

January 2019 Nutrition Challenge Final Stats

Name	Starting Scale Weight	Starting Body Fat	Starting Bodyfat %	Ending Scale Weight	Ending Body Fat	Ending Bodyfat %	Scale Weight Change	Body Fat Lost	Body Fat % Change	% of body fat lost
Fat Loss Participant 1	133.7	42.4	31.71%	119.8	30.1	25.13%	-13.9	-12.3	-6.59%	-29.01%
Fat Loss Participant 2	115.1	33.3	28.93%	112.4	27.3	24.29%	-2.7	-6	-4.64%	-18.02%
Fat Loss Participant 3	232.5	87.2	37.51%	208.3	62.3	29.91%	-24.2	-24.9	-7.60%	-28.56%
Fat Loss Participant 4	250.7	64	25.53%	241.8	61.9	25.60%	-8.9	-2.1	0.07%	-3.28%
Fat Loss Participant 5	146.1	47.6	32.58%	138.3	40.9	29.57%	-7.8	-6.7	-3.01%	-14.08%
Fat Loss Participant 6	144.4	41.7	28.88%	145.6	39.6	27.20%	1.2	-2.1	-1.68%	-5.04%
Fat Loss Participant 7	212.5	91.7	43.15%	192.4	78	40.54%	-20.1	-13.7	-2.61%	-14.94%
Fat Loss Participant 8	146	28.9	19.79%	139.2	23	16.52%	-6.8	-5.9	-3.27%	-20.42%
Fat Loss Participant 9	139.3	34.2	24.55%	132.2	26.5	20.05%	-7.1	-7.7	-4.51%	-22.51%
Fat Loss Participant 10	237.4	72.7	30.62%	217.4	54.7	25.16%	-20	-18	-5.46%	-24.76%
Fat Loss Participant 11	172.8	41	23.73%	165	37.1	22.48%	-7.8	-3.9	-1.24%	-9.51%
Fat Loss Participant 12	128.9	29.9	23.20%	123.7	24.5	19.81%	-5.2	-5.4	-3.39%	-18.06%
Fat Loss Participant 13	129.6	27.3	21.06%	123.2	17.8	14.45%	-6.4	-9.5	-6.62%	-34.80%
Fat Loss Participant 14	155	54.7	35.29%	143.8	47	32.68%	-11.2	-7.7	-2.61%	-14.08%
Fat Loss Participant 15	285.1	148.9	52.23%	265.3	136.6	51.49%	-19.8	-12.3	-0.74%	-8.26%
Fat Loss Participant 16	139.9	36.3	25.95%	125.5	21	16.73%	-14.4	-15.3	-9.21%	-42.15%
Fat Loss Participant 17	325.5	122.5	37.63%	305.9	109.3	35.73%	-19.6	-13.2	-1.90%	-10.78%
Fat Loss Participant 18	164	36.4	22.20%	164.8	40.5	24.58%	0.8	4.1	2.38%	11.26%
Fat Loss Participant 19	223.5	62.6	28.01%	226.4	74.3	32.82%	2.9	11.7	4.81%	18.69%
Fat Loss Participant 20	187.9	69.3	36.88%	184.4	68.7	37.26%	-3.5	-0.6	0.37%	-0.87%
Fat Loss Participant 21	158.4	39.8	25.13%	153.5	32.3	21.04%	-4.9	-7.5	-4.08%	-18.84%
Fat Loss Participant 22	206.9	28.1	13.58%	201.3	23.8	11.82%	-5.6	-4.3	-1.76%	-15.30%
Fat Loss Participant 23	238	80.9	33.99%	235.4	69	29.31%	-2.6	-11.9	-4.68%	-14.71%
Fat Loss Participant 24	203	100.9	49.70%	203	100.9	49.70%	0	0	0.00%	0.00%
Fat Loss Participant 25	131.8	22.7	17.22%	120.3	18	14.96%	-11.5	-4.7	-2.26%	-20.70%
Fat Loss Participant 26	212.3	41.7	19.64%	196.7	26.9	13.68%	-15.6	-14.8	-5.97%	-35.49%
Fat Loss Participant 27	193.2	67.1	34.73%	184.9	59.7	32.29%	-8.3	-7.4	-2.44%	-11.03%
Fat Loss Participant 28	230.9	50.6	21.91%	227.4	51	22.43%	-3.5	0.4	0.51%	0.79%
Fat Loss Participant Totals	5244.4	1604.4	29.48%	4997.9	1402.7	26.69%	-246.5	-201.7	-2.79%	-14.44%
Maintenance Participant 1	177.1	22.8	12.87%	173.8	20.6	11.85%	-3.3	-2.2	-1.02%	N/A
Maintenance Participant 2	210.7	36.3	17.23%	213.4	39.7	18.60%	2.7	3.4	1.38%	N/A
Maintenance Participant 3	135.4	28.9	21.34%	135.2	23.9	17.68%	-0.2	-5	-3.67%	N/A
Muscle Gain Participant 1	183.8	32.6	17.74%	188.5	28.9	15.33%	4.7	-3.7	-2.41%	N/A
Muscle Gain Participant 2	160.7	18.1	11.26%	155.3	10.2	6.57%	-5.4	-7.9	-4.70%	N/A
"Tone Up" Participant Totals	867.7	138.7	16.09%	866.2	123.3	14.01%	-0.7	-11.6	-2.08%	N/A
Grand Totals	6112.1	1743.1	22.78%	5864.1	1526	20.35%	-247.2	-213.3	-2.44%	-14.44%

Notes:

Fat Loss Participant 24 did not come to the final weigh ins and body fat scan.

Fat Loss Participant 28 was essentially unchanged during the challenge. This was a head scratcher and we are unsure why that happened.

Fat Loss Participants 18 & 19 both admitted that they had personal issues pop up during the challenge that prevented them from participating.

Fun Stats:

Of the 28 fat loss participants 25 had at least some success. Some greater than others. That is an 89% rate of success.

Only 1 participant was "lost" throughout the course of the challenge.

The portion of the challenge where we asked people to get up and move more resulted in 2,014 miles walked by the group.

The participants that logged food consistently, participated in the weekly challenges, and made the most effort to reach their macros had the most success.

Our "Biggest Loser" lost nearly 25 pounds of actual body fat.

The person who lost the largest percentage of their body fat was able to shed 42.15% of all the fat they had on their body!

14% of our participants were on a vegetarian or vegan diet.

11% of our participants were on a keto diet.

The remaining 75% of our participants were on a balanced diet.

100% of the final surveys that were returned to us indicated that the nutrition challenge was extremely valuable and that they would participate again.