

DATE:	3/23/09	6/10/09	7/29/09	9/16/09	12/1/09	1/12/10	DIFFERENCE
% FAT:	26.20%	19.10%	16.90%	13.80%	12.70%	11.70%	-14.5%
WEIGHT:	158 lbs	144 lbs	140 lbs	135 lbs	132 lbs	132 lbs	-26 pounds