levis definitely seemed to go on easier, but certainly wayyyyyy too much muffin top

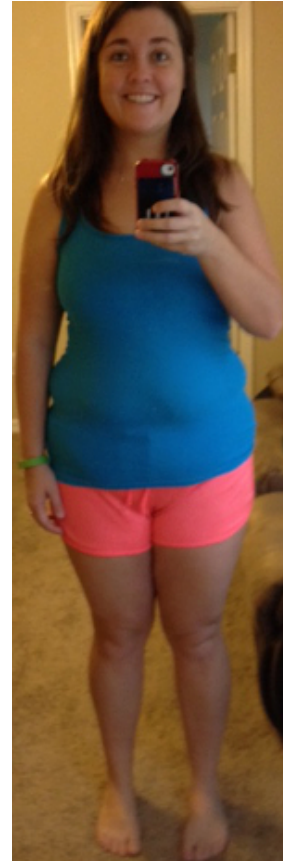
-Khakis can be buttoned and zipped, but hilariously muffin topped

-Christmas shorts still too tight, but I can pull them to where they should be worn and I definitely can tell a difference from last month

Sub-Goals Earned this checkpoint period:

Earned the Japan badge
Achieved a 7 day average of 200
Set a personal best for steps in January
Completed lessons 5-7 on Lifeprint

As of March 19, 2016



7 Day Weight average: 192.74

-Size 10 Levis on pretty easily, muffin top still too much to wear out, but improvement this month

-Khakis buttoned, zipped, hilariously muffintopped

-Christmas shorts still too tight, especially in thighs for the black shorts part.

-Sub-Goals Earned this Checkpoint period:

Achieved 7 day average of 195
Earned the 30 lb weight loss badge
Set a personal best for steps in Feb
Earned the India badge
Completed lessons 8-10 on Lifeprint