



WEEKLY UPDATE

WEEK

POUNDS

1. Jan. 27-Feb. 2

2. Feb. 3-Feb. 9

3. Feb. 10-Feb. 16

4. Feb. 17-Feb. 23

5. Feb. 24-March 1

6. March 2-March 8

7. March 9-March 15

8. March 16-March 22

9. March 23-March 29

10. March 30-April 5

2008