

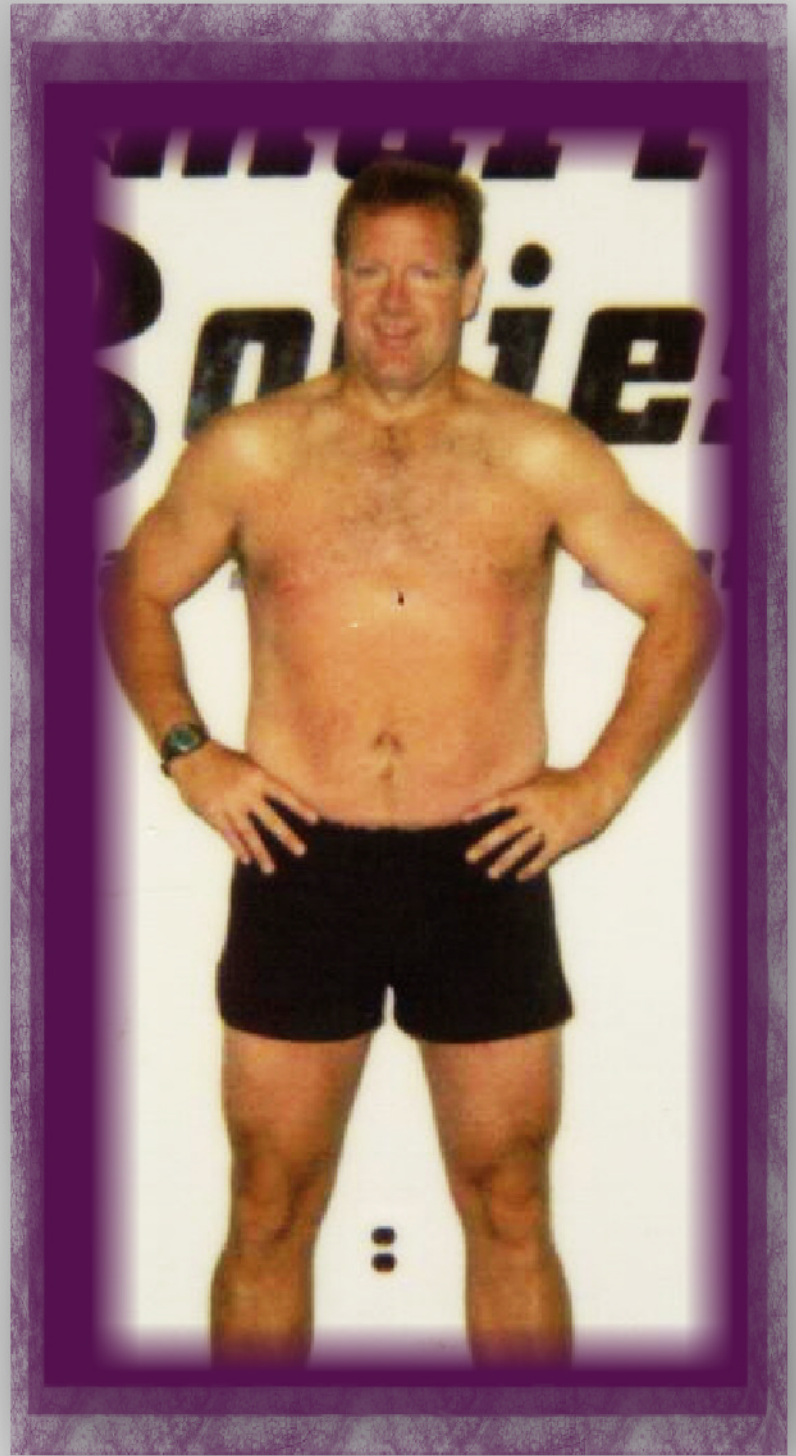


*November 29, 2000*

*308 lbs - 31.6% body fat*

*June 21, 2001*

*226 lbs - 16.4% body fat*



***John Castorino***

***Lost 82 lbs***

***Lost 15.2 % body fat***

***Lost 40 total inches***