

After visiting with Dr Martinko I decided to lose weight. My plan as per Dr Martinko is to lose a pound a week.

Here are my results:

<u>Day</u>	<u>Weight (Pounds)</u>	<u>Difference</u>	<u>Cumulative Difference</u>	<u>Loss Goal</u>	<u>Pounds To Goal</u>
10/1/2010	249	249	0	50	50
10/8/2010	248	1	1		49
10/15/2010	247	1	2		48
10/22/2010	250	-3	-1		51
10/29/2010	250	0	-1		51
11/5/2010	247	3	2		48