

Starting Weight	236.8	BPM	26.9%
Target	189.2	To Lose	51.8
Basal BMR	2144	Lost	47.6
Lean Per cent	1.5		

Todays Weight 189.2
2/11/2007

	Overall	Nov	Dec	Jan	Feb
Lowest Weight	189.2	221.4	206.8	191.0	189.2
Lowest BPM	11.7%	21.9%	17.2%	13.7%	11.7%
AVG Daily Loss	0.48	0.57	0.48	0.60	0.24
AVG Week Loss	3.37	3.99	3.21	3.82	1.68
Average Deficit	1017	1017	979	1069	880
Weeks to Goal	1	9	7	1	2
Date of Goal	Tuesday, February 20, 2007				
Range	Thursday, March 01, 2007				
Days to Goal Range	9 to 28 days				

	Date	Weight	Average	Loss	Lost	1 Day	7 Day	7 Day	Moving	Target	Target	BPM%	Water	Caloric	Calories	Calories	Morning	Evening	Fight	Core	Cardio	Cardio	Training	Workout	Calories
1	Sat	Nov-04-06	236.8	236.8	51.8	0.0	0.00		236.8	236.8	25.4%	2350	1685	3415	1730	300	371	400	500					1271	
2	Sun	Nov-05-06	236.8	236.8	51.8	0.0	0.00				24.8%	2350	1685	3415	1730	300	300	300						624	
3	Mon	Nov-06-06	236.2	236.2	51.2	-0.6	0.80				24.0%	2350	1695	3414	1119	300	320						280	870	
4	Tue	Nov-07-06	235.6	235.6	50.6	-1.2	0.60				23.9%	2350	1997	3374	1377	330	400	500						1230	
5	Wed	Nov-08-06	235.8	235.8	50.8	-1.0	0.20				23.9%	2350	1900	3322	822	310									378
6	Thu	Nov-09-06	236.0	236.0	51.0	-0.8	0.20				23.1%	2350	2336	3605	1269	350	311	500	300					1461	
7	Fri	Nov-10-06	234.8	234.8	49.8	-2.0	1.20				22.5%	54.6	2350	2227	2816	589	360	412							872
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	2206	2689	681	324	424						742
9	Sun	Nov-12-06	233.8	233.8	48.8	-2.0	1.40				23.2%	53.8	2350	2106	2961	788	500	300							800
10	Mon	Nov-13-06	232.6	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	230.4	45.4	-6.4	2.20				24.3%	53.8	2350	2071	3174	1109	330	300	400						1030
12	Wed	Nov-15-06	231.2	231.2	46.2	-5.0	1.80				23.8%	54.0	2350	1801	3213	1432	500	319					250		1059
13	Thu	Nov-16-06	230.8	230.8	45.8	-6.0	0.40				22.5%	54.6	2350	2209	2941	732	462	335							797
14	Fri	Nov-17-06	232.0	232.0	47.0	-4.8	1.20				22.9%	54.4	2350	2086	3210	1144	468	328					200		1066
15	Sat	Nov-18-06	230.0	232.0	45.0	-6.0	2.00	-5.2	-3.9	234.4	233.8	23.0%	54.4	2350	2004	2969	936	415	296						816
16	Sun	Nov-19-06	228.6	228.6	43.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285	461	328	500						1279
17	Mon	Nov-20-06	227.6	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	229.2	229.2	41.2	-10.0	1.40				24.0%	53.4	2350	2148	3244	1099	500	300	300						1100
19	Wed	Nov-22-06	225.4	225.4	40.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431	463								463
20	Thu	Nov-23-06	224.8	224.8	39.8	-12.0	0.60				22.9%	54.3	2350	1767	2814	1047	470						200		870
21	Fri	Nov-24-06	224.4	224.4	39.4	-12.4	0.40				22.8%	54.4	2350	2041	2940	456	466								456
22	Sat	Nov-25-06	224.0	228.4	39.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2273	2957	684	483	320						813
23	Sun	Nov-26-06	222.6	222.6	37.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	748	470	313							763
24	Mon	Nov-27-06	222.0	222.0	37.0	-14.8	0.60				23.0%	53.8	2350	2145	3115	869	475	296					200		971
