

# Marian's Weight Loss Journey

Initial weight: 14st 4lbs

Start Date: 10/10/2016



Weigh In	Weight	Waist	Chest	Arm	Thigh	Body fat%	Energy Level	Classes Attended
Week 1	14st 1lb	43.5"	45.5"	14"	26.5"	42.4"	Very good	3 x 1hr classes
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								

## Week 1

