

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

	Overall	Nov	Dec	Jan
Lowest Weight	199.8	221.4	206.8	199.8
Lowest BF%	15.6%	21.8%	17.2%	15.6%
AVG Daily Loss	0.52	0.57	0.46	0.57
AVG Week Loss	3.65	3.99	3.21	3.98
Average Deficit	1016	1017	979	1103
Weeks to Goal	3	8	5	2
Date of Goal	Wednesday, January 31, 2007			
Days to Goal	17			

-44.2

72165

32787 23840 12000 3900 72527

	Date	Weight	Average	Lose	Loss	1 Day Loss	7 Day Loss	Average Loss	Moving Target	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	0.0	0.00		236.8	236.8	25.4%	2350	1685	3415	1730			371	400	500		1271	
	2	Sun	Nov-05-06	236.8	46.8	0.0	0.00				24.8%	2350	1655	2772	1117			328	300			628	
	3	Mon	Nov-06-06	236.2	46.2	-0.6	0.60				24.0%	2350	1895	3014	1119			300	320		250	870	
	4	Tue	Nov-07-06	235.6	45.6	-1.2	0.60				23.9%	2350	1997	3374	1377			330	400	500		1230	
	5	Wed	Nov-08-06	235.8	45.8	-1.0	0.20				23.9%	2350	1900	2522	622			378				378	
	6	Thu	Nov-09-06	236.0	46.0	-0.8	0.20				23.1%	2350	2336	3605	1269			350	311	500	300	1461	
	7	Fri	Nov-10-06	234.8	44.8	-2.0	1.20				22.5%	54.6	2350	2227	2816	589		360	312			672	
	8	Sat	Nov-11-06	235.2	235.9	45.2	-1.6	0.40	-1.6	-0.9	235.3	235.3	23.4%	54.2	2350	2208	2889	681	324	421			745
	9	Sun	Nov-12-06	233.8	43.8	-3.0	1.40				26.2%	63.5	2350	2109	2944	835		500	300			800	
	10	Mon	Nov-13-06	232.6	42.6	-4.2	1.20				24.1%	63.9	2350	2170	3634	1464		500	340	400	250	1490	
	11	Tue	Nov-14-06	230.4	40.4	-6.4	2.20				24.3%	63.8	2350	2071	3174	1103		330	300	400		1030	
	12	Wed	Nov-15-06	231.2	41.2	-5.6	0.80				23.8%	54.0	2350	1801	3213	1412		500	319		250	1069	
	13	Thu	Nov-16-06	230.8	40.8	-6.0	0.40				22.5%	54.6	2350	2209	2941	732		462	335			797	
	14	Fri	Nov-17-06	232.0	42.0	-4.8	1.20				22.9%	54.4	2350	2066	3210	1144		488	328		250	1066	
	15	Sat	Nov-18-06	230.0	232.0	40.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.6%	54.1	2350	2024	2960	936	500	316			816
	16	Sun	Nov-19-06	228.6	38.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285		451	328	500		1279	
	17	Mon	Nov-20-06	227.6	37.6	-9.2	1.00				23.5%	54.1	2350	2186	3144	958		500	300		200	1000	
	18	Tue	Nov-21-06	226.2	36.2	-10.6	1.40				24.0%	53.9	2350	2148	3244	1096		500	300	300		1100	
	19	Wed	Nov-22-06	225.4	35.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431		463				463	
	20	Thu	Nov-23-06	224.8	34.8	-12.0	0.60				22.9%	54.3	2350	1767	2814	1047		470			200	670	
	21	Fri	Nov-24-06	224.4	34.4	-12.4	0.40				22.9%	54.4	2350	2181	2640	459		495			200	495	
	22	Sat	Nov-25-06	224.0	226.4	34.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2273	2957	684	493	320			813
	23	Sun	Nov-26-06	222.6	32.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	749		470	313			783	
	24	Mon	Nov-27-06	222.0	32.0	-14.8	0.60				24.0%	53.8	2350	2146	3115	969		475	296		200	971	
	25	Tue	Nov-28-06	222.4	32.4	-14.4	0.40				22.5%	54.5	2350	2130	3529	1399		472	313	600		1385	
	26	Wed	Nov-29-06	221.6	31.6	-15.2	0.80				22.4%	54.5	2350	2256	3126	870		471	311		200	982	
	27	Thu	Nov-30-06	221.4	31.4	-15.4	0.20				21.8%	54.8	2350	2172	3560	1388		470	346	600		1416	
	28	Fri	Dec-01-06	220.8	30.8	-16.0	0.60				24.3%	53.7	2350	2318	3151	833	Yes	482	325		200	1007	
	29	Sat	Dec-02-06	219.6	221.8	29.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2288	2936	648	482	310			792
