

Lose It, Track It, Win It Competitions

Competition Year ----->	TOTAL	Average/ Competition	2012	2013	2014	2015	2016	2017
DATE								
% Weight Loss	-560.55%	-21.56%	-48.64%	-86.04%	-68.83%	-155.80%	-78.55%	-122.69%
% Weight Gained	161.49%	6.21%	3.50%	15.52%	13.35%	47.34%	57.58%	24.20%
BMI Loss	-3.20	-0.12	-14.40	-27.10	-17.70	-16.10	26.70	45.40
BMI Gained	-37.40	-1.44	1.10	3.80	3.10	-20.60	-16.70	-8.10
Body Fat % Loss	-244.82%	-9.42%	-22.50%	-38.67%	-28.70%	-72.47%	-37.18%	-45.30%
Body Fat % Gained	95.70%	3.68%	2.20%	10.50%	8.40%	29.00%	24.80%	20.80%
Pounds Lost	-794.00	-30.54	-88.50	-166.50	-122.50	-22.00	-160.50	-234.00
Pounds Gained	288.21	11.09	6.10	25.25	23.50	80.50	102.50	50.36
Paid	7575.00	291.35	580.00	1040.00	1020.00	2170.00	1340.00	1425.00
Paid Extend	120.00	4.62	0.00	120.00	0.00	0.00	0.00	0.00
# Participants Weigh-In	319.00	12.27	20.00	38.00	40.00	90.00	56.00	75.00
# Participants Didn't Weigh-In	134.00	5.15	9.00	13.00	13.00	37.00	19.00	43.00
Male	106.00	4.08	4.00	14.00	17.00	31.00	17.00	23.00
Female	308.00	11.85	25.00	67.00	37.00	77.00	51.00	51.00

May 2017 - Present & 12 Competitions

Competition Number ----->	25th	26th	27th	28th	29th	30th	31st	32nd	33rd	34th	35th	36th	TOTAL
DATE	5/17-6/17	6/17-8/17	8/17-10/17	10/17-12/17									
% Weight Loss	-22.78%	-18.60%	-8.50%										-49.88%
% Weight Gained	2.00%	10.80%	6.00%										18.80%
BMI Loss	7.00	5.60	10.90										23.50
BMI Gained	-1.00	-3.30	-1.00										-5.30
Body Fat % Loss	-7.60%	-4.90%	-9.80%										-22.30%
Body Fat % Gained	2.00%	11.30%	0.90%										14.20%
Pounds Lost	-45.50	-33.00	-8.50										-87.00
Pounds Gained	5.00	23.50	6.00										34.50
Paid	300.00	280.00	220.00										800.00
Paid Extend	0.00	0.00	0.00										0.00
# Participants Weigh-In	16.00	15.00	11.00										42.00
# Participants Didn't Weigh-In	10.00	10.00	7.00										27.00
Male	5.00	5.00	2.00										12.00
Female	10.00	10.00	9.00										29.00

