

From: Ike Groff <[REDACTED]>
To: [REDACTED]
Subject: RE: Good morning!
Date: Thu, 21 Feb 2019 17:10:09 +0000

Oh fun

[REDACTED]

-----Original Message-----

From: [REDACTED] [mailto:[REDACTED]]
Sent: Thursday, February 21, 2019 12:10 PM
To: Ike Groff
Subject: Re: Good morning!

Ha. Right. No sauna cheating.
You will maintain [REDACTED] sure. Moderation in the beers and no more cinnamon pretzels.

We just watched half of Blind Side. Such a great movie.

Junie says they are On the same flight as us tomorrow.

Sent from my iPhone

> On Feb 21, 2019, at 10:29 AM, Ike Groff <[REDACTED]> wrote:
>
> 157.8 is not real. It is lots of water. I am probably more like 162 I would think but I
needed some workouts and a few days to get the cinnamon pretzels and bookies out of my system
> :)
>
> Also three days no beers, no salty snacks and very healthy b l and dinner.
>
> Yes my rule is 30 day out weigh in so that someone does not just go sit in the sauna for 2
hours and not really lose weight.

> [REDACTED]
> [REDACTED]

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> -----Original Message-----

> From: [REDACTED] [mailto:[REDACTED]]
> Sent: Thursday, February 21, 2019 9:31 AM
> To: Ike Groff
> Subject: Re: Good morning!

> Wow. So great on Gemma. Glad you have her with you. I wonder why she pooped so much
though!?

> I knew you would hit your goal no problem. Your workouts are long and hard and then eating
healthy. .. 157.8 is very low. Not sustainable and why would you anyway?! Do you weigh in
now and then again in a month to prove you can keep the weight off? Sounds like it.

> We are good. Your dad went for a run Ty is in the pool. We may watch the movie this
morning. Leave for golf game at 12:30. I will walk and talk with Paula around 1:20. Your mom
is hosting a bridge game at the house 1-3. Dinner at club house 7pm. !! Relaxing. Xo

>
> Sent from my iPhone
>
>> On Feb 21, 2019, at 8:55 AM, Ike Groff <[REDACTED]> wrote:
>>
>> She was great. as you saw I took her on a walk at like 9:30 and she pooped for the 4th time yesterday. She has fun in the snow so I wanted to take her out.
>>
>> She still had energy but went to bed no problem. She is a good sleep mate actually. She did try to wake up with me at 4:45 this morning but I put the heat pad on and put on top and she went back to sleep. When I came up at 6:45 she was happy to see me. went 1 and 2 and ate. All good
>>
>> I weighed 160.6 before workout this morning and 157.8 after. I hit my target no problem today with clothing I was 159.8 target was 164.5. I wish I would have done it last Thursday but I have worked out like a fiend the last three days. Rode 57 miles Tuesday, Wednesday biked 26 miles in the morning, ran 6 then biked another 14, today ran 7 biked only 4 but feeling very fit thin and sore. I need to weigh in at
>>
>> How are you guys. 3/23 it is a Saturday so maybe I can do it on 3/22 29 days
>>
>>
>> [REDACTED]
>>
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>>
>> -----Original Message-----
>> From: [REDACTED] [mailto:[REDACTED]]
>> Sent: Thursday, February 21, 2019 8:38 AM
>> To: Ike Groff
>> Subject: Good morning!
>>
>> Good morning! How are you and Gemma last night and this morning?
>>
>> Sent from my iPhone
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>> _____
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