

Extreme BRICKOVER 2



General Information

Name: Amanda Payne

Gender: Female **Age:** 29

Height: 5'11" **Weight:** 245.6

Club: Lynne Brick's Belvedere Square

Trainer: Tiffany Bryant

Story Line:

- Wants to lose 75lbs.
- Motivation to lose weight is herself.
- Has been on and off different diets since she was in the 6th grade. This started a cycle of failures that has caused her to have a tremendous lack of self confidence.
- Dislikes the person she has allowed herself to become so much that she has a hard time believing that people actually care about her. This issue has caused multiple arguments with her husband.
- Her unhappiness with herself has caused her to over compensate in a number of ways to help fill the void. In college she pushed herself academically to get the best grades; on the playing field to be the best discus thrower she could be, and has put everyone's needs above her own in an attempt to gain happiness.
- Sees this weight loss contest as the spring board she needs to develop and establish her self-confidence and improve her health and personal relationships.
- Former Division III Track and Field Discus Thrower.