

One more week, one more bootcamp....and only ONE life to live, and thanks to this challenge the last one will be a longer one. I cannot believe that this is 7 days away from being over, how sad. But yet happy...I have learned so much, what muscles really existed, what sodium can do to a person, and really how much I wasn't eating! I can go on. But what I really learned was that I did have the strength and control. But I couldn't have done this without, my partner or my outside support! To all of you that said encouraging words, sent an email to say I inspired you, or just smiled and believed in me, and for the silent support who followed our journey is what got me through, "THANK YOU". I would also like to thank the Orange Yellow and Blue teams, even though this is a competition you shared with me your ups and downs your secrets and cheered me on even though we were competing....Thats true class! Thank you for making it fun! And to the creators of this challenge, my trainer, my nutritionist, Extreme Pita, the donors and Lois of the Scoop for printing our stories, this wouldn't have been possible without you.

~ *Corrinna*



Well, one week left and I've reached my goal. Everybody is looking so good not to mention feeling better. I remember when we were all waiting for the end to come and now everyone is sad that it is almost over. In saying that it was nice to have all these people in our corners, the support from all involved including other teams. And now that I look back it has gone rather fast, learned lots and lost lots I'm really happy with the results thus far. I would have never done this without the help and motivation from my partner Corrinna. She has done an amazing job "LOOKING GOOD" and also very happy with her results. Stay tuned for final number and measurements next week!!!

~ Shawn