Starting	236.8	BF%	26.5%	
Target	190	To Lose	46.8	54
Basil BMR	2144	Lost	43.6	
Loss Per/wk	1.5			

	Overall	Nov	Dec	Jan
Lowest Weight	193.2	221.4	206.8	193.2
Lowest BF%	14.1%	21.8%	17.2%	14.1%
AVG Daily Loss	0.51	0.57	0.46	0.52
AVG Week Loss	3.59	3.99	3.21	3.63
Average Deficit	1023	1017	979	1079
Weeks to Goal	1	8	5	1
Date of Goal	Saturday, February 03, 2007			
Days to Goal	5			

						-50.8											86957		39784	29522	14700	4000	88006
		Date	Weight	Average	Lose	Lost	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	236.8	46.8	0.0	0.00			236.8	236.8	25.4%		2350	1685	3415	1730	Yes	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
1	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					25.2%	53.5	2350	2109	2944	835		500	300			800
	10	Mon	Nov/13/06	232.6		42.6	-4.2	1.20					24.1%	53.9	2350	2170	3634	1464		500	340	400	250	1490
	11	Tue	Nov-14-06	230.4		40.4	-6.4	2.20					24.3%	53.8	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
2	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
3	21	Fri	Nov-24-06	224.4		34.4	-12.4	0.40					22.9%	54.4	2350	2181	2640	459		496				496
	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
4	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	3008	805		478	386			864
5	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
6	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	958
	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		200	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
7	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
8	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		486	400			886
	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
9	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	206.8	223.3	17.3%	56.8	2350	2173	3049	876		503	402			905
	65	Sun	Jan-07-07	203.2		13.2	-33.6	0.00					18.0%	56.5	2350	2173	3064	891		520	400			920
	66	Mon	Jan/08/07	203.0		13.0	-33.8	0.20					16.8%	57.1	2350	2173	3043	870		493	406			899
	67	Tue	Jan-09-07	202.0		12.0	-34.8	1.00					16.9%	57.1	2350	2261	3663	1402		507	412	600		1519
	68	Wed	Jan/10/07	201.4		11.4	-35.4	0.60					17.1%	56.1	2350	2173	3056	883		510	402			912
	69	Thu	Jan-11-07	201.2		11.2	-35.6	0.20					16.4%	57.3	2350	2203	3486	1283		503	439	400		1342
10	70	Fri	Jan/12/07	200.0		10.0	-36.8	1.20					15.6%	57.8	2350	2173	3264	1091		514	406		200	1120
	71	Sat	Jan-13-07	199.8	201.7	9.8	-37.0	0.20	-3.4	-3.28	203.5	221.8	15.7%	57.7	2350	2261	3661	1400		512	405	600		1517
	72	Sun	Jan/14/07	199.6		9.6	-37.2	0.20					15.7%	57.8	2350	2173	3127	954		500	483			983
	73	Mon	Jan-15-07	199.2		9.2	-37.6	0.40					15.9%	57.6	2350	2173	3039	866		489	406			895
	74	Tue	Jan/16/07	199.0		9.0	-37.8	0.20					15.3%	58.0	2350	2249	3640	1391		500	396	600		1496
	75	Wed	Jan-17-07	198.2		8.2	-38.6	0.80					15.6%	57.8	2350	2203	3546	1343		505	397	400	100	1402
	76	Thu	Jan/18/07	197.6		7.6	-39.2	0.60					15.2%	58.0	2350	2203	3044	841		501	399			900
11	77	Fri	Jan-19-07	197.6		7.6	-39.2	0.00					15.4%	57.9	2350	2142	3552	1410		507	401	500		1408
	78	Sat	Jan/20/07	197.0	198.5	7.0	-39.8	0.60	-2.8	-3.23	200.2	220.3	14.8%	58.3	2350	2173	3034	861		489	401			890
	79	Sun	Jan-21-07	197.2		7.2	-39.6	0.20					14.3%	58.6	2350	2173	3026	853		491	391			882
	80	Mon	Jan/22/07	196.2		6.2	-40.6	1.00					15.0%	58.1	2350	2173	3061	888		514	403			917
	81	Tue	Jan-23-07	196.0		6.0	-40.8	0.20					14.5%	58.4	2350	2261	3626	1365		490	392	600		1482
	82	Wed	Jan/24/07	195.2		5.2	-41.6	0.80					14.1%	58.7	2350	2173	3052	879		503	405			908
	83	Thu	Jan-25-07	194.6		4.6	-42.2	0.60					14.5%	58.4	2350	2173	3066	893		517	405			922
12	84	Fri	Jan/26/07	194.0		4.0	-42.8	0.60					14.7%	58.3	2350	2173	3036	863		491	401			892
	85	Sat	Jan-27-07	193.2	195.4	3.2	-43.6	0.80	-3.8	-3.07	197.0	218.8	14.5%	58.3	2350	2261	3646	1385		500	402	600		1502