

| | | | |
|----------------|-------|---------|-------|
| Starting | 236.8 | BF% | 26.5% |
| Target | 165 | To Lose | 71.8 |
| Basal BMR | 2144 | Lost | 65.9 |
| Loss Per/wk | 1.5 | Max LBM | 158.0 |
| 79 | | | |
| -73.0 | | | |
| Today's Weight | 171 | | |

| | | | | | | |
|--------------------|------------------------|-------|-------|-------|-------|-------|
| Overall | Nov | Dec | Jan | Feb | Mar | Apr |
| Lost | 67.0 | 15.4 | 14.6 | 15.8 | 10.2 | 8.0 |
| Lowest Weight | 169.8 | 221.4 | 206.8 | 191.0 | 180.8 | 172.8 |
| Lowest BF% | 6.5% | 21.8% | 17.2% | 13.7% | 11.0% | 6.8% |
| AVG Daily Loss | 0.42 | 0.57 | 0.46 | 0.50 | 0.39 | 0.26 |
| AVG Week Loss | 2.97 | 3.99 | 3.21 | 3.52 | 2.70 | 1.81 |
| Average Deficit | 1013 | 1017 | 979 | 1069 | 989 | 1016 |
| Weeks to Goal | 2 | 14 | 13 | 7 | 6 | 3 |
| Date of Goal | Sunday, April 22, 2007 | | | | | |
| Range | Tuesday, May 01, 2007 | | | | | |
| Days to Goal Range | 14 to 23 days | | | | | |

| | | Date | Weight | Average | Lose | 1 Day Loss | 7 Day Loss | Average Loss | Moving Target | Target | BF% | Water Weight | LBM | Caloric Target | Calories In | Calories Out | Caloric Deficit | Photo | 157069 | | | | |
|---|----|------|-----------|---------|-------|------------|------------|--------------|---------------|--------|-------|--------------|------|----------------|-------------|--------------|-----------------|-------|----------------|----------------|----------------|--------------|----------------|
| | | | | | | | | | | | | | | | | | | | Morning Cardio | Evening Cardio | Fight Training | Core Workout | Total Calories |
| 0 | 1 | Sat | Nov-04-06 | 236.8 | 236.8 | 71.8 | 0.0 | 0.00 | | 236.8 | 236.8 | 23.4% | | 2350 | 1885 | 3415 | 1730 | Yes | 371 | 400 | 500 | | 1271 |
| | 2 | Sun | Nov-05-06 | 236.8 | 236.8 | 71.8 | 0.0 | 0.00 | | 236.8 | 236.8 | 24.8% | | 2350 | 1655 | 2772 | 1117 | | 328 | 300 | | | 628 |
| | 3 | Mon | Nov-06-06 | 236.2 | 236.2 | 71.2 | -0.6 | 0.60 | | | | 24.0% | | 2350 | 1895 | 3014 | 1119 | | 300 | 320 | | 250 | 870 |
| | 4 | Tue | Nov-07-06 | 235.6 | 235.6 | 70.6 | -1.2 | 0.60 | | | | 23.9% | | 2350 | 1997 | 3374 | 1377 | | 330 | 400 | 500 | | 1230 |
| | 5 | Wed | Nov-08-06 | 235.8 | 235.8 | 70.8 | -1.0 | 0.20 | | | | 23.9% | | 2350 | 1900 | 2522 | 622 | | 378 | | | | 378 |
