**Challenge Statement**

At the gym, Jorge and Katrina are still talking about losing weight.

Katrina: I’ve been exercising really hard and I’m losing weight. I think I’m sweating it off when I’m on the treadmill.

Jorge: You don’t lose weight by sweating. You’re getting rid of fat, not water. You’ve got to poop that fat out.

Katrina: Yuck, Jorge! Let’s not talk about poop. Besides, weight is all about calories, isn’t it? I bet I’m just turning all that fat into energy and using it up while I walk.

Do you agree more with Katrina or with Jorge, or do you disagree with both of them? Where do you think Katrina’s lost weight went? Explain your thinking.