

Starting	236.8	To Lose	71.8	BF%	26.5%
Target	165	To Lose	71.8		79
Basal BMR	2144	Lost	48.2		-75.4
Loss PerWk	1.5	Max LBM	158.0		
Todays Weight 168.6					
5/20/2007					

	Overall	Nov	Dec	Jan	Feb	Mar	Apr	May
Lost	71.8	15.4	14.6	15.8	10.2	8.0	7.8	-2.6
Lowest Weight	165.0	221.4	206.8	191.0	180.8	172.8	165.0	167.6
Lowest BF%	6.5%	21.8%	17.2%	13.7%	11.0%	6.5%	7.1%	7.2%
AVG Daily Loss	0.5	0.46	0.59	0.35	0.26	0.20	0.20	0.07
AVG Week Loss	2.43	3.99	3.21	3.52	2.70	1.81	1.42	0.49
Average Deficit	993	1017	979	1069	989	1016	921	903
Weeks to Goal	1	14	13	7	6	2	3	-7
Date of Goal	Thursday, May 31, 2007							
Range	Thursday, June 07, 2007							
Days to Goal Range	11 to 17 days							

		Date	Weight	Average	Loss	Lost	1 Day Loss	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	LBM	Caloric Target	Calories In	Calories Out	Caloric Deficit	Photo	Morn Cardio	Night Cardio	Fight Train	Core	Weight Lift	Misc	Calorias
0	1	Sat	Nov-04-06	236.8	236.8	71.8	0.0	0.00				25.4%			2350	1885	3415	1730	Yes							1271
	2	Sun	Nov-05-06	236.8		71.8	0.0	0.00				24.8%			2350	1655	2772	1117								628
	3	Mon	Nov-06-06	236.2		71.2	-0.6	0.60				24.0%			2350	1895	3014	1119								870
	4	Tue	Nov-07-06	235.6		70.6	-1.2	0.60				23.9%			2350	1997	3374	1377								1230
	5	Wed	Nov-08-06	235.8		70.8	-1.0	0.20				23.9%			2350	1900	2522	622								378
	6	Thu	Nov-09-06	236.0		71.0	-0.8	0.20				23.1%			2350	2336	3605	1269								1461
	7	Fri	Nov-10-06	234.8		69.8	-2.0	1.20				22.5%	54.6		2350	2227	2816	589								672
1	8	Sat	Nov-11-06	235.2	235.9	70.2	-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		68.8	-3.0	1.40				25.2%	53.5	2350	2109	2944	835									800
	10	Mon	Nov-13-06	232.6		67.6	-4.2	1.20				24.1%	53.9	2350	2170	3634	1464									1490
	11	Tue	Nov-14-06	230.4		65.4	-6.4	2.20				24.3%	53.8	2350	2071	3174	1103									1030
	12	Wed	Nov-15-06	231.2		66.2	-5.6	0.80				23.8%	54.0	2350	1801	3213	1412									1069
	13	Thu	Nov-16-06	230.8		65.8	-6.0	0.40				22.5%	54.6	2350	2209	2941	732									797
	14	Fri	Nov-17-06	232.0		67.0	-4.8	1.20				22.9%	54.4	2350	2066	3210	1144									1066
	15	Sat	Nov-18-06	230.0	232.0	65.0	-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	229.6		63.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285									1279
	17	Mon	Nov-20-06	227.6		62.6	-9.2	1.00				23.5%	54.1	2350	2186	3144	968									1000
	18	Tue	Nov-21-06	226.2		61.2	-10.6	1.40				24.0%	53.9	2350	2148	3244	1096									1100
	19	Wed	Nov-22-06	225.4		60.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431									463
	20	Thu	Nov-23-06	224.8		59.8	-12.0	0.60				22.9%	54.3	2350	2167	2814	1047									670
	21	Fri	Nov-24-06	224.4		59.4	-12.4	0.40				22.9%	54.4	2350	2181	2640	459									496
3	22	Sat	Nov-25-06	224.0	226.4	59.0	-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		57.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	749									783
	24	Mon	Nov-27-06	222.0		57.0	-14.8	0.60				24.0%	53.8	2350	2146	3115	969									971
	25	Tue	Nov-28-06	222.4		57.4	-14.4	0.40				22.8%	54.5	2350	2130	3399	1369									1385