| | 6 | Thu | Nov-09-06 | 236.0 | 236.0 | 71.0 | -0.8 | 0.20 | | | | 23.1% | | 2350 | 2336 | 3605 | 1269 | | 350 | 311 | 500 | 300 | 1461 |
| | 7 | Fri | Nov-10-06 | 234.8 | 234.8 | 69.8 | -2.0 | 1.20 | | | | 22.5% | 54.6 | 2350 | 2227 | 2816 | 589 | | 360 | 312 | | | 672 |
| 1 | 8 | Sat | Nov-11-06 | 235.2 | 235.9 | 70.2 | -1.6 | 0.40 | -1.6 | -0.9 | 235.3 | 23.4% | 54.2 | 2350 | 2208 | 2889 | 681 | | 324 | 421 | | | 745 |
| | 9 | Sun | Nov-12-06 | 233.8 | 233.8 | 68.8 | -3.0 | 1.40 | | | | 26.2% | 53.5 | 2350 | 2109 | 2944 | 835 | | 500 | 300 | | | 800 |
| | 10 | Mon | Nov-13-06 | 232.6 | 232.6 | 67.6 | -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 | 65.4 | -6.4 | 2.20 | | | | 24.3% | 53.8 | 2350 | 2071 | 3174 | 1103 | | 330 | 300 | 400 | | 1030 |
| | 12 | Wed | Nov-15-06 | 231.2 | 231.2 | 66.2 | -5.6 | 0.80 | | | | 23.8% | 54.0 | 2350 | 1801 | 3213 | 1412 | | 500 | 319 | | 250 | 1069 |
| | 13 | Thu | Nov-16-06 | 230.8 | 230.8 | 65.8 | -6.0 | 0.40 | | | | 22.6% | 54.8 | 2350 | 2209 | 2941 | 732 | | 462 | 335 | | | 797 |
| | 14 | Fri | Nov-17-06 | 232.0 | 232.0 | 67.0 | -4.8 | 1.20 | | | | 22.9% | 54.4 | 2350 | 2066 | 3210 | 1144 | | 488 | 328 | | 250 | 1066 |
| 2 | 15 | Sat | Nov-18-06 | 230.0 | 232.0 | 65.0 | -6.8 | 2.00 | -5.2 | -3.9 | 234.4 | 23.6% | 54.1 | 2350 | 2242 | 2960 | 936 | | 500 | 316 | | | 816 |
| | 16 | Sun | Nov-19-06 | 228.6 | 228.6 | 63.6 | -8.2 | 1.40 | | | | 23.0% | 54.4 | 2350 | 2138 | 3423 | 1285 | | 451 | 328 | 500 | | 1279 |
| | 17 | Mon | Nov-20-06 | 227.6 | 227.6 | 62.6 | -9.2 | 1.00 | | | | 23.5% | 54.1 | 2350 | 2186 | 3144 | 958 | | 500 | 300 | | 200 | 1000 |
| | 18 | Tue | Nov-21-06 | 226.2 | 226.2 | 61.2 | -10.6 | 1.40 | | | | 24.0% | 53.9 | 2350 | 2148 | 3244 | 1096 | | 500 | 300 | 300 | | 1100 |
| | 19 | Wed | Nov-22-06 | 225.4 | 225.4 | 60.4 | -11.4 | 0.80 | | | | 22.7% | 54.4 | 2350 | 2176 | 2607 | 431 | | 463 | | | | 463 |
| | 20 | Thu | Nov-23-06 | 224.8 | 224.8 | 59.8 | -12.0 | 0.60 | | | | 22.9% | 54.3 | 2350 | 1767 | 2814 | 1047 | | 470 | | | | 670 |
| 3 | 21 | Fri | Nov-24-06 | 224.4 | 224.4 | 59.4 | -12.4 | 0.40 | | | | 22.9% | 54.4 | 2350 | 2181 | 2640 | 459 | | 496 | | | | 496 |
| | 22 | Sat | Nov-25-06 | 224.0 | 226.4 | 59.0 | -12.8 | 0.40 | -6.00 | -5.6 | 230.5 | 23.1% | 54.4 | 2350 | 2273 | 2957 | 684 | | 493 | 320 | | | 813 |
