

Yellow Team Blogs

We are almost to the end! I had another great week, down another 1.5 lbs. I never got to the gym as much as I should have but this week I am committing myself to 5 days at the gym. Jamie changed up our menu plan this week so I am looking forward to some new recipes. We are going to Red Deer this weekend for our son's hockey tournament so we will be eating out quite a bit, Jamie gave us some more tips on eating out and of course we can always find an Extreme Pita location. Penny worked us hard at boot camp again...I think this was the hardest one yet. I am so proud of myself, I have never been able to do a regular push up even when I was a kid I couldn't do one and this week I did 3 in a row...my kids were so impressed! I am looking forward to another great week, stay tuned for the results. Go Yellow Go!

~ Donna



Wow, another great week and I'm down another 4 lbs. I bought new jeans this week and couldn't believe I had to buy 2 sizes smaller than I use to wear, it felt amazing. Things are still going great and I have never felt better. Congratulations to the red team again...way to go guys. This is a life change Donna and I have made and we are committed to continuing this once the challenge is over. We have made so many lifestyle changes from the food we eat to exercise and it has brought us closer together as a couple and as a family. This should be another great week, and we look forward to another great loss. Stay tuned.

Go Yellow Team Go!

~ Bill

