

I had an awesome first week, I lost 7lbs!! The menu was great and boot camp was...well.....tough. Penny sure worked us hard. My worst nightmare came true when I developed a cold and a sore throat, but I am working through it and hope to be back up and running in a day or so. The best thing about week one was seeing the number on the scale go down. I think Jamie was proud of us, she is giving us a few new recipes to try, were looking forward to them. Stay tuned next week to check out how the yellow team is doing.

Go Yellow Team!

*Donna*

The first week was amazing. I have certainly found muscles that I have not used in some time, thanks to Penny. She looks normal, but she is as tough as any drill sergeant I ever had. She has certainly helped us get to a great place after the first week. I have lost 8 pounds this week. It feels great. My worst nightmare has manifested itself in a move we do in boot camp know as the bicycle, or as I call it the "turtle on the beach" move. Truly difficult, but worth it. The best part of this week has been working with my partner and wife Donna, and seeing great results for us both. The exercise has helped us feel much more energetic, and just generally feeling better about ourselves. Jamie was very happy that we stuck to our meal plans. They have been awesome, and very diverse. She gave us a few new recipes to try for this week. Bring on the Barley soup!! Stay tuned to see how we do next week. We are in the zone and are loving it!

Go Yellow Go!!

*Bill*