

Starting	236.8	BF%	26.5%
Target	190	To Lose	46.8
Best BMR	2144	Lost	39.8
Loss Perwk	1.5		

54

	Overall	Nov	Dec	Jan
Lowest Weight	197.0	221.4	206.8	197.0
Lowest BF%	14.8%	21.8%	17.2%	14.8%
AVG Daily Loss	0.51	0.67	0.46	0.51
AVG Week Loss	3.57	3.99	3.21	3.57
Average Deficit	1023	1017	979	1100
Weeks to Goal	2	8	5	2
Date of Goal	Sunday, February 04, 2007			
Days to Goal	13			

-47.0

79831

36278

26723

13500

4000

80501

	Date	Weight	Average	Loss	1 Day Loss	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	Caloric Target	Calories	Calories Out	Caloric Deficit	Photo	Morning Cardio	Evening Cardio	Fight Training	Core Workout	Total Calories	
1	Sat	Nov-04-06	236.8	236.8	46.8	0.0	0.00		236.8	236.8	26.4%	2350	1655	3415	1730	Yes	371	400			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	588					872	
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					745
9	Sun	Nov-12-06	233.8		43.8	-3.0	1.40				25.2%	53.5	2350	2109	2944	835					800	
10	Mon	Nov-13-06	232.6		42.6	-4.2	1.20				24.1%	53.9	2350	2170	3634	1464				250	1490	
11	Tue	Nov-14-06	230.4		40.4	-6.4	2.20				24.3%	53.8	2350	2071	3174	1103			400		1030	
12	Wed	Nov-15-06	231.2		41.2	-5.6	0.80				23.8%	54.0	2350	1801	3213	1412				250	1069	
13	Thu	Nov-16-06	230.8		40.8	-6.0	0.40				22.5%	54.6	2350	2209	2941	732					797	
14	Fri	Nov-17-06	232.0		42.0	-1.8	1.20				22.9%	54.4	2350	2066	3210	1144				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					816
16	Sun	Nov-19-06	228.6		38.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285			500		1279	
17	Mon	Nov-20-06	227.6		37.6	-9.2	1.00				23.5%	54.1	2350	2186	3144	958				200	1000	
18	Tue	Nov-21-06	226.2		36.2	-10.6	1.40				24.0%	53.9	2350	2148	3244	1096			300		1100	
19	Wed	Nov-22-06	225.4		35.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431					463	
20	Thu	Nov-23-06	224.8		34.8	-12.0	0.60				22.9%	54.3	2350	1767	2814	1047				200	670	
21	Fri	Nov-24-06	224.2		34.2	-12.4	0.40				22.9%	54.8	2350	2161	3543	1371					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		320			813
23	Sun	Nov-26-06	222.6		32.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	749					783	
24	Mon	Nov-27-06	222.0		32.0	-14.8	0.60				24.0%	53.8	2350	2146	3115	969				200	971	
25	Tue	Nov-28-06	222.4		32.4	-14.4	0.40				22.5%	54.5	2350	2130	3529	1399			600		1385	
26	Wed	Nov-29-06	221.6		31.6	-15.2	0.80				22.4%	54.5	2350	2256	3126	870				200	982	
27	Thu	Nov-30-06	221.4		31.4	-15.4	0.20				21.8%	54.8	2350	2172	3560	1388			600		1416	
28	Fri	Dec-01-06	220.8		30.8	-16.0	0.60				24.3%	53.7	2350	2318	3151	833				200	1007	
29	Sat	Dec-02-06	219.8	221.8	29.8	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.8%	54.2	2350	2288	2936	648					792
30	Sun	Dec-03-06	219.0		29.0	-17.8	0.60				22.5%	54.5	2350	2288	2941	653					797	
31	Mon	Dec-04-06	218.8		28.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	818					877	
32	Tue	Dec-05-06	219.0		29.0	-17.8	0.80				22.0%	54.7	2350	1965	3541	1556			600		1397	
