

WEIGHT GAIN FROM 27 JANUARY - MONDAY 8 MARCH 2021

27-Jan	73.1	
28	72.8	Down 0.3
30	73.2	Up 0.4
6-Feb	73.9	Up 0.7
7	76	Up 2.1 kg
9	75.8	Down 0.2
10	76.2	Up 0.4
12	74.6	Down 1.6 kg
13	78.1	Up 3.5 kg *Stopped taking Microlut
14	77.1	Down 1.0 kg
15	76.7	Down 0.4 kg
16	75.3	Down 1.4 kg
17	74.9	Down 0.4 kg
18	75.2	Up 0.3
19	75.1	Down 0.1
20	75	Down 0.1
21	75	Down 0.1
22	74.7	Down 0.3
23	74.5	Down 0.2
24	74.6	Up 0.1
25	74.2	Down 0.4 kg
26	74.5	Up 0.3
27	74.9	Up 0.4
28	74.8	Down 0.1
1-Mar	75.3	Up 0.5
2	75.7	Up 0.4
3	74.8	Down 0.9
4	73.7	Down 1.1
5	73.8	Up 0.1
6	74.5	Up 0.7
7	73.6	Down 0.9
8	74.1	Up .05