| | 23 | Sun | Nov-26-06 | 222.6 | 222.6 | 57.6 | -14.2 | 1.40 | | | | 23.3% | 54.2 | 2350 | 2178 | 2927 | 749 | | 470 | 313 | | | 783 |
| | 24 | Mon | Nov-27-06 | 222.0 | 222.0 | 57.0 | -14.8 | 0.60 | | | | 24.0% | 53.8 | 2350 | 2146 | 3115 | 969 | | 475 | 296 | | 200 | 971 |
| | 25 | Tue | Nov-28-06 | 222.4 | 222.4 | 57.4 | -14.4 | 0.40 | | | | 22.5% | 54.5 | 2350 | 2130 | 3529 | 1399 | | 472 | 313 | 600 | | 1385 |
| | 26 | Wed | Nov-29-06 | 221.6 | 221.6 | 56.6 | -15.2 | 0.80 | | | | 22.4% | 54.5 | 2350 | 2256 | 3126 | 870 | | 471 | 311 | | 200 | 982 |
| | 27 | Thu | Nov-30-06 | 221.4 | 221.4 | 56.4 | -15.4 | 0.20 | | | | 21.8% | 54.8 | 2350 | 2172 | 3560 | 1388 | | 470 | 346 | 600 | | 1416 |
| | 28 | Fri | Dec-01-06 | 220.8 | 220.8 | 55.8 | -16.0 | 0.60 | | | | 24.3% | 53.7 | 2350 | 2318 | 3151 | 833 | Yes | 482 | 325 | | 200 | 1007 |
| 4 | 29 | Sat | Dec-02-06 | 219.6 | 221.8 | 54.6 | -17.2 | 1.20 | -4.4 | -4.6 | 224.9 | 22.0% | 54.7 | 2350 | 2288 | 2936 | 648 | | 482 | 310 | | | 792 |
| | 30 | Sun | Dec-03-06 | 219.0 | 219.0 | 54.0 | -17.8 | 0.60 | | | | 22.5% | 54.5 | 2350 | 2288 | 2941 | 653 | | 482 | 315 | | | 797 |
| | 31 | Mon | Dec-04-06 | 219.8 | 219.8 | 54.8 | -17.0 | 0.80 | | | | 22.6% | 54.4 | 2350 | 2203 | 3021 | 818 | | 483 | 394 | | | 877 |
| | 32 | Tue | Dec-05-06 | 219.0 | 219.0 | 54.0 | -17.8 | 0.80 | | | | 22.0% | 54.7 | 2350 | 1985 | 3541 | 1556 | | 478 | 319 | 600 | | 1397 |
| | 33 | Wed | Dec-06-06 | 218.2 | 218.2 | 53.2 | -18.6 | 0.80 | | | | 22.9% | 54.3 | 2350 | 2203 | 3199 | 996 | | 479 | 376 | | 200 | 1055 |
| | 34 | Thu | Dec-07-06 | 217.2 | 217.2 | 52.2 | -19.6 | 1.00 | | | | 21.0% | 55.1 | 2350 | 2203 | 3008 | 805 | | 478 | 386 | | | 864 |
| 5 | 35 | Fri | Dec-08-06 | 217.6 | 217.6 | 52.6 | -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 | 52.0 | -19.8 | 0.60 | -2.6 | -3.4 | 220.3 | 21.1% | 55.1 | 2350 | 2203 | 2996 | 793 | | 491 | 361 | | | 852 |
| | 37 | Sun | Dec-10-06 | 216.4 | 216.4 | 51.4 | -20.4 | 0.60 | | | | 20.9% | 55.2 | 2350 | 1988 | 2988 | 790 | | 473 | 371 | | | 844 |
| | 38 | Mon | Dec-11-06 | 217.0 | 217.0 | 52.0 | -19.8 | 0.60 | | | | 21.9% | 54.7 | 2350 | 2178 | 3198 | 1020 | | 474 | 380 | | 200 | 1054 |