25	Tue	Nov-28-06	222.4	222.4	37.4	-14.4	0.40				22.9%	54.5	2350	2130	3529	1399	472	313	600						1385
26	Wed	Nov-29-06	221.6	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	221.4	36.4	-15.4	0.20				24.1%	54.4	2350	2282	3068	1068	470	306				600			1416
28	Fri	Dec-01-06	220.6	220.6	35.6	-16.0	0.60				24.3%	53.7	2350	2318	3151	833	462	328					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	462	310						792
30	Sun	Dec-03-06	219.0	219.0	34.0	-17.8	0.60				22.5%	54.5	2350	2288	3041	679	466	400							792
31	Mon	Dec-04-06	219.8	219.8	34.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	918	463	394							877
32	Tue	Dec-05-06	219.0	219.0	34.0	-17.8	0.80				22.0%	54.7	2350	1985	3541	1558	478	318	600						1397
33	Wed	Dec-06-06	218.2	218.2	33.2	-18.6	0.80				22.9%	54.1	2350	2268	3186	879	479	316					200		1005
34	Thu	Dec-07-06	217.2	217.2	32.2	-19.6	1.00				23.0%	55.1	2350	2203	3008	805	478	308							841
35	Fri	Dec-08-06	217.6	217.6	32.6	-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	32.0	-19.8	0.60	-2.8	-3.4	220.3	220.3	21.1%	55.1	2350	2203	2996	793	491	361						852
37	Sun	Dec-10-06	216.4	216.4	31.4	-20.4	0.60				20.9%	55.0	2350	2188	3068	796	473	371							844
38	Mon	Dec-11-06	217.0	217.0	32.0	-19.8	0.80				21.9%	54.7	2350	2178	3198	1020	474	380					200		1054
39	Tue	Dec-12-06	214.6	214.6	29.6	-22.2	2.40				20.9%	55.1	2350	2132	3693	1431	457	362					600		1419
40	Wed	Dec-13-06	213.8	213.8	29.8	-23.0	0.80				21.2%	55.0	2350	2173	3273	806	467	362							806
41	Thu	Dec-14-06	213.8	213.8	29.8	-23.2	0.20				20.7%	55.2	2350	2143	3120	977	464	362						150	976
42	Fri	Dec-15-06	213.2	213.2	29.2	-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	27.8	-24.0	1.00	-4.2	-3.6	216.6	227.8	20.5%	55.0	2350	2081	3661	788	460	377						817
44	Sun	Dec-17-06	213.4	213.4	28.4	-23.4	0.60				19.7%	55.7	2350	2173	2964	791	462	358							820
45	Mon	Dec-18-06	212.4	212.4	27.4	-24.4	1.00				19.8%	55.6	2350	2173	3102	929	460	358					150		956
46	Tue	Dec-19-06	211.8	211.8	26.6	-25.2	0.80				19.4%	55.7	2350	1826	3563	1357	455	344	600						1416
47	Wed	Dec-20-06	211.4	211.4	26.4	-25.4	0.20				20.6%	55.5	2350	2173	3180	1007	474	362					200		1036
48	Thu	Dec-21-06	210.6	210.6	25.6	-26.2	0.80				19.6%	55.7	2350	2173	2995	822	457	364							851
49	Fri	Dec-22-06	209.8	209.8	24.8	-27.0	0.80				19.6%	55.7	2350	2201	2958	1057	462	365	600	200					1514
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	764	447	346						793
51	Sun	Dec-24-06	208.8	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	209.0	24.0	-27.8	0.20				18.9%	56.1	2350	2235	3261	968	466	400							866
53	Tue	Dec-26-06	209.4	209.4	24.4	-27.4	0.40				18.8%	56.1	2350	2201	3655	1354	448	363	600						1411
54	Wed	Dec-27-06	208.0	208.0	23.0	-28.8	1.40				16.7%	55.6	2350	2238	3645	1407	446	355	700						1501
55	Thu	Dec-28-06	207.2	207.2	22.2	-29.6	0.80				19.8%	55.3	2350	2173	3261	788	466	369							817
56	Fri	Dec-29-06	206.8	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	766	441	353						794
58	Sun	Dec-31-06	207.2	207.2	22.2	-29.6	0.00				19.1%	55.9	2350	2173	3030	857	466	400							866