

Nutrition Challenge #2 Macros 101

3 Points for Participation

Name	Team	Completed	Points
Clements, Jessica	A	x	3
Fischer, Cheryl	A	x	3
Jagannathan, Aravind Kumar	A		
**Lambrecht-Scasny, Beth	A	x	3
Lange, Laura	A		
Palmer, Leah	A		
"Sarah's Manic Mondays"			
Team Total (Sarah Widmer's Monday 9:00am)			15

Name	Team	Completed	Points
***Blumenthal, Tina	B		
Burback, Jason	B	x	3
Jakubowski, Colleen	B		
Oetlinger, Ashley	B	x	3
Reynolds, Karie	B	x	3
**Steltz, Alexis	B	x	3
**Steltz, Alyssa	B	x	3
Steltz, Melinda	B		
Turk, Laura	B		
Zysk, Stacey	B	x	3
"Kayla's Monday Maniacs"			
Team Total (Kayla's Monday 7:00pm)			18

Name	Team	Completed	Points
***Blumenthal, Tina	C		
**Giersch, Kristin	C	x	3
Herda, Carolyn	C	x	3
McGovern, Faith	C	x	3
Nikolaus, Dan	C	x	3
Stumbras, Stephanie	C		
Vanderpool, Kene	C		
Walhovd, Erica	C	x	3
Walhovd, Josh	C	x	3
"Amy's Fitness Protection Program"			
Team Total (Amy's Tuesday 5:30am)			20

Name	Team	Completed	Points
Bollman, Tina	D		
Eichel, Jeff	D		
Feider, Mary Beth	D		
Grosman, Beth	D		
Hess, Angie	D		
**Hollenstein, Jenifer	D	x	3
Mittelstaedt, Maria	D	x	3
Peters, Andy	D		
**Reinhardt, Joanne	D		
Rink, Chris	D	x	3
Soukup, Tammy	D		
Stomma, Lisa	D	x	3
"Jacked in the Box"			
Team Total (Jeremy Tuesday 4:45 pm)			10

Name	Team	Completed	Points
Boll, Bruce	E	x	3
Collins, Natalie	E	x	3
Green, Robert	E		
Heber, Tracey	E	x	3
Jamiola, Karen	E	x	3
Jansen, Becky	E	x	3
Klein, Kathy	E	x	3
Knoll, Annette	E	x	3
Latus, Kim	E	x	3
Moravec, Abbie	E	x	3
Moravec, Stephanie	E	x	3
Reichel, Jana	E	x	3
"Jokers and the Batmen"			
Team Total (Sarah Wednesday 5:30 am)			27

Name	Team	Completed	Points
Alexander, Corrin	F		
Alexander, Starlecia	F		
***Blumenthal, Tina	F		
Di Benedetto, Mario	F	x	3
Di Benedetto, Sara	F	x	3
Dyer, Sarah	F	x	3
Levandoski, Rebecca	F	x	3
Milner, Angel	F	x	3
Oechsner, Amy	F	x	3
Oechsner, Aron	F	x	3
Poppy, Michael	F	x	3
Reyes-Yanko, Patricia	F	x	3
**Steltz, Alexis	F	x	3
**Steltz, Alyssa	F	x	3
"Super Losers"			
Team Total (Amy Wednesday 6:30pm)			24

Name	Team	Completed	Points
Cardenas, Megan	G	x	3
Giersch, Josh	G	x	3
**Giersch, Kristin	G	x	3
**Hollenstein, Jenifer	G	x	3
Konkol, Wendy	G	x	3
Oleary, Ally	G		
Oleary, Kevin	G		
Petrie, Andrea	G		
Quakkelaar, Kelly	G	x	3
**Rask, Kristie	G	x	3
Sorrem, Heidi	G	x	3
Staska, Jim	G		
Staska, Sara	G		
Witkowski, Chris	G		
Zahares, Samantha	G		
"Here for the Mel-scies"			
Team Total (Melissa's Thursday 5:30am)			16

Name	Team	Completed	Points
Bridgeland, Mackenzie	H	x	3
Grzybowski, Pamela	H	x	3
**Lambrecht-Scasny, Beth	H	x	3
Manfredi Scheffner, Katherine	H	x	3
Safarik, Cathy	H	x	3
Salazar, Marly	H	x	3
Smith, Lucy	H	x	3
Smith, Michelle	H	x	3
Techmeier, Heather	H	x	3
"Decades of Destruction"			
Team Total (Matty's Thursday 10:45am)			30

Name	Team	Completed	Points
Fiedler, Samantha	I		
Hartline, James	I		
Hartline, Jennifer	I	x	3
Kumlien, Karen	I	x	3
Loewus, Carly	I		
McCue, Michelle	I		
Pagacz, Maggie	I		
**Reinhardt, Joanne	I		
Simon, Rob	I		
"Aarika's Army"			
Team Total (Aarika Thursday 5:00pm)			7

Name	Team	Completed	Points
Becker, Ann	J	x	3
Dimmick, Ariel	J	x	3
Kaboski, Isabelle	J	x	3
Morgan, Audrey	J	x	3
O'Brien, Katelyn	J		
**Rask, Kristie	J	x	3
Schultz, Kevin	J		
"Friday Flames"			
Team Total (Aarika Friday 6:00 am)			21

Name	Team	Completed	Points
Foreman, Aimee	K	x	3
Kolata, Kristi	K	x	3
Nicholson, Kim	K	x	3
Wojciechowski, Terry	K	x	3
	K		
	K		
	K		
"Mackenz's Greatest Hits"			
Team Total (Mackenzi Saturday 9:00am)			30