| | 39 | Tue | Dec-12-06 | 214.6 | 214.6 | 49.6 | -22.2 | 2.40 | | | | 20.9% | 55.1 | 2350 | 2132 | 3563 | 1431 | | 457 | 362 | 600 | | 1419 |
| | 40 | Wed | Dec-13-06 | 213.8 | 213.8 | 48.8 | -23.0 | 0.80 | | | | 21.2% | 55.0 | 2350 | 2173 | 2973 | 800 | | 462 | 367 | | | 829 |
| | 41 | Thu | Dec-14-06 | 213.6 | 213.6 | 48.6 | -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 | 48.2 | -23.6 | 0.40 | | | | 21.3% | 54.9 | 2350 | 2162 | 3588 | 1426 | | 463 | 381 | 600 | | 1444 |
| 6 | 43 | Sat | Dec-16-06 | 212.8 | 214.8 | 47.8 | -24.0 | 0.40 | -4.2 | -3.6 | 216.9 | 20.5% | 55.3 | 2350 | 2173 | 2961 | 788 | | 460 | 357 | | | 817 |
| | 44 | Sun | Dec-17-06 | 213.4 | 213.4 | 48.4 | -23.4 | 0.60 | | | | 19.7% | 55.7 | 2350 | 2173 | 2964 | 791 | | 462 | 388 | | | 820 |
| | 45 | Mon | Dec-18-06 | 212.4 | 212.4 | 47.4 | -24.4 | 1.00 | | | | 19.8% | 55.6 | 2350 | 2173 | 3102 | 929 | | 450 | 388 | | 150 | 958 |
| | 46 | Tue | Dec-19-06 | 211.6 | 211.6 | 46.6 | -25.2 | 0.80 | | | | 19.8% | 55.7 | 2350 | 2206 | 3563 | 1357 | | 455 | 364 | 600 | | 1419 |
| | 47 | Wed | Dec-20-06 | 211.4 | 211.4 | 46.4 | -25.4 | 0.20 | | | | 20.1% | 55.5 | 2350 | 2173 | 3180 | 1007 | | 474 | 362 | | 200 | 1036 |
| | 48 | Thu | Dec-21-06 | 210.6 | 210.6 | 45.6 | -26.2 | 0.80 | | | | 19.6% | 55.7 | 2350 | 2173 | 2995 | 822 | | 457 | 394 | | | 851 |
| | 49 | Fri | Dec-22-06 | 209.8 | 209.8 | 44.8 | -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 | 44.6 | -27.2 | 0.20 | -3.2 | -3.35 | 213.3 | 19.3% | 55.8 | 2350 | 2173 | 2937 | 764 | | 447 | 346 | | | 793 |
| | 51 | Sun | Dec-24-06 | 208.8 | 208.8 | 43.8 | -28.0 | 0.80 | | | | 19.4% | 55.8 | 2350 | 2173 | 2960 | 787 | | 462 | 364 | | | 816 |
| | 52 | Mon | Dec-25-06 | 209.0 | 209.0 | 44.0 | -27.8 | 0.20 | | | | 18.8% | 56.1 | 2350 | 2203 | 2948 | 684 | | 452 | 352 | </ | | |

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|-----------|-------|-------|------|-------|------|------|--------|-------|-------|-------|------|-------|------|------|------|------|-----|-----|------|-----|------|
| 106 | Sat | Feb-17-07 | 185.2 | 186.9 | 20.2 | -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 |
| 107 | Sun | Feb-18-07 | 184.2 | | 19.2 | -52.6 | 1.00 | | | | | 13.0% | 59.1 | 152.4 | 2350 | 2073 | 3040 | 967 | 493 | 403 | | | 896 |
