

Starting	236.8	BF%	26.5%
Target	190	To Lose	46.8
Basil MBR	2144		
Loss Per/wk	1.5		

	Date	Weight	Average	Lose	Lost	7 Day Loss	Average Loss	Target	BF%	Water Weight	Caloric Target	Calories In	Calories Out	Caloric Deficit	Photo	Morning Cardio	Evening Cardio	Fight Training	Core Workout	Total Calories
0 1	Sat Nov-04-06	236.8		46.8	0			236.8	25.4%		2350	1685	3415	1730	Yes	371	400	500		1271
2	Sun Nov/05/06	236.8		46.8	0				24.8%		2350	1655	2772	1117		328	300			628
3	Mon Nov-06-06	236.2		46.2	-0.6				24.0%		2350	1895	3014	1119		300	320		250	870
4	Tue Nov/07/06	235.6		45.6	-1.2				23.9%		2350	1997	3374	1377		330	400	500		1230
5	Wed Nov-08-06	235.8		45.8	-1				23.9%		2350	1900	2522	622		378				378
6	Thu Nov/09/06	236.0		46.0	-0.8				23.1%		2350	2336	3605	1269		350	311	500	300	1461
1 7	Fri Nov-10-06	234.8		44.8	-2				22.5%	54.6	2350	2227	2816	589		360	312			672
8	Sat Nov/11/06	235.2	235.9	45.2	-1.6	-1.6	-0.9	235.3	23.4%	54.2	2350	2208	2889	681		324	421			745