

August 2008



Just as the journey started



May 2009 6st2lb gone



August 2009 8st 0.5lb gone



November 2009 10st 1.5lb gone



er 2009 January 2010 March 2010 o gone 11st 6lb gone 12st 7.5lb gone



April 1 2010 12stone 12.5lb