| 108 | Mon | Feb-19-07 | 183.4 | | 18.4 | -53.4 | 0.80 | | | | | 12.3% | 59.6 | 152.8 | 2350 | 2173 | 3041 | 868 | 506 | 391 | | | 897 |
| 109 | Tue | Feb-20-07 | 183.6 | | 18.6 | -53.2 | 0.20 | | | | | 11.7% | 60.1 | 154.0 | 2350 | 2276 | 3648 | 1372 | 499 | 405 | 600 | | 1504 |
| 110 | Wed | Feb-21-07 | 183.4 | | 18.4 | -53.4 | 0.20 | | | | | 11.7% | 60.1 | 154.0 | 2350 | 2173 | 3046 | 873 | 592 | 400 | | | 902 |
| 111 | Thu | Feb-22-07 | 182.4 | | 17.4 | -54.4 | 1.00 | | | | | 11.4% | 60.4 | 153.6 | 2350 | 2173 | 3085 | 912 | 526 | 413 | | | 941 |
| 112 | Fri | Feb-23-07 | 182.6 | | 17.6 | -54.2 | 0.20 | | | | | 11.9% | 59.9 | 152.8 | 2350 | 2276 | 3678 | 1402 | 510 | 424 | 600 | | 1534 |
| 113 | Sat | Feb-24-07 | 183.2 | 183.5 | 18.2 | -53.6 | 0.60 | -2 | -3.425 | 185.4 | 212.8 | 12.1% | 59.8 | 153.0 | 2350 | 2173 | 3061 | 888 | 513 | 404 | | | 917 |
| 114 | Sun | Feb-25-07 | 182.6 | | 17.6 | -54.2 | 0.60 | | | | | 11.2% | 60.5 | 154.2 | 2350 | 2173 | 3084 | 911 | 513 | 427 | | | 940 |
| 115 | Mon | Feb-26-07 | 182.0 | | 17.0 | -54.8 | 0.60 | | | | | 11.7% | 60.1 | 152.8 | 2350 | 2173 | 3202 | 1029 | 513 | 395 | | 150 | 1058 |
| 116 | Tue | Feb-27-07 | 180.8 | | 15.8 | -56.0 | 1.20 | | | | | 11.2% | 60.4 | 152.6 | 2350 | 2396 | 3647 | 1251 | 514 | 389 | 600 | | 1503 |
| 117 | Wed | Feb-28-07 | 180.8 | | 15.8 | -56.0 | 0.00 | | | | | 11.0% | 60.6 | 153.0 | 2350 | 2173 | 3008 | 835 | 479 | 385 | | | 864 |
| 118 | Thu | Mar-01-07 | 180.6 | | 15.6 | -56.2 | 0.20 | | | | | 11.2% | 60.4 | 152.4 | 2350 | 2173 | 3060 | 887 | 516 | 400 | | | 916 |
| 119 | Fri | Mar-02-07 | 181.4 | | 16.4 | -55.4 | 0.80 | | | | | 11.6% | 60.1 | 152.6 | 2350 | 2396 | 3944 | 1548 | 350 | 350 | 900 | 200 | 1800 |
| 120 | Sat | Mar-03-07 | 181.2 | 181.6 | 16.2 | -55.6 | 0.20 | -2 | -1.925 | 182.0 | 211.3 | 9.1% | 62.4 | 156.6 | 2350 | 2389 | 3874 | 1485 | 300 | 230 | 1200 | | 1730 |
| 121 | Sun | Mar-04-07 | 181.2 | | 16.2 | -55.6 | 0.00 | | | | | 9.4% | 62.0 | 156.0 | 2350 | 2323 | 2909 | 886 | 485 | 280 | | | 765 |
| 122 | Mon | Mar-05-07 | 182.2 | | 17.2 | -54.6 | 1.00 | | | | | 9.8% | 61.7 | 156.2 | 2350 | 2252 | 3955 | 1703 | 300 | 311 | 1200 | | 1811 |
| 123 | Tue | Mar-06-07 | 181.6 | | 16.6 | -55.2 | 0.60 | | | | | 9.7% | 61.8 | 155.8 | 2350 | 2173 | 3442 | 1269 | 500 | 398 | 400 | | 1298 |
