

2016 Weight Loss Journey				
Date	7DA	Month over Month	Total Loss	Starting 7DA (12/26/2015)
1/26/2016	199.89	-5.77	-5.77	205.66
2/26/2016	196.03	-3.86	-9.63	
3/26/2016	193	-3.03	-12.66	
4/26/2016	185.91	-7.09	-19.75	
5/26/2016	181.17	-4.74	-24.49	
6/26/2016	176.86	-4.31	-28.8	
7/26/2016	170.31	-6.55	-35.35	
8/26/2016	170.01	-0.3	-35.65	
9/26/2016	165.37	-4.64	-40.29	
10/26/2016	160.43	-4.94	-45.23	
11/26/2016	158.91	-1.52	-46.75	



Last 17 pounds				
Date	7DA	Month over Month	Total Loss	Starting 7DA Last 17 lbs
9/26/2017	158.23		0	158.23
10/26/2017	157.23	-1	-1	
11/26/2017	157.97	0.74	-0.26	
12/26/2017	158.16	0.19	-0.07	
1/26/2018	153.51	-4.65	-4.72	
2/26/2018	155.37	1.86	-2.86	
3/26/2018	154.74	-0.63	-3.49	
4/26/2018	153.11	-1.63	-5.12	
5/26/2018	150.4	-2.71	-7.83	
6/26/2018	145.03	-5.37	-13.2	
7/26/2018	145.83	0.8	-12.4	
8/26/2018	143.4	-2.43	-14.83	
9/26/2018	140.57	-2.83	-17.66	
10/26/2018	141.29	0.72	-16.94	