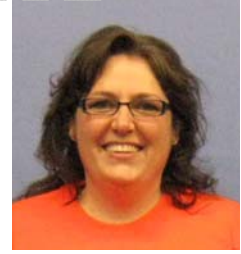


# ORANGE TEAM



Another week has flown by and I'm 1.5 lbs lighter. With the new week came some new challenges. I found this week a bit more of a struggle when it came to schedules and being organized. I am thankful for Chris, as he kept me motivated in my down times. Mealtimes are going fairly well and I am interested to see what changes my menu will have this week. I have increased the cardio in my workout and edged up my weights by 5 – 10 pounds, depending on the station. I try to push myself a bit more every time I go to the gym and it seems to be paying off.



Till next time, :)

**Appearances are deceiving !!  
Helene is doing all the work  
and Chris is playing "Superman"**



Well, the 3rd week is already upon us. We had our 2nd official weigh-in tonight! And I'm 1 lbs down. Wow! Where did the time go? It's already been 3 weeks!



Health and energy are getting better and better, every day. I find myself more motivated than I did last week, especially seeing

the pounds come off.

I lost 5 pounds last week, which was great but, the most amazing thing is that my belt buckle tightened up a notch!

I have to say a special thanks to my fiancée! Thanks Helene! You have been such a help, keeping me on the straight and narrow, with respect to my nutrition plan. Thank God for her, I get some serious cravings at the most inopportune times :)

Anyways, that's all I have for this week. Keep you posted! Good luck and remember: "No pain, No gain!"

*I know it's  
harder  
than you  
make  
it look*

Chris