| 124 | Wed | Mar-07-07 | 181.4 | | 16.4 | -55.4 | 0.20 | | | | | 10.2% | 61.3 | 154.8 | 2350 | 2327 | 4256 | 1929 | 484 | 228 | 1200 | 200 | 2112 |
| 125 | Thu | Mar-08-07 | 181.8 | | 16.8 | -55.0 | 0.40 | | | | | 9.5% | 62.0 | 156.4 | 2350 | 2263 | 4083 | 1820 | 480 | 409 | 1050 | | 1939 |
| 126 | Fri | Mar-09-07 | 181.2 | | 16.2 | -55.6 | 0.60 | | | | | 8.2% | 63.3 | 158.0 | 2350 | 2323 | 3046 | 723 | 474 | 428 | | | 902 |
| 127 | Sat | Mar-10-07 | 181.0 | 181.5 | 16.0 | -55.8 | 0.20 | -0.2 | -0.125 | 180.1 | 209.8 | 9.4% | 62.0 | 156.0 | 2350 | 2173 | 2964 | 791 | 468 | 352 | | | 820 |
| 128 | Sun | Mar-11-07 | 181.6 | | 16.6 | -55.2 | 0.60 | | | | | 8.9% | 62.5 | 157.2 | 2350 | 2312 | 2997 | 685 | 470 | 383 | | | 853 |
| 129 | Mon | Mar-12-07 | 180.2 | | 15.2 | -56.6 | 1.40 | | | | | 8.9% | 62.4 | 156.0 | 2350 | 2265 | 3042 | 777 | 514 | 384 | | | 898 |
| 130 | Tue | Mar-13-07 | 178.4 | | 13.4 | -58.4 | 1.80 | | | | | 9.9% | 61.4 | 152.8 | 2350 | 2280 | 3054 | 774 | 509 | 401 | | | 910 |
| 131 | Wed | Mar-14-07 | 177.8 | | 12.8 | -59.0 | 0.60 | | | | | 8.2% | 63.1 | 155.2 | 2350 | 2205 | 3598 | 1393 | 522 | 432 | 500 | | 1454 |
| 132 | Thu | Mar-15-07 | 176.8 | | 11.8 | -60.0 | 1.00 | | | | | 9.2% | 62.1 | 152.8 | 2350 | 2323 | 3046 | 723 | 512 | 390 | | | 902 |
| 133 | Fri | Mar-16-07 | 176.0 | | 11.0 | -60.8 | 0.80 | | | | | 8.6% | 62.6 | 152.8 | 2350 | 2237 | 3686 | 1449 | 542 | 400 | 600 | | 1542 |
| 134 | Sat | Mar-17-07 | 176.6 | 178.6 | 11.6 | -60.2 | 0.60 | -4.4 | -2.9 | 180.0 | 208.3 | 9.5% | 61.7 | 152.0 | 2350 | 2363 | 3084 | 721 | 502 | 438 | | | 940 |
| 135 | Sun | Mar-18-07 | 175.0 | | 10.0 | -61.8 | 1.60 | | | | | 10.0% | 61.2 | 149.6 | 2350 | 2254 | 3054 | 800 | 519 | 391 | | | 910 |
| 136 | Mon | Mar-19-07 | 176.6 | | 11.6 | -60.2 | 1.60 | | | | | 8.2% | 63.0 | 154.0 | 2350 | 2481 | 3578 | 1097 | 534 | 400 | 500 | | 1434 |
| 137 | Tue | Mar-20-07 | 176.8 | | 11.8 | -60.0 | 0.20 | | | | | 8.4% | 62.9 | 154.0 | 2350 | 2481 | 3637 | 1156 | 482 | 411 | 600 | | 1493 |
| 138 | Wed | Mar-21-07 | 175.4 | | 10.4 | -61.4 | 1.40 | | | | | 7.4% | 63.8 | 154.4 | 2350 | 2323 | 3068 | 745 | 520 | 404 | | | 924 |
| 139 | Thu | Mar-22-07 | 174.2 | | 9.2 | -62.6 | 1.20 | | | | | 8.4% | 62.7 | 151.6 | 2350 | 2395 | 3086 | 691 | 525 | 417 | | | 942 |
