

Starting	236.8	BF%	26.5%
Target	175	To Lose	61.8
Basil BMR	2144	Lost	-67.4
Loss Per/wk	1.5	Max LBM	158.0

Todays Weight
3/18/2007 176.6

Overall	Nov	Dec	Jan	Feb	Mar	
Lost	60.8	15.4	14.6	15.8	10.2	4.8
Lowest Weight	176.0	221.4	206.8	191.0	180.8	176.0
Lowest BF%	8.2%	21.8%	17.2%	13.7%	11.0%	8.2%
AVG Daily Loss	0.45	0.57	0.46	0.50	0.39	0.25
AVG Week Loss	3.14	3.99	3.21	3.52	2.70	1.73
Average Deficit	1029	1017	979	1069	989	1133
Weeks to Goal	1	12	10	5	2	1
Date of Goal	Thursday, March 22, 2007					
Range	Sunday, March 25, 2007					
Days to Goal Range	4 to 7 days					

		137921													64511 48215 26400 4773 143899									
		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	61.8	0.0	0.00			25.4%			2350	1685	3415	1730	Yes	371	400	500		1271	
	2	Sun	Nov-05-06	236.8		61.8	0.0	0.00			24.8%			2350	1655	2772	1117		328	300			628	
	3	Mon	Nov-06-06	236.2		61.2	-0.6	0.60			24.0%			2350	1895	3014	1119		300	320		250	870	
	4	Tue	Nov-07-06	235.6		60.6	-1.2	0.60			23.9%			2350	1997	3374	1377		330	400	500		1230	
	5	Wed	Nov-08-06	235.8		60.8	-1.0	0.20			23.9%			2350	1900	2522	622		378				378	
	6	Thu	Nov-09-06	236.0		61.0	-0.8	0.20			23.1%			2350	2336	3605	1269		350	311	500	300	1461	
1	7	Fri	Nov-10-06	234.8		59.8	-2.0	1.20			22.5%	54.6		2350	2227	2816	589		360	312			672	
	8	Sat	Nov-11-06	235.2	235.9	60.2	-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		58.8	-3.0	1.40			25.2%	53.5		2350	2109	2944	835		500	300			800	
	10	Mon	Nov-13-06	232.6		57.6	-4.2	1.20			24.1%	53.9		2350	2170	3634	1464		500	340	400	250	1490	
	11	Tue	Nov-14-06	230.4		55.4	-6.4	2.20			24.3%	53.8		2350	2071	3174	1103		330	300	400		1030	
	12	Wed	Nov-15-06	231.2		56.2	-5.6	0.80			23.8%	54.0		2350	1801	3213	1412		500	319		250	1069	
	13	Thu	Nov-16-06	230.8		55.8	-6.0	0.40			22.6%	54.6		2350	2209	2941	732		462	335			797	
2	14	Fri	Nov-17-06	232.0		57.0	-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	55.0	-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		53.6	-8.2	1.40			23.0%	54.4		2350	2138	3423	1285		451	328	500			1279
	17	Mon	Nov-20-06	227.6		52.6	-9.2	1.00			23.5%	54.1		2350	2186	3144	958		500	300		200	1000	
	18	Tue	Nov-21-06	226.2		51.2	-10.6	1.40			24.0%	53.9		2350	2148	3244	1096		500	300	300			1100
	19	Wed	Nov-22-06	225.4		50.4	-11.4	0.80			22.7%	54.4		2350	2176	2607	431		463					463
	20	Thu	Nov-23-06	224.8		49.8	-12.0	0.60			22.9%	54.3		2350	1767	2814	1047		470			200	670	
3	21	Fri	Nov-24-06	224.4		49.4	-12.4	0.40			22.9%	54.4		2350	2181	2640	459		496					496
	22	Sat	Nov-25-06	224.0	226.4	49.0	-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		47.6	-14.2	1.40			23.3%	54.2		2350	2178	2927	749		470	313				783
	24	Mon	Nov-27-06	222.0		47.0	-14.8	0.60			24.0%	53.8		2350	2146	3115	969		475	296		200	971	
	25	Tue	Nov-28-06	222.4		47.4	-14.4	0.40			22.5%	54.5		2350	2130	3529	1399		472	313	600			1385
	26	Wed	Nov-29-06	221.6		46.6	-15.2	0.80			22.4%	54.5		2350	2256	3126	870		471	311		200		982
	27	Thu	Nov-30-06	221.4		46.4	-15.4	0.20			21.8%	54.8		2350	2172	3560	1388		470	346	600			1416
