

Body Fat % Change • Leaders • FINAL



HOW *young*
CAN **YOU** GET?

Individual

Participant	Body Fat % Change
1 Bobby Meyer	-30.94%
2 Mike Jacobs	-22.43%
3 Laura Meyer	-21.83%
4 Lisa Pappalardo	-17.81%
5 Ben Panet	-17.20%
6 Samantha Crall	-14.29%
7 Greg Nilles	-14.25%
8 Beth Knight	-14.18%
9 Scott Berzon	-13.93%
10 Shawn Duggan	-12.17%
11 Craig Neuman	-11.87%
12 Brad Horwitz	-11.66%
13 Ian O’Neal	-11.44%
14 Danielle Stewart	-10.98%
15 Chuck Gillespie	-10.98%
16 Annette Jacobs	-10.42%
17 Shirley Mulholland	-10.40%
18 James Keane	-10.38%
19 Scott Sparks	-9.68%
20 Amy Fischer	-9.47%
21 John Lancia	-9.30%
22 Katherine Karanja	-8.44%
23 David Grossman	-8.33%
24 Tim Walsh	-8.00%
25 Danielle Crall	-7.90%
26 Fanchon Auman	-7.83%
27 Lori Schuman	-7.63%
28 Dianne Klein	-7.49%
29 Patti Randazzo	-7.35%
30 Dawn Berry	-7.12%
31 Batya Wertman	-6.82%
32 Nate Rosenblum	-6.54%
33 Brittany Cacherais	-6.52%
34 Linda Meeh	-6.34%
35 Brianne Smith	-5.96%
36 Sherry Diekemper	-5.53%

Participant	Body Fat % Change
37 Elizabeth Freet	-5.33%
38 Bridget O’Neal	-5.31%
39 Jim Cash	-4.92%
40 Staci Gerchen	-4.91%
41 Francis Copeland	-4.76%
42 Christy Gentry	-4.45%
43 Lewis Wall	-4.32%
44 Lindsey Diekemper	-3.83%
45 Cheryl Weiner	-3.70%
46 Grant Peters	-3.65%
47 Jerry Pines	-3.31%
48 Seth Albin	-3.24%
49 Beverly Garner	-3.14%
50 Susan Campbell	-3.12%
51 Ellen Futterman	-2.71%
52 Robert Kilo	-2.65%
53 Terri Grossman	-2.61%
54 Paula Lightfoot	-2.38%
55 Melanie Scheetz	-2.33%
56 Emily Rowe	-2.26%
57 Denise Szala	-2.13%
58 Shira Kraft	-2.10%
59 Sue Grogan	-1.84%
60 Katie Bielecki	-1.79%
61 Mark Dana	-1.46%
62 Marty Galganski	-1.30%
63 Jazmin Thulson	-1.30%
64 Don Singer	-0.99%
65 Brad Chotiner	-0.93%
66 Dongsu Lu	-0.60%
67 Jody Rubin	-0.53%
68 Lisa Marucci	-0.33%
69 Burton Lindor	-0.28%

Note: only people who have lost are listed.

Body fat percentage - measured using bioelectrical impedance analysis. The numbers above are based on the percentage of body fat lost as compared to your initial measurement. For example, participant A had a starting measurement of 20%, and then followed it up in week 2 with 15% - this is represented as a 25% loss (from the beginning number).