



Be **Fit**

Be Fit. Eat Healthy. It's your choice.

Exercise of the week:

Band Walk

Be Fit 44 Results Week 7

Food Logs



PLACE	TEAM	CURRENT WEEK AVERAGE	TOTAL AVERAGE
1	General Surgery – Flash	5.2	6.0
2	Psychiatry – Be Psyched	4.4	5.8
3	Buildings and Grounds- Grounds & Pounds	2.6	4.3

Relaxation Response



PLACE	TEAM	CURRENT WEEK AVERAGE	TOTAL AVERAGE
1	General Surgery – Flash	3.4	3.2
2	Buildings and Grounds- Grounds & Pounds	3.1	2.5
3	Psychiatry – Be Psyched	1.6	1.5

Pedometer (Steps)



PLACE	TEAM	CURRENT WEEK AVERAGE	TOTAL AVERAGE
1	Psychiatry – Be Psyched	6785	5492
2	Buildings and Grounds- Grounds & Pounds	5195	4259
3	General Surgery – Flash	5441	5270

Exercise Points



PLACE	TEAM	CURRENT WEEK AVERAGE	TOTAL AVERAGE
1	General Surgery – Flash	11	11
2	Psychiatry – Be Psyched	10	12
3	Buildings and Grounds- Grounds & Pounds	9	9

Weight



TOTAL WEIGHT LOSS TO DATE: 323 lbs.

PLACE	TEAM	WEEK %	TOTAL %	WEIGHT CHANGE	TOTAL WT. LOSS
1	Buildings and Grounds- Grounds & Pounds	.3	3.5	11.7	164
2	Psychiatry – Be Psyched	.2	2.6	4.2	56
3	General Surgery – Flash	.1	3.2	1.9	103