



**August 23rd 2008**  
**Younger Brother's Wedding**  
**The picture that made me**  
**join Slimming World on**  
**December 1st 2008**

**1st August 2009**  
**Youngest Brother's Wedding**  
**8st 0.5lb lost**

**28th April 2010**  
**Greatest Loser 2010**  
**13st 7.5lb lost**

**4th July 2010**  
**Man of the Year**  
**14st7lb lost**

**27th September 2010**  
**15st2.5lb lost**