

Starting	236.8	BF%	26.5%
Target	180	To Lose	56.8
Basal BMR	2144	Lost	51.6
Loss Per/wk	1.5		

Todays Weight 185.2
2/18/2007

	Overall	Nov	Dec	Jan	Feb
Lowest Weight	185.2	221.4	206.8	191.0	185.2
Lowest BF%	11.4%	21.8%	17.2%	13.7%	11.4%
AVG Daily Loss	0.49	0.57	0.46	0.50	0.38
AVG Week Loss	3.41	3.99	3.21	3.52	2.64
Average Deficit	1013	1017	979	1069	963
Weeks to Goal	2	10	8	10	2
Date of Goal	Thursday, March 01, 2007				
Range	Sunday, March 04, 2007				
Days to Goal Range	15 to 16 days				

		107350													50494					37565					17550					4223					109832				
		Date	Weight	Average	Loss	1 Day Loss	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	LBM	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	56.8	0.0	0.00										Yes					1271																
	2	Sun	Nov-05-06	236.8		56.8	0.0	0.00		236.8				2350	1655	2772	1117			500		628																	
	3	Mon	Nov-06-06	236.2		56.2	-0.6	0.60						2350	1895	3014	1119				250	870																	
	4	Tue	Nov-07-06	235.6		55.6	-1.2	0.60						2350	1997	3374	1377					1230																	
	5	Wed	Nov-08-06	235.8		55.8	-1.0	0.20						2350	1900	2522	622					378																	
	6	Thu	Nov-09-06	236.0		56.0	-0.8	0.20						2350	2336	3605	1269					1461																	
	7	Fri	Nov-10-06	234.8		54.8	-2.0	1.20				54.6		2350	2227	2816	589					672																	
	8	Sat	Nov-11-06	235.2	235.9	55.2	-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		53.8	-3.0	1.40						2350	2109	2944	835					800																	
	10	Mon	Nov-13-06	232.6		52.6	-4.2	1.20						2350	2170	3634	1464					1490																	
	11	Tue	Nov-14-06	230.4		50.4	-6.4	2.20						2350	2071	3174	1103					1030																	
	12	Wed	Nov-15-06	231.2		51.2	-5.6	0.80						2350	1801	3213	1412					1069																	
	13	Thu	Nov-16-06	230.8		50.8	-6.0	0.40						2350	2209	2841	732					797																	
	14	Fri	Nov-17-06	232.0		52.0	-4.8	1.20						2350	2065	3210	1144					1068																	
	15	Sat	Nov-18-06	230.0	232.0	50.0	-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		48.6	-8.2	1.40						2350	2138	3423	1285					1279																	
	17	Mon	Nov-20-06	227.6		47.6	-9.2	1.00						2350	2186	3144	958					1000																	
	18	Tue	Nov-21-06	226.2		46.2	-10.6	1.40						2350	2148	3244	1096					1100																	
	19	Wed	Nov-22-06	225.4		45.4	-11.4	0.80						2350	2176	2607	431					463																	
	20	Thu	Nov-23-06	224.8		44.8	-12.0	0.60						2350	1767	2814	1047					670																	
	21	Fri	Nov-24-06	224.4		44.4	-12.4	0.40						2350	2181	2640	459					496																	
	22	Sat	Nov-25-06	224.0	226.4	44.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2273	2957	684					813																
	23	Sun	Nov-26-06	222.6		42.6	-14.2	1.40						2350	2178	2927	749					783																	
	24	Mon	Nov-27-06	222.0		42.0	-14.8	0.60						2350	2146	3115	969					971																	
	25	Tue	Nov-28-06	222.4		42.4	-14.4	0.40						2350	2130	3529	1399					1385																	
	26	Wed	Nov-29-06	221.6		41.6	-15.2	0.80						2350	2256	3126	870					982																	
	27	Thu	Nov-30-06	221.4		41.4	-15.4	0.20						2350	2172	3560	1388					1416																	
	28	Fri	Dec-01-06	220.8		40.8	-16.0	0.60						2350	2318	3151	833	Yes				1007																	
	29	Sat	Dec-02-06	219.6	221.8	39.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2288	2936	648					792																
	30	Sun	Dec-03-06	219.0		39.0	-17.8	0.60						2350	2283	2941	653					787																	
	31	Mon	Dec-04-06	219.8		39.8	-17.0	0.80						2350	2203	3021	818					877																	
	32	Tue	Dec-05-06	219.0		39.0	-17.8	0.80						2350	1985	3541	1556					1397																	
	33	Wed	Dec-06-06	218.2		38.2	-18.6	0.80						2350	2203	3199	996					1055																	
	34	Thu	Dec-07-06	217.2		37.2	-19.6	1.00						2350	2203	3008	805					864																	
	35	Fri	Dec-08-06	217.6		37.6	-19.2	0.40						2350	2172	3543	1371					1399																	
