

Starting	236.8	BF%	26.5%
Target	175	To Lose	61.8
Basal BMR	2144	Lost	55.8
Loss Per/wk	1.5		

Todays Weight	181
3/11/2007	

Overall	Nov	Dec	Jan	Feb	Mar	
Lost	56.2	15.4	14.6	15.8	10.2	0.2
Lowest Weight	180.6	221.4	206.8	191.0	180.8	180.6
Lowest BF%	8.2%	21.8%	17.2%	13.7%	11.0%	8.2%
AVG Daily Loss	0.44	0.57	0.46	0.50	0.39	0.02
AVG Week Loss	3.08	3.99	3.21	3.52	2.70	0.14
Average Deficit	1035	1017	979	1069	989	1274
Weeks to Goal	2	12	10	2	2	-43
Date of Goal	Sunday, March 25, 2007					
Range	Monday, March 26, 2007					
Days to Goal Range	14 to 15 days					

		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	131399	60421	45387	25300	4773	135881	
0	1	Sat	Nov-04-06	236.8	236.8	61.8	0.0	0.00		236.8				2350	1685	3415	1730	Yes						1271	
	2	Sun	Nov-05-06	236.8		61.8	0.0	0.00			24.8%			2350	1655	2772	1117							628	
	3	Mon	Nov-06-06	236.2		61.2	-0.6	0.60			24.0%			2350	1895	3014	1119					250		870	
	4	Tue	Nov-07-06	235.6		60.6	-1.2	0.60			23.9%			2350	1997	3374	1377							1230	
	5	Wed	Nov-08-06	235.8		60.8	-1.0	0.20			23.9%			2350	1900	2522	622							378	
	6	Thu	Nov-09-06	236.0		61.0	-0.8	0.20			23.1%			2350	2336	3605	1269						300	1461	
	7	Fri	Nov-10-06	234.8		59.8	-2.0	1.20			22.5%	54.6		2350	2227	2816	589							672	
	8	Sat	Nov-11-06	235.2	235.9	60.2	-1.6	0.40	-1.6	-0.9	23.4%	54.2		2350	2208	2889	681							745	
	9	Sun	Nov-12-06	233.8		58.8	-3.0	1.40			25.2%	53.5		2350	2109	2944	835							800	
	10	Mon	Nov-13-06	232.6		57.6	-4.2	1.20			24.1%	53.9		2350	2170	3634	1464						250	1490	
	11	Tue	Nov-14-06	230.4		55.4	-6.4	2.20			24.3%	53.8		2350	2071	3174	1103							1030	
	12	Wed	Nov-15-06	231.2		56.2	-5.6	0.80			23.8%	54.0		2350	1801	3213	1412							1069	
	13	Thu	Nov-16-06	230.8		55.8	-6.0	0.40			22.8%	54.6		2350	2209	2941	732							797	
	14	Fri	Nov-17-06	232.0		57.0	-4.8	1.20			22.9%	54.4		2350	2065	3210	1144						250	1066	
	15	Sat	Nov-18-06	230.0	232.0	55.0	-6.8	2.00	-5.2	-3.9	23.6%	54.1		2350	2024	2960	936							816	
	16	Sun	Nov-19-06	228.6		53.6	-8.2	1.40			23.0%	54.4		2350	2138	3423	1285							1279	
	17	Mon	Nov-20-06	227.6		52.6	-9.2	1.00			23.5%	54.1		2350	1886	3144	958						200	1000	
	18	Tue	Nov-21-06	226.2		51.2	-10.6	1.40			24.0%	53.9		2350	2148	3244	1096							1100	
	19	Wed	Nov-22-06	225.4		50.4	-11.4	0.80			22.7%	54.4		2350	1776	2607	431							463	
	20	Thu	Nov-23-06	224.8		49.8	-12.0	0.60			22.9%	54.3		2350	1767	2814	1047							200	670
	21	Fri	Nov-24-06	224.4		49.4	-12.4	0.40			22.9%	54.4		2350	2181	2640	459							496	
	22	Sat	Nov-25-06	224.0	226.4	49.0	-12.8	0.40	-6.00	-5.6	23.1%	54.4		2350	2273	2957	684							813	
	23	Sun	Nov-26-06	222.6		47.6	-14.2	1.40			23.0%	54.2		2350	2178	2927	749							783	
	24	Mon	Nov-27-06	222.0		47.0	-14.8	0.60			24.0%	53.8		2350	2146	3115	969						200	971	
