

Starting	236.8	BPM	26.5%
To Target	185		50
Basal BMR	2144	Lost	45.8
Loss PerWk	1.5		53.0

Today's Weight
2/4/2007 191

	Overall	Nov	Dec	Jan	Feb
Lowest Weight	191.0	221.4	206.8	191.0	191.0
Lowest BMI	21.2%	21.6%	17.2%	13.7%	13.2%
AVG Daily Loss	0.50	0.57	0.46	0.50	0.20
AVG Week Loss	3.48	3.99	3.21	3.52	1.40
Average Deficit	1618	1617	979	1069	881
Weeks to Goal	7	9	2	2	4
Date of Goal	Friday, February 16, 2007				
Days to Goal	12				

Date	Weight	Average	Loss	1 Day	7 Day	Average	Moving	BPM	Water	Calories	Calories	Calories	Caloric	Photo	93624				43336 32328 15300 4000 94964			
															Target	Target	Target	Target	Target	Target	Target	Target
0 1 Sat	Nov-04-06	236.8	236.8	51.8	0.0	0.00		25.4%	23.0	1685	3415	1730	Yes	371	400	500				1271		
2 Sun	Nov-05-06	236.9		51.8	0.0	0.00		24.9%	23.0	1655	2772	1117		328	300					628		
3 Mon	Nov-06-06	236.2		51.2	-0.6	0.60		24.0%	23.0	1895	3014	1119		300	320		250			870		
4 Tue	Nov-07-06	235.6		50.6	-1.2	0.60		23.9%	23.0	1997	3374	1377		330	400	500				1230		
5 Wed	Nov-08-06	235.9		50.9	-0.9	0.60		23.9%	23.0	1900	2922	922		378						378		
6 Thu	Nov-09-06	236.0		51.0	-0.8	0.20		23.1%	23.0	2336	3605	1269		350	311	500	300			1461		
7 Fri	Nov-10-06	234.8		49.8	-2.0	1.20		22.5%	54.6	2350	2227	2816	889	360	312					672		
8 Sat	Nov-11-06	235.2	235.9	50.2	-1.6	0.40	-1.6	-0.9	235.3	235.3	23.4%	54.2	2350	2208	2889	881	324	421			745	
9 Sun	Nov-12-06	233.9		48.6	-3.0	1.40		26.2%	53.5	2350	2109	2944	855	500	300					800		
10 Mon	Nov-13-06	232.6		47.6	-4.2	1.20		24.1%	53.9	2350	2170	3634	1464	500	340	400	250			1490		
11 Tue	Nov-14-06	230.4		45.4	-6.4	2.20		24.3%	53.8	2350	2071	3174	1103	330	300	400				1030		
12 Wed	Nov-15-06	231.2		46.2	-5.6	0.80		23.8%	54.0	2350	1901	3213	1412	580	318		250			1069		
13 Thu	Nov-16-06	230.8		45.8	-3.0	0.40		22.5%	54.5	2350	2269	2941	732	462	335					797		
14 Fri	Nov-17-06	232.0		47.0	-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	45.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.8%	54.1	2350	2024	2960	936	500	316			816	
16 Sun	Nov-19-06	229.6		43.6	-8.2	1.40		23.1%	54.4	2350	2138	3423	1285	451	328	500				1279		
17 Mon	Nov-20-06	227.6		42.6	-9.2	1.00		23.5%	54.1	2350	2186	3144	958	500	300		200			1000		
18 Tue	Nov-21-06	226.2		41.2	-10.6	1.40		24.0%	53.9	2350	2148	3244	1096	500	300	300				1100		
19 Wed	Nov-22-06	226.4		40.4	-11.4	0.80		22.7%	54.4	2350	2176	2607	451	460						463		
20 Thu	Nov-23-06	224.8		38.8	-12.0	0.60		22.9%	54.3	2350	1767	2814	1047	470			200			670		
21 Fri	Nov-24-06	224.4		39.4	-12.4	0.40		22.9%	54.4	2350	2181	2640	459	496						496		
22 Sat	Nov-25-06	224.0	226.4	39.0	-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		37.6	-14.2	1.40		23.3%	54.2	2350	2178	3027	749	470	318					788		
24 Mon	Nov-27-06	222.0		37.0	-14.8	0.60		24.0%	53.8	2350	2146	3115	969	475	296					971		
25 Tue	Nov-28-06	222.4		37.4	-14.4	0.40		22.5%	54.5	2350	2130	3520	1399	472	313	600				1385		
26 Wed	Nov-29-06	221.6		36.6	-15.2	0.80		22.4%	54.5	2350	2256	3126	870	471	311		200			862		
27 Thu	Nov-30-06	221.4		36.4	-15.4	0.20		21.9%	54.8	2350	2172	3560	1388	470	346	600				1416		
28 Fri	Dec-01-06	220.8		35.8	-16.0	0.60		24.3%	53.7	2350	2318	3151	833	482	325		200			1007		
29 Sat	Dec-02-06	219.6	221.8	34.6	-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		34.0	-17.8	0.60		22.5%	54.5	2350	2289	2941	653	480						653		
