



Mark Jobb <msjobb@gmail.com>

Valentus Weight Loss Challenge14 messages

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Wed, Sep 2, 2015 at 8:42 AM

Sept 2 2015 - 184.8 lbs

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Mark

(P) [902.869.3198](tel:902.869.3198)(F) [866.496.3013](tel:866.496.3013)

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Thu, Sep 3, 2015 at 1:28 PM

Sept 3 2015 - 184.4 lbs 39 inches

[Quoted text hidden]

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Fri, Sep 4, 2015 at 8:25 AM

Sept 4 2015 - 183.8 - 39 inches

[Quoted text hidden]

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sat, Sep 5, 2015 at 5:46 PM

Sept 5 2015 - 184.00 - 39 inches

[Quoted text hidden]

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sun, Sep 6, 2015 at 8:55 PM

Sept 6 2015 - 183.8 - 39 inches

[Quoted text hidden]

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Tue, Sep 8, 2015 at 1:32 AM

Sept 7 2015 - 185.00 - 39 inches

[Quoted text hidden]

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Wed, Sep 9, 2015 at 8:43 AM

Sept 7 2015 - 185.00 - 39 inches (missed recording this but did take it!)

[Quoted text hidden]

Wed, Sep 9, 2015 at 8:43 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 9 2015 - 183.3 - 39 inches
[Quoted text hidden]

Thu, Sep 10, 2015 at 9:00 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 10 2015 - 182.1 - 38.5 inches
[Quoted text hidden]

Fri, Sep 11, 2015 at 1:53 PM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 11 2015 - 182.4 - 39 inches - Took yesterday off from the coffee.
[Quoted text hidden]

Tue, Sep 15, 2015 at 10:16 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Forgot to record these for a few days. Here is an update.

Sept 12 - 182.2 - 38.5 inches

Sept 13 - 182.2 - 38.5 inches

Sept 14 - 182.4 - 38.5 inches

Sept 15 - 181.1 - 38.5 inches
[Quoted text hidden]

Wed, Sep 16, 2015 at 9:33 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 16 - 181.2 - 38.5 inches
[Quoted text hidden]

Thu, Sep 17, 2015 at 9:22 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 17 - 180.4 - 38.5 inches
[Quoted text hidden]

Fri, Sep 18, 2015 at 8:56 AM

Mark Jobb <msjobb@gmail.com>
To: Mark Jobb <msjobb@gmail.com>

Sept 18 - 179.8 - 38.5 inches (I took yesterday off from the coffee and actually ate later last night as I did not have time for supper)
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