

TE JULY / AUGUST WEIGHT LOSS CHALLENGE

updated Jul 15 thru post #225

WEEK ONE

USER	GOALS SET	EXERCISE TOTALS & remarks
ATL Laura	weight training and core	
beccaB	drop 10 lbs	
berkeley		
bethanymarie	listening to stomach growl	40miles bike, ate when hungry
BikerJo		
CA in NC		
callmecrazy		
CarbonCandy		20miles bike, 2 gym workout
CLM		
DDH	strength trng & 60 miles	
deeamond	139 miles	
Duck on Wheels		
extra-vert	3 gym days, 30m bike, 5 m blade, lay off take out	0 bike miles, 0 blade miles, 2 gym workout
five one		102miles outside, 27miles inside, 2x 1/2 hr workout
flybye		5k run, 10m run/walk, weights 2x, 6miles ride
Fujichants	increase run/bike, smaller portions & healthier foods	
GLC1968	Crater Lake Century, SB	30 miles
han-grrl	continue current plan, ride more, 8 H2O/day, thing positive, write blog	
hermitclub	100-150 m bike/wk, 12-16 m walk/wk, less processed food, balance work & fun, enjoy summer	93miles bike, 8miles walk
ibicycling	SB Phase II, 125 m bike, crunches/Yogilates	
jallora	60 m bike/wk	30 miles
jesvetmed		
jobob	SB diet	SB Phase II
katluvr		full week @ gym, better foods, less wine
kelownagirl	7+ hr various activities	7hr23min bike, 118km bike, 17km run, 50m swim
kerrybelle	cut bad snacks @ work	35m in 2.5 hrs, 2.5m zoo walk, 2 dog walks

KerryCrow		34 miles at 17.5 mph
Lizzie	drop 10 lbs, cut sugar & white flour, 60 miles/wk, treadmill 3x/wk, kettleball	
martinkap	upper body workout/less alcohol & late dinners	
MightyMo		
MillieNZ		
mydisneydollars	60-80miles /wk, 3 pilates, push up/sit ups	
rhyme		40 miles, 4 hr 13 min, 2700 average calories
Sindyeli		
solobiker		
SpinnerChick		96 miles
Tabby	2-3 workouts, 2-3 rides, increase vegies, 6 H2O/day, 1200 average calories/wk	3 rides=24miles mtb, 1 gym workout, 4 h2o ave/day, average calories 1459
tctrek	100miles bike & workout	
teigyr		ran 3.5hr, rode 2.25hr, swam 1.5 hr.
uk elephant	Portland Marathan in Oct	