4	28	Fri	Dec-01-06	220.8		45.8	-16.0	0.60			24.3%	53.7		2350	2138	3151	833	Yes	482	325		200	1007	
	29	Sat	Dec-02-06	219.6	221.8	44.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2298	2936	648		482	310			732
	30	Sun	Dec-03-06	219.0		44.0	-17.8	0.60			22.5%	54.5		2350	2288	2941	653		482	315				787
	31	Mon	Dec-04-06	218.8		44.8	-17.0	0.80			22.6%	54.4		2350	2203	3021	818		483	394				877
	32	Tue	Dec-05-06	219.0		44.0	-17.8	0.80			22.0%	54.7		2350	1985	3541	1556		478	319	600			1397
	33	Wed	Dec-06-06	218.2		43.2	-18.6	0.80			22.9%	54.3		2350	2203	3199	996		479	376		200		1055
	34	Thu	Dec-07-06	217.2		42.2	-19.6	1.00			21.0%	55.1		2350	2203	3008	805		478	386				864
5	35	Fri	Dec-08-06	217.6		42.6	-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	42.0	-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		41.4	-20.4	0.60			20.9%	55.2		2350	2198	2988	790		473	371				844
	38	Mon	Dec-11-06	217.0		42.0	-19.8	0.60			21.9%	54.7		2350	2178	3198	1020		474	380		200		1054
	39	Tue	Dec-12-06	214.6		39.6	-22.2	2.40			20.9%	55.1		2350	2132	3563	1431		457	362	600			1419
	40	Wed	Dec-13-06	213.8		38.8	-23.0	0.80			21.2%	55.0		2350	2173	2973	800		462	367				829
	41	Thu	Dec-14-06	213.6		38.6	-23.2	0.20			20.7%	55.2		2350	2143	3120	977		464	362		150		976
6	42	Fri	Dec-15-06	213.2		38.2	-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	37.8	-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		38.4	-23.4	0.60			19.7%	55.7		2350	2173	2964	791		462	358				820
	45	Mon	Dec-18-06	212.4		37.4	-24.4	1.00			19.8%	55.6		2350	2173	3102	929		450	358		150		958
	46	Tue	Dec-19-06	211.6		36.6	-25.2	0.80			19.8%	55.7		2350	2206	3563	1357		456	363	600			1419
	47	Wed	Dec-20-06	211.4		36.4	-25.4	0.20			20.1%	56.4		2350	2173	3180	1007		474	362		200		1036
	48	Thu	Dec-21-06	210.6		35.6	-26.2	0.80			19.6%	55.7		2350	2173	2995	822		457	394				851
	49	Fri	Dec-22-06	209.8		34.8	-27.0	0.80			19.6%	55.7		2350	2201	3758	1557		462	382	600	200		1614
7	50	Sat	Dec-23-06	209.6	211.5	34.6	-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		33.8	-28.0	0.80			19.4%	55.8		2350	2173	2960	787		462	354				816
	52	Mon	Dec-25-06	209.0		34.0	-27.8	0.20			18.8%	56.1		2350	2253	2948	695		452	352				804
	53	Tue	Dec-26-06	208.4		34.4	-27.4	0.40			18.8%	56.1		2350	2201	3555	1354		448	363	600			1411
	54	Wed	Dec-27-06	208.0		33.0	-28.8	1.40			19.7%	55.6		2350	2238	3645	1407		446	355	700			1501
	55	Thu	Dec-28-06	207.2		32.2	-29.6	0.80			19.8%	55.5		2350	2173	2961	788		458	359				817
	56	Fri	Dec-29-06	206.8		31.8	-30.0	0.40			17.7%	56.6		2350	2173	2949	776		445	360				805
	57	Sat	Dec-30-06	207.2	208.3	32.2	-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		32.2	-29.6	0.00			19.1%	55.9		2350	2173	3030	857		486	400				886
	59	Mon	Jan-01-07	205.6		30.6	-31.2	1.60			17.6%	56.7		2350	2173	3175	1002	Yes	521	410		100		1031
	60	Tue	Jan-02-07	205.6		30.6	-31.2	0.00			18.5%	56.2		2350	2261	3588	1327		486	358	600			1444
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