	26	Wed	Nov-29-06	221.6		56.6	-15.2	0.80				22.4%	54.5	2350	2256	3126	870									982
	27	Thu	Nov-30-06	221.4		56.4	-15.4	0.20				21.8%	54.8	2350	2172	3560	1388									1416
4	28	Fri	Dec-01-06	220.8		55.8	-16.0	0.60				24.3%	53.7	2350	2318	3151	833	Yes								1007
	29	Sat	Dec-02-06	219.6	221.8	54.6	-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		54.0	-17.8	0.60				22.5%	54.5	2350	2288	2941	653									797
	31	Mon	Dec-04-06	219.8		54.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	818									877
	32	Tue	Dec-05-06	219.0		54.0	-17.8	0.80				22.0%	54.7	2350	1985	3541	1556									1397
	33	Wed	Dec-06-06	218.2		53.2	-18.6	0.80				22.9%	54.3	2350	2203	3199	996									1055
	34	Thu	Dec-07-06	217.2		52.2	-19.6	1.00				21.0%	55.1	2350	2203	3008	805									864
	35	Fri	Dec-08-06	217.6		52.6	-19.2	0.40				21.5%	54.9	2350	2172	3543	1371									1399
5	36	Sat	Dec-09-06	217.0	218.4	52.0	-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		51.4	-20.4	0.60				20.9%	55.2	2350	2198	2988	790									844
	38	Mon	Dec-11-06	217.0		52.0	-19.8	0.60				21.9%	54.7	2350	2178	3198	1020									1054
	39	Tue	Dec-12-06	214.6		49.6	-22.2	2.40				20.9%	55.1	2350	2132	3563	1431									1419
	40	Wed	Dec-13-06	213.8		48.8	-23.0	0.80				21.2%	55.0	2350	2173	2973	800									829
	41	Thu	Dec-14-06	213.6		48.6	-23.2	0.20				20.7%	55.2	2350	2143	3120	977									976
	42	Fri	Dec-15-06	213.2		48.2	-23.6	0.40				21.3%	54.9	2350	2162	3588	1426									1444
6	43	Sat	Dec-16-06	212.8	214.8	47.8	-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		48.4	-23.4	0.60				19.7%	55.7	2350	2173	2964	791									820
	45	Mon	Dec-18-06	212.4		47.4	-24.4	1.00				19.8%	55.6	2350	2173	3102	929									958
	46	Tue	Dec-19-06	211.6		46.6	-25.2	0.80				19.8%	55.7	2350	2206	3563	1357									1419
	47	Wed	Dec-20-06	211.4		46.4	-25.4	0.20				20.1%	55.5	2350	2173	3180	1007									1036
	48	Thu	Dec-21-06	210.6		45.6	-26.2	0.80				19.6%	55.7	2350	2173	2995	822									851
7	49	Fri	Dec-22-06	209.8		44.8	-27.0	0.80				19.6%	55.7	2350	2201	3759	1557									1614
	50	Sat	Dec-23-06	209.6	211.5	44.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.9	2350	2173	3039	764								793
	51	Sun	Dec-24-06	208.8		43.8	-28.0	0.80				19.4%	55.8	2350	2173	2960	787									816
	52	Mon	Dec-25-06	209.0		44.0	-27.8	0.20				18.8%	56.1	2350	2253	2948	695									804
	53	Tue	Dec-26-06	209.4		44.4	-27.4	0.40				18.8%	56.1	2350	2201	3555	1354									1411
	54	Wed	Dec-27-06	208.0		43.0	-28.8	1.40				19.7%	55.6	2350	2238	3645	1407									1501
	55	Thu	Dec-28-06	207.2		42.2	-29.6	0.80				19.8%	55.5	2350	2173	2961	788									817
	56	Fri	Dec-29-06	206.8		41.8	-30.0	0.40				17.7%	56.6	2350	2173	2949	776									805
	57	Sat	Dec-30-06	207.2	208.3	42.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	765								794
	58	Sun	Jan-01-07	207.2		42.2	-29.6	0.00				19.1%	56.9	2350	2173	3039	857									886
	59	Mon	Jan-02-07	205.6		40.6	-31.2	1.60				17.6%	56.7	2350	2173	3175	1002	Yes								1031
	60	Tue	Jan-03-07	205.6		40.6	-31.2	0.00				1														