	30	Sun	Dec-03-06	219.0	29.0	-17.8	0.60				22.5%	54.5	2350	2288	2941	653		482	315			797	
	31	Mon	Dec-04-06	219.8	29.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	818		483	394			877	
	32	Tue	Dec-05-06	219.0	29.0	-17.8	0.80				22.0%	54.7	2350	1985	3541	1556		478	319	600		1397	
	33	Wed	Dec-06-06	218.2	28.2	-18.6	0.80				22.9%	54.3	2350	2203	3199	996		479	376		200	1055	
	34	Thu	Dec-07-06	217.2	27.2	-19.6	1.00				21.0%	55.1	2350	2203	3006	805		478	366			864	
	35	Fri	Dec-08-06	217.6	27.6	-19.2	0.40				21.5%	54.9	2350	2172	3543	1371		473	326	600		1399	
	36	Sat	Dec-09-06	217.0	218.4	27.0	-19.8	0.60	-2.6	-3.4	220.3	229.3	21.1%	55.1	2350	2203	2996	793	491	361			852
	37	Sun	Dec-10-06	216.4	26.4	-20.4	0.60				20.9%	55.2	2350	2198	2988	790		473	371			844	
	38	Mon	Dec-11-06	217.0	27.0	-19.8	0.60				21.9%	54.7	2350	2178	3198	1020		474	380		200	1054	
	39	Tue	Dec-12-06	214.6	24.6	-22.2	2.40				20.9%	55.1	2350	2132	3563	1431		457	362	600		1419	
	40	Wed	Dec-13-06	213.8	23.8	-23.0	0.80				21.2%	55.0	2350	2173	2973	800		462	367			829	
	41	Thu	Dec-14-06	213.6	23.6	-23.2	0.20				20.7%	55.2	2350	2143	3120	977		464	362		150	976	
	42	Fri	Dec-15-06	213.2	23.2	-23.6	0.40				21.3%	54.9	2350	2162	3588	1426		463	381	600		1444	
	43	Sat	Dec-16-06	212.8	214.8	22.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.5%	55.3	2350	2173	2961	788	460	357			817
	44	Sun	Dec-17-06	213.4	23.4	-23.4	0.60				19.7%	55.7	2350	2173	2964	791		462	358			820	
	45	Mon	Dec-18-06	212.4	22.4	-24.4	1.00				19.8%	55.6	2350	2173	3102	929		450	358		150	955	
	46	Tue	Dec-19-06	211.6	21.6	-25.2	0.80				19.8%	55.7	2350	2206	3563	1357		455	364	600		1419	
	47	Wed	Dec-20-06	211.4	21.4	-25.4	0.20				20.1%	55.5	2350	2173	3180	1007		474	362			1036	
	48	Thu	Dec-21-06	210.6	20.6	-26.2	0.80				19.6%	55.7	2350	2173	2995	822		457	394			851	
	49	Fri	Dec-22-06	209.8	19.8	-27.0	0.80				19.6%	55.7	2350	2201	3758	1557		462	352	600	200	1614	
	50	Sat	Dec-23-06	209.6	211.5	19.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	764	447	346			793
	51	Sun	Dec-24-06	208.8	18.8	-28.0	0.80				19.4%	55.8	2350	2173	2960	787		462	354			816	
	52	Mon	Dec-25-06	209.0	19.0	-27.8	0.20				18.8%	56.1	2350	2253	2948	695		452	352			804	
	53	Tue	Dec-26-06	209.4	19.4	-27.4	0.40				18.8%	56.1	2350	2201	3555	1354		448	363	600		1411	
	54	Wed	Dec-27-06	208.0	18.0	-28.8	1.40				19.7%	55.6	2350	2238	3645	1407		446	355	700		1501	
	55	Thu	Dec-28-06	207.2	17.2	-29.6	0.80				19.8%	55.5	2350	2173	2961	788		458	359			817	
	56	Fri	Dec-29-06	206.8	16.8	-30.0	0.40				17.7%	56.6	2350	2173	2949	776		445	360			805	
	57	Sat	Dec-30-06	207.2	208.3	17.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	765	441	353			794
	58	Sun	Dec-31-06	207.2	17.2	-29.6	0.00				19.1%	55.9	2350	2173	3030	857		466	400			866	
	59	Mon	Jan-01-07	205.6	15.6	-31.2	1.60				17.6%	56.7	2350	2173	3175	1002	Yes	521	410		100	1031	
	60	Tue	Jan-02-07	205.6	15.6	-31.2	0.00				18.5%	56.2	2350	2261	3588	1327		486	358	600		1444	
	61	Wed	Jan-03-07	204.6	14.6	-32.2	1.00				18.6%	56.2	2350	2173	3247	1074		506	397		200	1103	
	62	Thu	Jan-04-07	203.4	13.4	-33.4	1.20				18.0%	56.5	2350	2173	3057	884		507	406			913	
	63	Fri	Jan-05-07	203.2	13.2	-33.6	0.20				18.0%	56.4	2350	2261	3617	1356		527	346	600		1473	
	64	Sat	Jan-06-07	203.2	205.0	13.2	-33.6	0.00	-4	-3.25													