



December 2008
Just as the
journey started



May 2009
6st2lb gone



August 2009
8st 0.5lb gone



November 2009
10st 1.5lb gone



January 2010
11st 6lb gone



March 2010
12st 7.5lb gone



April 1 2010
12stone 12.5lb



April 28 2010
13stone 7.5lb



TARGET
14 June 2010
14st 2lb lost

August 2008