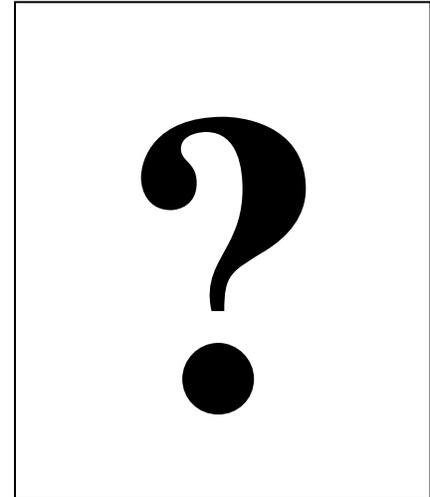


ALLEN GAUL

03/05/14 – Before



06/25/14 – After



Hi, my name is Allen Gaul from Cresco. I'm 38 years old, married and have 4 kids. I love outdoor activities and all kinds of sports.

I'm writing this letter hoping to get picked to be one of the Big Losers. One of the main reasons I picked to try to be on this program is my kids. I would like to be around for them for many years to come. It just seems like the last few years I have just slipped. I don't care what I eat, eat all the time, never exercise and have put on 45 pounds in the last 3 years.

I would like to do sporting events with my kids. I have two kids in sports, one in wrestling and one in basketball. There is no way in the shape I'm in now I could do either. Two years ago maybe but not now and I would like to be able to.

Another reason is my wife, Missy Mayer, is always working out and wanting me to go on runs or go to the Fitness Center and I just can't keep up. I see how it has helped her. I would like to be able to do that someday and by being in this program I know it would get me there.

I would also like to change my eating habits. High blood pressure runs in the family, so I know it is just a matter of time before I get it if I don't start watching my diet. I guess I could go on and on but one of the main reasons is my family.

If you do pick me, I know I will work hard to get where I need to be. That way I can start enjoying my life a little bit more without being tired. Hopefully you do choose me so I can make a change in my life. -- Thank you.

1 – Month Update

It's been one month since I started the biggest loser. So far so good it's been a little harder than I thought in some ways but I'm doing good so far. Been without pop for over a month and have been eating better foods and not as big of portions when I eat my meals and drinking a lot more water. Been going to the Fitness Center and working out six days a week and have already seen progress. I have a lot more energy than I did before. Even though I think I'm doing better there is still a lot more I want to achieve out of this program. Hopefully I keep seeing improvements.

2 – Month Update

Since last time I wrote everything seems to be going great. Going to the Fitness Center is getting easier to do I seem to be feeling better have a lot more energy. Been going to the fit with my wife and some of her friends that makes it easier to go and a lot funnier also. My eating habits are getting a lot better and it is a lot easier to not eat the stuff I shouldn't. Not at my goal yet bet I know I will get there.

3 – Month Update
