

Well, another week down and we're nearing an end. It's sad to think this will all be over in a couple of weeks. Thankfully we will take what we have learned with us and be able to use it for the rest of our lives.

Last week I was in Jasper for 4 days and didn't lose any weight, but life happens and in 4 days being home I managed to lose 6.5 pounds! Yeah for me! I was so excited yesterday when Earle weighed me. I broke another personal goal so that was great. 7 more pounds to go until I break the next one.

Also, while in Jasper, I did hike through a frozen canyon at Maligne Canyon. It was really neat!

Penny is kicking our butts in boot camp, and we're still enjoying going to the Extreme Pita every once in awhile for a break from cooking, hooray for healthy alternatives to fast food!

Thanks to everyone who has been supporting us! Go Blue!

~ *Jessica*



Hola, peeps. Nothing really new to report. Still having trouble sleeping & working & hitting the gym. I'll get it right one of these days. High point is that I'm under 300 lbs, now. I haven't been this light since sometime in my early high school years. That's AWESOME! Slowly, but surely, the weight is coming off. other than not going in for weight training as much as I'd like, I don't really have a low point this week, so I guess that's cool. Can't wait to see what's on the meal plan for this week. That's always exciting. Earl from SFL is great when it comes to helping us eat right. Jess & I are so thankful to have the help of caring people like Earl, Penny, & the staff at Extreme Pita. I'm not sure about Jess, but I know for a fact, that before this challenge, I was far too lazy to care about my health. Their help & guidance has shown me the error of my ways. X-)

Alrighty, then. That's all for now. See y'all next week.

~ *Tim*