33	Wed	Dec-06-06	218.2		28.2	-18.6	0.80				22.9%	54.3	2350	2203	3199	996				200	1055	
34	Thu	Dec-07-06	217.2		27.2	-19.6	1.00				21.0%	55.1	2350	2203	3008	805					864	
35	Fri	Dec-08-06	217.6		27.6	-19.2	0.40				21.5%	54.9	2350	2172	3543	1371			600		1369	
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%	54.1	2350	2203	2996	648					852
37	Sun	Dec-10-06	216.4		26.4	-20.4	0.60				20.9%	55.2	2350	2198	2988	790					844	
38	Mon	Dec-11-06	217.0		27.0	-19.8	0.60				21.9%	54.7	2350	2178	3198	1020				200	1054	
39	Tue	Dec-12-06	214.6		24.6	-22.2	2.40				20.9%	55.1	2350	2132	3563	1431			600		1419	
40	Wed	Dec-13-06	213.8		23.8	-23.0	0.80				21.2%	55.0	2350	2173	2973	800					829	
41	Thu	Dec-14-06	213.6		23.6	-23.2	0.20				20.7%	55.2	2350	2143	3120	977				150	976	
42	Fri	Dec-15-06	213.2		23.2	-23.6	0.40				21.3%	54.9	2350	2162	3588	1426			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					817
44	Sun	Dec-17-06	213.4		23.4	-23.4	0.60				19.7%	55.7	2350	2173	2964	791					820	
45	Mon	Dec-18-06	212.4		22.4	-24.4	1.00				19.8%	55.6	2350	2173	3102	929				150	958	
46	Tue	Dec-19-06	211.6		21.6	-25.2	0.80				19.8%	55.7	2350	2206	3563	1357			600		1419	
47	Wed	Dec-20-06	211.4		21.4	-25.4	0.20				20.1%	55.5	2350	2173	3180	1007				200	1036	
48	Thu	Dec-21-06	210.6		20.6	-26.2	0.80				19.6%	55.7	2350	2173	2995	822					851	
49	Fri	Dec-22-06	209.8		19.8	-27.0	0.80				19.6%	55.7	2350	2201	3758	1557			600	200	1614	
50	Sat	Dec-23-06	209.6	211.5	19.6	-27.8	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	764					793
51	Sun	Dec-24-06	208.8		18.8	-28.0	0.80				19.4%	55.8	2350	2173	2960	787					816	
52	Mon	Dec-25-06	209.0		19.0	-27.8	0.20				18.8%	56.1	2350	2253	2948	695					804	
53	Tue	Dec-26-06	209.4		19.4	-27.4	0.40				18.8%	56.1	2350	2201	3555	1354			600		1411	
54	Wed	Dec-27-06	208.0		18.0	-28.8	1.40				19.7%	55.6	2350	2238	3645	1407			700		1501	
55	Thu	Dec-28-06	207.2		17.2	-29.6	0.80				19.8%	55.5	2350	2173	2961	788					817	
56	Fri	Dec-29-06	206.8		16.8	-30.0	0.40				17.7%	56.6	2350	2173	2949	776					805	
57	Sat	Dec-30-06	207.2	208.3	17.2	-29.8	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	768					794
58	Sun	Dec-31-06	207.2		17.2	-29.6	0.00				19.1%	55.9	2350	2173	3030	857					886	
59	Mon	Jan-01-07	205.6		15.6	-31.2	1.60				17.6%	56.7	2350	2173	3175	1002				100	1031	
60	Tue	Jan-02-07	205.6		15.6	-31.2	0.00				18.5%	56.2	2350	2261	3588	1327			600		1444	
61	Wed	Jan-03-07	204.6		14.6	-32.2	1.00				18.6%	56.2	2350	2173	3247	1074				200	1103	
62	Thu	Jan-04-07	203.4		13.4	-33.4	1.20				18.0%	56.5	2350	2173	3057	884					913	
63	Fri	Jan-05-07	203.2		13.2	-33.6	0.20				18.0%	56.4	2350	2261	3617	1356			600		1473	
64	Sat	Jan-06-07	203.2	205.0	13.2	-33.6	0.00	-4	-3.25	206.8	223.3	17.3%	57.0	2350	2173	3049	870					905
65	Sun	Jan-07-07	203.2		13.2	-33.6	0.00				18.0%	56.5	2350	2173	3064	891					920	
66	Mon	Jan-08-07	203.0		13.0	-33.8	0.20				16.8%	57.1	2350	2173	3043	870					899	
67	Tue	Jan-09-07	202.0		12.0	-34.8	1.00				16.9%	57.1	2350	2261</								