

Participant	want to lose	Beginning Weight	Weight Week 3	Weight Loss	Weight Week 6	Weight Week 10	Weight Loss	Total Weight Loss	Total % Loss
Sarel	15	148.8	146.5	1.5	1.01%			2.3	1.55%
Anita	3	68.6	67.1	1.0	1.47%			1.5	2.19%
Colleen	12	116.6	113.3	0.4	0.35%			3.3	2.83%
Hansie	5	88.0	87.6					0.4	0.45%
Iris	15	90.4	90.5	-0.4	-0.44%			-0.1	-0.11%
Linda	10	83.2	83.7	-0.3	-0.36%			-0.5	-0.60%
Marietjie	8	68.8	66.1	1.2	1.78%			2.7	3.92%
Lurette	10	94.8	90.5	1.0	1.09%			4.3	4.54%
Hannes	10	114.7	113.7	0.5	0.44%			1.0	0.87%
Carmen	12	110							
Claude Meyer	8	82.0	79.6	1.8	2.21%			2.4	2.93%
Mimi	4	65.2	64.0	1.2	1.84%			1.2	1.84%
Ilse	4	60.7	60.7					0.0	0.00%
Bettie - 25kg	10	91.1	89.4	1.7	1.87%			1.7	1.87%
Karla	2	64.5	64.4	0.1	0.16%			0.1	0.16%
Monique	2								
Lee-Ann	10	88.8	87.5	1.1	1.24%			1.3	1.46%
Ronel	8	75.6	73.7	1.9	2.51%			1.9	2.51%
Francois	"10								
<b>TOTALS</b>	<b>148</b>	<b>1401.8</b>		12.7			0.0	<b>23.5</b>	<b>1.68%</b>