	25	Tue	Nov-28-06	222.4		47.4	-14.4	0.40			22.5%	54.5		2350	2130	3529	1399							1385	
	26	Wed	Nov-29-06	221.6		46.6	-15.2	0.80			22.4%	54.5		2350	2256	3126	870							200	982
	27	Thu	Nov-30-06	221.4		46.4	-15.4	0.20			21.8%	54.8		2350	2172	3560	1388							1416	
	28	Fri	Dec-01-06	220.8		45.8	-16.0	0.60			24.3%	53.7		2350	2318	3151	833						200	1007	
	29	Sat	Dec-02-06	219.6	221.8	44.6	-17.2	1.20	-4.4	-4.6	22.0%	54.7		2350	2288	2936	648								792
	30	Sun	Dec-03-06	219.0		44.0	-17.8	0.60			22.5%	54.5		2350	2288	2941	653								797
	31	Mon	Dec-04-06	218.8		44.8	-17.0	0.80			22.8%	54.4		2350	2203	3021	818								877
	32	Tue	Dec-05-06	219.0		44.0	-17.8	0.80			22.0%	54.7		2350	1985	3541	1556								1397
	33	Wed	Dec-06-06	218.2		43.2	-18.6	0.80			22.9%	54.3		2350	2203	3199	996						200	1055	
	34	Thu	Dec-07-06	217.2		42.2	-19.6	1.00			21.0%	55.1		2350	2203	3008	805								864
	5	Fri	Dec-08-06	217.6		42.6	-19.2	0.40			21.5%	54.9		2350	2172	3543	1371								1399
	36	Sat	Dec-09-06	217.0	218.4	42.0	-19.8	0.60	-2.6	-3.4	21.1%	55.1		2350	2203	2996	793								852
	37	Sun	Dec-10-06	216.4		41.4	-20.4	0.60			20.9%	55.2		2350	1988	2988	790								844
	38	Mon	Dec-11-06	217.0		42.0	-19.8	0.60			21.9%	54.7		2350	2178	3198	1020						200	1054	
	39	Tue	Dec-12-06	214.6		39.6	-22.2	2.40			20.9%	55.1		2350	2132	3563	1431								1419
	40	Wed	Dec-13-06	213.8		38.8	-23.0	0.80			21.2%	55.0		2350	2173	2973	800								829
	41	Thu	Dec-14-06	213.6		38.6	-23.2	0.20			20.7%	55.2		2350	2143	3120	977								976
	42	Fri	Dec-15-06	213.2		38.2	-23.6	0.40			21.3%	54.9		2350	2162	3588	1426								1444
	6	Sat	Dec-16-06	212.8	214.8	37.8	-24.0	0.40	-4.2	-3.6	20.5%	55.3		2350	2173	2961	788								817
	44	Sun	Dec-17-06	213.4		38.4	-23.4	0.60			19.7%	55.7		2350	2173	2964	791								820
	45	Mon	Dec-18-06	212.4		37.4	-24.4	1.00			19.8%	55.6		2350	2173	3102	929						150		958
	46	Tue	Dec-19-06	211.6		36.6	-25.2	0.80			19.8%	55.7		2350	2206	3563	1357								1419
	47	Wed	Dec-20-06	211.4		36.4	-25.4	0.20			20.1%	55.5		2350	2173	3180	1007								1038
	48	Thu	Dec-21-06	210.6		35.6	-26.2	0.80			19.6%	55.7		2350	2173	2995	822								851
	49	Fri	Dec-22-06	209.8		34.8	-27.0	0.80			19.6%	55.7		2350	2201	3758	1557								1614
	7	Sat	Dec-23-06	209.6	211.5	34.6	-27.2	0.20	-3.2	-3.35	19.3%	55.8		2350	2173	2937	764								793
	50	Sun	Dec-24-06	208.8		33.8	-28.0	0.80			19.4%	55.8		2350	2173	2960	787								816
	51	Mon	Dec-25-06	209.0		34.0	-27.8	0.20			18.8%	56.1		2350	2253	2948	695								804
	52	Tue	Dec-26-06	209.4		34.4	-27.4	0.40			18.8%	56.1		2350	2201	3555	1354								1411
	53	Wed	Dec-27-06	208.0		33.0	-28.8	1.40			19.7%	55.6		2350	2238	3645	1407								1501
	54	Thu	Dec-28-06	207.2		32.2	-29.6	0.80																	