	36	Sat	Dec-09-06	217.0	218.4	37.0	-19.8	0.60	-2.6	-3.4	220.3	229.3	21.1%	55.1	2350	2203	2996	793					852																
	37	Sun	Dec-10-06	216.4		36.4	-20.4	0.60						2350	2198	2988	790					844																	
	38	Mon	Dec-11-06	217.0		37.0	-19.8	0.60						2350	2178	3198	1020					1054																	
	39	Tue	Dec-12-06	214.6		34.6	-22.2	2.40						2350	2132	3563	1431					1419																	
	40	Wed	Dec-13-06	213.8		33.8	-23.0	0.80						2350	2173	2973	800					829																	
	41	Thu	Dec-14-06	213.6		33.6	-23.2	0.20						2350	2143	3120	977					976																	
	42	Fri	Dec-15-06	213.2		33.2	-23.6	0.40						2350	2162	3588	1426					1444																	
	43	Sat	Dec-16-06	212.8	214.8	32.8	-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		33.4	-23.4	0.60						2350	2173	2964	791					820																	
	45	Mon	Dec-18-06	212.4		32.4	-24.4	1.00						2350	2173	3102	929					958																	
	46	Tue	Dec-19-06	211.6		31.6	-25.2	0.80						2350	2206	3563	1357					1419																	
	47	Wed	Dec-20-06	211.4		31.4	-25.4	0.20						2350	2173	3180	1007					1038																	
	48	Thu	Dec-21-06	210.6		30.6	-26.2	0.80						2350	2173	2995	822					851																	
	49	Fri	Dec-22-06	209.8		29.8	-27.0	0.80						2350	2201	3758	1557					1614																	
	50	Sat	Dec-23-06	209.6	211.5	29.6	-27.2	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		28.8	-28.0	0.80						2350	2173	2960	787					816																	
	52	Mon	Dec-25-06	209.0		29.0	-27.8	0.20						2350	2253	2948	695					804																	
	53	Tue	Dec-26-06	209.4		29.4	-27.4	0.40						2350	2201	3555	1354					1411																	
	54	Wed	Dec-27-06	208.0		28.0	-28.8	1.40						2350	2238	3645	1407					1501																	
	55	Thu	Dec-28-06	207.2		27.2	-29.6	0.80						2350	2173	2961	788					817																	
	56	Fri	Dec-29-06	206.8		26.8	-30.0	0.40						2350	2173	2949	776					805																	
	57	Sat	Dec-30-06	207.2	208.3	27.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	765					794																
	58	Sun	Dec-31-06	207.2		27.2	-29.6	0.00						2350	2173	3030	857					886																	
	59	Mon	Jan-01-07	205.6		25.6	-31.2	1.60						2350	2173	3175	1002	Yes				1031																	
	60	Tue	Jan-02-07	205.6		25.6	-31.2	0.00						2350	2261	3588	1327					1444																	
	61	Wed	Jan-03-07	204.6		24.6	-32.2	1.00						2350	2173	3247	1074					1103																	
	62	Thu	Jan-04-07	203.4		23.4	-33.4	1.20						2350	2173	3057	884					913																	
	63	Fri	Jan-05-07	203.2		23.2	-33.6	0.20						2350	2281	3617	1356					1473																	
	64	Sat	Jan-06-07	203.2	205.0	23.2	-33.6	0.00	-4	-3.25	206.8	223.3	17.3%	56.8	2350	2173	3049	876					905																
	65	Sun	Jan-07-07	203.2		23.2	-33.6	0.00						2350	2173	3064	891					920																	
	66	Mon	Jan-08-07	203.0		23.0	-33.8	0.20						2350	2173	3043	870					899																	
	67	Tue	Jan-09-07	202.0		22.0	-34.8	1.00						2350	2261	3663	1402					1519																	
	68	Wed	Jan-10-07	201.4		21.4	-35.4	0.60						2350	2173	3056	883					912																	
	69	Thu	Jan-11-07	201.2		21.2	-35.6	0.20						2350	2203	3486	1283					1342																	
	70	Fri	Jan-12-07	200.0		20.0	-36.8	1.20						2350	2173	3264	1091					1120																	
	71																																						

101	Mon	Feb-12-07	187.2		7.2	-49.6	0.80				11.6%	60.3	157.2	2350	2173	3124	951			600	380			980
102	Tue	Feb/13/07	187.8		7.8	-49.0	0.60				11.9%	60.3	157.2	2350	2376	3611	1235			477	390	600		1467
103	Wed	Feb-14-07	187.0		7.0	-49.8	0.80				12.3%	59.8	156.0	2350	2173	3027	854			506	377			883
104	Thu	Feb/15/07	185.8		5.8	-51.0	1.20				11.4%	60.5	156.6	2350	2222	3056	834			495	417			912
15	Fri	Feb-16-07	185.2		5.2	-51.6	0.60				11.8%	60.1	155.4	2350	2276	3518	1242			528	396	450		1374
106	Sat	Feb/17/07	185.2	186.9	5.2	-51.6	0.00	-4	-2.97	188.4	214.3	13.0%	59.2	153.2	2350	2173	3167	994		500	400		123	1023