| 140 | Fri | Mar-23-07 | 173.6 | | 8.6 | -63.2 | 0.60 | | | | | 8.6% | 62.5 | 150.8 | 2350 | 2375 | 3040 | 665 | 502 | 394 | | | 896 |
| 141 | Sat | Mar-24-07 | 174.2 | 175.3 | 9.2 | -62.6 | 0.60 | -2.4 | -3.25 | 177.1 | 206.8 | 7.7% | 64.8 | 154.8 | 2350 | 2407 | 3648 | 1241 | 508 | 396 | 600 | | 1504 |
| 142 | Sun | Mar-25-07 | 173.8 | | 8.8 | -63.0 | 0.40 | | | | | 7.7% | 63.5 | 152.6 | 2350 | 2323 | 3069 | 746 | 510 | 415 | | | 925 |
| 143 | Mon | Mar-26-07 | 173.2 | | 8.2 | -63.6 | 0.60 | | | | | 8.3% | 62.8 | 151.0 | 2350 | 2445 | 3090 | 645 | 524 | 422 | | | 946 |
| 144 | Tue | Mar-27-07 | 172.8 | | 7.8 | -64.0 | 0.40 | | | | | 7.3% | 63.8 | 152.2 | 2350 | 2514 | 3674 | 1160 | 526 | 404 | 600 | | 1530 |
| 145 | Wed | Mar-28-07 | 174.0 | | 9.0 | -62.8 | 1.20 | | | | | 7.9% | 63.2 | 152.0 | 2350 | 2360 | 3080 | 720 | 520 | 416 | | | 936 |
| 146 | Thu | Mar-29-07 | 173.8 | | 8.8 | -63.0 | 0.20 | | | | | 7.9% | 63.2 | 152.2 | 2350 | 2243 | 3018 | 775 | 500 | 374 | | | 874 |
| 147 | Fri | Mar-30-07 | 172.8 | | 7.8 | -64.0 | 1.00 | | | | | 7.8% | 63.3 | 151.4 | 2350 | 2343 | 3062 | 719 | 510 | 408 | | | 918 |
| 148 | Sat | Mar-31-07 | 172.8 | 173.4 | 7.8 | -64.0 | 0.00 | -1.4 | -1.875 | 173.8 | 205.3 | 7.5% | 63.5 | 151.8 | 2350 | 2524 | 3585 | 1061 | 466 | 375 | 600 | | 1441 |
| 149 | Sun | Apr-01-07 | 173.6 | | 8.6 | -63.2 | 0.80 | | | | | 8.4% | 62.7 | 151.2 | 2350 | 2168 | 3052 | 884 | 500 | 408 | | | 908 |
| 150 | Mon | Apr-02-07 | 172.2 | | 7.2 | -64.6 | 1.40 | | | | | 7.6% | 63.5 | 151.2 | 2350 | 2168 | 3165 | 997 | 520 | 401 | | 160 | 1021 |
| 151 | Tue | Apr-03-07 | 171.6 | | 6.6 | -65.0 | 0.40 | | | | | 7.6% | 63.4 | 151.0 | 2350 | 2410 | 3542 | 1132 | 499 | 399 | 500 | | 1398 |
| 152 | Wed | Apr-04-07 | 172.0 | | 7.0 | -64.8 | 0.20 | | | | | 8.0% | 63.0 | 150.4 | 2350 | 2430 | 4050 | 1620 | 514 | 192 | 1200 | | 1906 |
| 153 | Thu | Apr-05-07 | 169.8 | | 4.8 | -67.0 | 2.20 | | | | | 7.6% | 63.3 | 149.2 | 2350 | 2376 | 3034 | 658 | 490 | 400 | | | 890 |
| 154 | Fri | Apr-06-07 | 170.0 | | 5.0 | -66.8 | 0.20 | | | | | 8.1% | 62.8 | 148.4 | 2350 | 2521 | 3464 | 943 | 508 | 212 | 600 | | 1320 |
| 155 | Sat | Apr-07-07 | 171.0 | 171.7 | 6.0 | -65.8 | 1.00 | -1.8 | -1.775 | 171.9 | 203.8 | 8.1% | 62.9 | 149.4 | 2350 | 2323 | 3016 | 693 | 474 | 398 | | | 872 |