31 Mon	Dec-04-06	219.8		34.8	-17.0	0.80		22.6%	54.4	2350	2203	3021	818	483	394					877		
32 Tue	Dec-05-06	219.0		34.0	-17.8	0.80		22.0%	54.7	2350	1985	3541	1556	478	319	600				1397		
33 Wed	Dec-06-06	218.2		33.2	-18.6	0.80		22.9%	54.3	2350	2203	3199	996	479	376		200			1055		
34 Thu	Dec-07-06	217.2		32.2	-19.6	1.00		21.0%	55.1	2350	2203	3029	825	470	308					825		
35 Fri	Dec-08-06	217.6		32.6	-19.2	0.40		21.5%	54.9	2350	2172	3543	1371	473	328	600				1399		
36 Sat	Dec-09-06	217.0	218.4	32.0	-19.8	0.60	-2.6	-3.4	220.3	229.3	21.1%	55.1	2350	2203	2996	793	491	351			852	
37 Sun	Dec-10-06	216.0		31.4	-20.4	0.60		20.9%	55.2	2350	2186	3260	1360	480	371					844		
38 Mon	Dec-11-06	217.0		32.0	-19.8	0.60		21.9%	54.7	2350	2178	3198	1020	474	380					1054		
39 Tue	Dec-12-06	214.6		29.6	-22.2	2.40		20.9%	55.1	2350	2132	3563	1431	457	352	600				1419		
40 Wed	Dec-13-06	213.8		28.8	-23.0	0.80		21.2%	55.0	2350	2173	2973	800	482	357					829		
41 Thu	Dec-14-06	213.0		28.0	-23.8	0.20		20.7%	55.2	2350	2143	3020	977	464	352		150			926		
42 Fri	Dec-15-06	213.2		28.2	-23.6	0.40		21.3%	54.9	2350	2152	3558	1426	463	381	600				1444		
43 Sat	Dec-16-06	212.8	214.8	27.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.8%	55.3	2350	2173	2961	788	460	357			817	
44 Sun	Dec-17-06	213.4		28.4	-23.4	0.60		19.7%	55.7	2350	2173	2964	791	462	386					820		
45 Mon	Dec-18-06	212.4		27.4	-24.4	1.00		19.8%	55.6	2350	2173	3002	856	458	352		150			804		
46 Tue	Dec-19-06	211.6		26.6	-25.2	0.80		19.8%	55.7	2350	2206	3563	1357	455	364	600				1419		
47 Wed	Dec-20-06	211.4		26.4	-25.4	0.20		20.1%	55.5	2350	2173	3180	1007	474	352		200			1036		
48 Thu	Dec-21-06	210.6		25.6	-26.2	0.80		19.5%	55.7	2350	2201	3552	1341	461	394					1035		
49 Fri	Dec-22-06	209.8		24.8	-27.0	0.80		19.8%	55.7	2350	2201	3758	1557	462	352	600	200			1614		
50 Sat	Dec-23-06	209.6	211.5	24.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	784	447	346			793	
51 Sun	Dec-24-06	208.8		23.8	-28.0	0.80		19.4%	55.8	2350	2173	2960	787	462	354					816		
52 Mon	Dec-25-06	209.0		24.0	-27.8	0.20		19.8%	56.1	2350	2253	2946	695	455	352					804		
53 Tue	Dec-26-06	209.4		24.4	-27.4	0.40		18.8%	56.1	2350	2201	3555	1354	448	363	600				1411		
54 Wed	Dec-27-06	208.0		23.0	-28.8	1.40		19.7%	55.6	2350	2238	3645	1407	446	355	700				1501		
55 Thu	Dec-28-06	207.2		22.2	-29.6	0.80		19.8%	55.5	2350	2173	2961	788	458	358					817		
56 Fri	Dec-29-06	206.8		21.8	-30.0	0.40		17.7%	56.6	2350	2173	2949	776	445	360					805		
57 Sat	Dec-30-06	207.2	208.3	22.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	785	441	353			794	
58 Sun	Dec-31-06	207.2		22.2	-29.6	0.00		19.1%	55.9	2350	2173	3030	857	486	400					886		
59 Mon	Jan-01-07	205.6		20.6	-31.2	1.60		17.8%	56.7	2350	2173	3175	1006	521	410		100			1031		
60 Tue	Jan-02-07	205.6		20.6	-31.2	0.00		18.5%	56.2	2350	2261	3588	1327	488	358	600				1444		
61 Wed	Jan-03-07	204.6		19.6	-32.2	1.00		18.6%	56.2	2350	2173	3247	1074	506	397		200			1103		
62 Thu	Jan-04-07	203.4		18.4	-33.4	1.20		18.0%	56.5	2350	2173	3057	854	507	408					913		
63 Fri	Jan-05-07	203.2		18.2	-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	18.2	-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		18.2	-33.6	0.00		18.0%	56.5	2350	2173	3064	891	520	400					920		
66 Mon	Jan-08-07	203.0		18.0	-33.8	0.20		16.8%	57.1	2350	2173	3043	870	493	408					899		
67 Tue	Jan-09-07																					