

Starting	236.8	BF%	26.5%
Target	190	To Lose	46.8
Basil MBR	2144		
Loss Per/wk	1.5		

		Date	Weight	Average	Lose	Lost	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	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	46.8	0.0			236.8	236.8	25.4%		2350	1685	3415	1730	Yes	371	400	500		1271
	2	Sun	Nov/05/06	236.8		46.8	0.0					24.8%		2350	1655	2772	1117		328	300			628
	3	Mon	Nov-06-06	236.2		46.2	-0.6					24.0%		2350	1895	3014	1119		300	320		250	870
	4	Tue	Nov/07/06	235.6		45.6	-1.2					23.9%		2350	1997	3374	1377		330	400	500		1230
	5	Wed	Nov-08-06	235.8		45.8	-1.0					23.9%		2350	1900	2522	622		378				378
	6	Thu	Nov/09/06	236.0		46.0	-0.8					23.1%		2350	2336	3605	1269		350	311	500	300	1461
1	7	Fri	Nov-10-06	234.8		44.8	-2.0					22.5%	54.6	2350	2227	2816	589		360	312			672
	8	Sat	Nov/11/06	235.2	235.9	45.2	-1.6	-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		43.8	-3.0					25.2%	53.5	2350	2109	2944	835		500	300			800
	10	Mon	Nov/13/06	232.6		42.6	-4.2					24.1%	53.9	2350	2170	3634	1464		500	340	400	250	1490
	11	Tue	Nov-14-06	230.4		40.4	-6.4					24.3%	53.8	2350	2071	3174	1103		330	300	400		1030
	12	Wed	Nov/15/06	231.2		41.2	-5.6					23.8%	54.0	2350	1801	3213	1412		500	319		250	1069
	13	Thu	Nov-16-06	230.8		40.8	-6.0					22.5%	54.6	2350	2209	2941	732		462	335			797
2	14	Fri	Nov/17/06	232.0		42.0	-4.8					22.9%	54.4	2350	2066	3210	1144		488	328		250	1066
	15	Sat	Nov-18-06	230.0	232.0	40.0	-6.8	-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		38.6	-8.2					23.0%	54.4	2350	2138	3423	1285		451	328	500		1279
	17	Mon	Nov-20-06	227.6		37.6	-9.2					23.5%	54.1	2350	2186	3144	958		500	300		200	1000
	18	Tue	Nov/21/06	226.2		36.2	-10.6					24.0%	53.9	2350	2148	3244	1096		500	300	300		1100
	19	Wed	Nov-22-06	225.4		35.4	-11.4					22.7%	54.4	2350	2074	2607	533		463				463
	20	Thu	Nov/23/06	224.8		34.8	-12.0					22.9%	54.3	2350	1767	2814	1047		470			200	670
3	21	Fri	Nov-24-06	224.4		34.4	-12.4					22.9%	54.4	2350	2079	2640	561		496				496
	22	Sat	Nov/25/06	224.0	226.4	34.0	-12.8	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2151	2957	806		493	320			813