
Medikman\'s Day 1 and Day 30 pics

Posted by Medikman - 2008/06/15 13:14

Hopefully this works. Here is some pics of me. I am starting to see the progress.

Ok so I couldn't get it to post on this, but I put it on my profile.

Day 1, I am 275 lbs and Day 30, I am 261 lbs

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Re:Medikman\'s Day 1 and Day 30 pics

Posted by Les - 2008/06/15 16:19

you must be feeling good
30 days with a significant result

keep up the good work

Sparta Bound!

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Re:Medikman\'s Day 1 and Day 30 pics

Posted by chub*rock - 2008/06/16 01:00

MEDIK! 14lbs! Great job! Can't wait to hear what you think of phase 2. Awesome job.

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Re:Medikman\'s Day 1 and Day 30 pics

Posted by angelius - 2008/06/17 21:20

That is so cool. I really don't think that I am loosing that much weight and really wish I was. Seems men tend to thin out faster.

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Re:Medikman\'s Day 1 and Day 30 pics

Posted by Medikman - 2008/06/18 01:28

Yeah my wife is aggravated about that as well. She is doing the lean version and is a week behind me. I keep telling her that I am seeing a difference, but she isn't convinced. She also didn't want to take the before pictures, so it's kind of hard for her to compare.

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Re:Medikman\'s Day 1 and Day 30 pics

Posted by angelius - 2008/06/19 01:26

I don't have a camera, I know sad huh, so I did not take before pics. However, my clothes are not getting any looser and I don't feel much different. I was hoping to at least say that the clothes were getting looser. I am going to do Phase 2 in the lean version in a desparate attempt to get some of the bulge gone before my vacation on 8/1. I would not get in a bathing suit today if it were 110 degrees.

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