January 2015 - May 2017 & 12 Competitions

Competition Number ----->	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th	TOTAL
DATE	1/15-3/15	3/15-5/15	5/15-7/15	7/15-9/15	9/15-11/15	11/15-12-15	1/16-4/16	4/16-7/16	7/16-10/16	10/16-12/16	1/17-3/17	3/17-5/17	
% Weight Loss	-36.14%	-8.68%	-4.25%	-69.12%	-35.48%	-2.13%	-31.42%	-11.43%	-14.34%	-21.36%	-51.16%	-21.65%	-307.16%
% Weight Gained	4.75%	1.00%	5.25%	10.31%	22.78%	3.25%	12.14%	17.86%	17.99%	4.29%	1.11%	1.11%	110.32%
BMI Loss	0.00	-3.20	-1.00	-19.80	8.60	-0.70	9.20	5.60	4.80	7.10	15.30	6.60	32.50
BMI Gained	0.00	2.30	0.80	4.60	-29.30	1.00	-3.70	-3.80	-6.20	-3.00	-1.40	-1.40	-40.10
Body Fat % Loss	-13.10%	-14.97%	-7.70%	-18.10%	-16.90%	-1.70%	-10.58%	-10.90%	-3.60%	-12.10%	-20.30%	-2.70%	-132.65%
Body Fat % Gained	0.90%	3.00%	6.10%	11.30%	6.70%	1.00%	10.40%	8.00%	5.20%	1.20%	1.90%	4.70%	60.40%
Pounds Lost	-81.50	-31.00	-7.50	144.00	-42.00	-4.00	-59.00	-34.00	-26.00	-41.50	-104.00	-43.00	-329.50
Pounds Gained	8.00	5.00	9.00	20.50	32.00	6.00	22.50	29.50	32.50	18.00	7.25	8.61	198.86
Paid	340.00	220.00	260.00	590.00	700.00	60.00	460.00	\$320.00	260.00	300.00	360.00	265.00	4135.00
Paid Extend	0.00	0.00	0.00	0.00	0.00	0.00	0.00	\$0.00	\$0.00	\$0.00	0.00	0.00	0.00
# Participants Weigh-In	10.00	10.00	8.00	22.00	34.00	6.00	16.00	12.00	13.00	15.00	19.00	14.00	179.00
# Participants Didn't Weigh-In	7.00	1.00	5.00	5.00	14.00	5.00	7.00	4.00	4.00	4.00	2.00	14.00	72.00
Male	7.00	1.00	2.00	11.00	9.00	1.00	6.00	4.00	4.00	3.00	7.00	4.00	59.00
Female	10.00	10.00	11.00	16.00	25.00	5.00	17.00	12.00	10.00	12.00	12.00	10.00	150.00

August 2012 - November 2014 & 12 Competitions

Competition Number ----->	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	TOTAL
DATE	8/12-10/12	11/12-12/12	1/13-3/13	3/13-5/13	5/13-7/13	7/13-9/13	10/13-12/13	1/14-3/14	3/14-5/14	5/14-7/14	8/14-9/14	9/14-11/14	
% Weight Loss	-38.65%	-9.99%	-8.32%	-14.99%	-23.16%	-2.86%	-36.71%	-18.02%	-9.21%	-11.04%	-24.78%	-5.78%	-203.51%
% Weight Gained	3.50%	0.00%	1.09%	0.24%	0.00%	4.93%	9.26%	1.94%	4.09%	0.00%	0.00%	7.32%	32.37%
BMI Loss	-11.50	-2.90	-2.40	-4.70	-8.10	-1.10	-10.80	-3.60	-2.70	-3.20	-6.50	-1.70	-59.20
BMI Gained	1.10	0.00	0.30	0.10	0.00	0.70	2.70	0.50	1.20	0.00	0.00	1.40	8.00
Body Fat % Loss	-15.80%	-6.70%	-6.70%	-5.90%	-5.80%	-2.50%	-17.77%	-5.90%	-3.80%	-2.80%	-14.40%	-1.80%	-89.87%
Body Fat % Gained	2.20%	0.00%	0.60%	1.00%	0.40%	2.50%	6.00%	2.50%	1.40%	0.80%	0.30%	3.40%	21.10%
Pounds Lost	-70.00	-18.50	-16.50	-28.00	-52.00	-4.50	-65.50	-35.00	-17.50	-18.50	-40.50	-11.00	-377.50
Pounds Gained	6.10	0.00	1.50	0.50	0.00	7.50	15.75	3.50	6.50	0.00	0.00	13.50	54.85
Paid	420.00	160.00	140.00	240.00	180.00	180.00	300.00	200.00	180.00	120.00	260.00	260.00	2640.00
Paid Extend	0.00	0.00	0.00	0.00	0.00	0.00	120.00	0.00	0.00	0.00	0.00	0.00	120.00
# Participants Weigh-In	14.00	6.00	6.00	8.00	6.00	6.00	12.00	7.00	8.00	4.00	11.00	10.00	98.00
# Participants Didn't Weigh-In	7.00	2.00	1.00	4.00	3.00	3.00	2.00	3.00	1.00	2.00	2.00	5.00	35.00
Male	2.00	2.00	3.00	2.00	1.00	2.00	6.00	3.00	2.00	1.00	6.00	5.00	35.00
Female	19.00	6.00	4.00	10.00	8.00	7.00	38.00	7.00	7.00	5.00	7.00	11.00	129.00