

Biggest Loser - Spring 2025

Date	Weight	Pounds Lost	Percentage Lost	Total Pounds Lost	Total Percentage Lost	
21 Apr 25	164.5					
28 Apr 25	163.9	0.6	0.365%	0.6	0.365%	
5 May 25	165.2	-1.3	-0.793%	-0.7	-0.426%	
12 May 25	162.0	3.2	1.937%	2.5	1.520%	
19 May 25	163	-1	-0.617%	1.5	0.912%	
26 May 25	162.4	0.6	0.368%	2.1	1.277%	
2 Jun 25	163.4	-1	-0.616%	1.1	0.669%	
9 Jun 25	163.4	0	0.000%	1.1	0.669%	
16 Jun 25	164.5	-1.1	-0.673%	0	0.000%	
23 Jun 25	163.1	1.4	0.851%	1.4	0.851%	
30 Jun 25	162.9	0.2	0.123%	1.6	0.973%	