| TE JULY / AUGUST WEIGHT LOSS CHALLENGE | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| updated Jul 28 thru post #339 | | | | | | | | | | | | | | | | | | | |
| **USER** | **GOALS SET - Jul 4** | **COMPLETE WEEK ONE - Jul 11** | **COMPLETE WEEK TWO - Jul 18** | **COMPLETE WEEK THREE - Jul 25** | | | | | | | | | | | | | | | |
| **anneimall** | add strength and muscle | | | | | | | | | | | | | | | | | | |
| **ATL Laura** | weight training and core | | | | | | | | | | | | | | | | | | |
| **bambu101** | | | focusing on fruit, vegies, proteins | | | | | | | | | | | | | | | | |
| **beccaB** | drop 10 lbs | | | | | | | | | | | | | | | | | | |
| **berkeley** | | | | | | | | | | | | | | | | | | | |
| **bethanymarie** | listening to stomach growl | 40miles bike, ate when hungry | | starting new week, new | | | | | | | | | | | | | | | |
| **BikerJo** | | | | | | | | | | | | | | | | | | | |
| **CA in NC** | | | | | | | | | | | | | | | | | | | |
| **callmecrazy** | | | 15 miles on Sat. In to size 6 shorts. Down 13 lbs from last years | | | | | | | | | | | | | | | | |
| **CarbonCandy** | | 20miles bike, 2 gym workout | 25 miles | | | | | | | | | | | | | | | | |
| **CLM** | | | | | | | | | | | | | | | | | | | |
| **cyclingmama** | | | gained -0- on vacation. Spin class this week. | | | | | | | | | | | | | | | | |
| **DDH** | strength trng & 60 miles | | | taking it easy per doctor | | | | | | | | | | | | | | | |
| **deeaimond** | 139 miles | | | 70 km | | | | | | | | | | | | | | | |
| **Duck on Wheels** | | | got thru holidays & parties w/ adding too many pounds | | | | | | | | | | | | | | | | |
| **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 | weights = 3x. Road miles = 63. trainer miles = 30 | Road bike = 102 miles, weights = 3 1/2 hr sessions | | | | | | | | | | | | | | | |
| **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 | SB diet Phase 2. broke crappy carb cycle | 18.5 miles | | | | | | | | | | | | | | | |
| **han-grrl** | continue current plan, ride more, 8 H20/day, thing positive, write blog | | | lots of walking, 2 mtb rides = 4 hours | | | | | | | | | | | | | | | |
| **hermitclub** | 100-150 m bike/wk, 12-16 m walk/wk, less processed food, balance work & fun, enjoy summer | 93miles bike, 8miles walk | 55 miles = bike = 1 ride. 16 miles = fitness walk = 4 days at lunch | bike = 51 miles, fitness walk = 4 miles | | | | | | | | | | | | | | | |
| **ibcycling** | SB Phase II, 125 m bike, crunches/Yogilates | | 88 miles on bike | BF = 32.8%, Bike = 94 miles | | | | | | | | | | | | | | | |
| **jallora** | 60 m bike/wk | 30 miles | 82 miles | 55 miles | | | | | | | | | | | | | | | |
| **jesvetmed** | | | swim 1.5 hrs. weights = 20 min, walk 11 miles, bike 18.5 miles, run 6.2 miles yoga 1.3 hrs | run = 9.2 milels, walk = 10 miles, bike = 34.5 miles, swim = 800m, wgts = 20 min, yoga = 1h 20m | | | | | | | | | | | | | | | |
| **jobob** | SB diet | SB Phase II | | | | | | | | | | | | | | | | | |
| **katluvr** | | full week @ gym, better foods, less wine | eating: not bad, tried to not overeat/drink. Training = light week, but sticking to | | | | | | | | | | | | | | | | |
| **kelownagirl** | 7+ hr various activities | 7hr23min bike, 118km bike, 17km run, 50m swim | training = 8 hrs. Run = 1 hr, 5.5 hrs = bike, 1.5 hrs = swim | 9 hours training | | | | | | | | | | | | | | | |
| **kerrybelle** | cut bad snacks @ work | 35m in 2.5 hrs, 2.5m zoo walk, 2 dog walks | good job watching food intake | no exercise this week | | | | | | | | | | | | | | | |
| **KerryCrow** | | 34 miles at 17.5 mph | | | | | | | | | | | | | | | | | |
| **limewave** | ignore scale #, eat healthy | successful week | | | | | | | | | | | | | | | | | |
| **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 | | | | | | | | | | | | | | | | | | |
| **over 50newbie** | | | consistent exercise | | | | | | | | | | | | | | | | |

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| **rhyme** | | 40 miles, 4 hr 13 min, 2700 average calories | | | | | | | | | | | | | | | | | |
| **Sindyeli** | 70 mile ride Aug 2 | | 105 miles = bike, 6 miles = hike, 30 min aerobic & abs | 107 miles | | | | | | | | | | | | | | | |
| **solobiker** | | | | | | | | | | | | | | | | | | | |
| **SpinnerChick** | | 96 miles | 112 miles, plus 60 more | | | | | | | | | | | | | | | | |
| **Tabby** | 2-3 workouts, 2-3 rides, increase vegies, 6 H20/day, 1200 average calories/wk | 3 rides=24miles mtb, 1 gym workout, 4 h2o ave/day, average calories 1459 | 3 mtb rides = 21 miles, 1 gym workout, good job on fruits and water intake. Need vegies | 2 mtb rides = 18 miles, no workouts, 1 trail day | | | | | | | | | | | | | | | |
| **TahoeDirtGirl** | | | feeling better | 15.6 miles | | | | | | | | | | | | | | | |
| **tctrek** | 100miles bike & workout | | wore jeans not worn in a | | | | | | | | | | | | | | | | |
| **teigyr** | sprint tri in Aug. 10K in Sept. Marathon in Oct. | ran 3.5hr, rode 2.25hr, swam 1.5 hr. | looser clothes. Positive effects from SB, & planning meals ahead.. Run = 17 miles, ride = 42 miles, swim | some running longest 5 miles, passed up pizza | | | | | | | | | | | | | | | |
| **uk elephant** | Portland Marathan in Oct | | sore ankle. Snacking less | 70 miles total, pilates session | | | | | | | | | | | | | | | |
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