

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

	Overall	Nov	Dec	Jan
Lowest Weight	212.8	221.4	212.8	
Lowest BF%	20.5%	21.8%	20.5%	
AVG Daily Loss	0.53	0.57	0.47	
AVG Week Loss	3.72	3.99	3.29	
Average Deficit	1004	1017	982	
Weeks to Goal	6	8	7	

34.0

43170

19333 13221 6700 2850 42104

	Date	Weight	Average	Lose	Lost	1 Day Loss	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	0.00		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	0.00				24.8%		2350	1655	2772	1117		328	300			628	
	3 Mon	Nov-06-06	236.2		46.2	-0.6	0.60				24.0%		2350	1895	3014	1119		300	320		250	870	
	4 Tue	Nov/07/06	235.6		45.6	-1.2	0.60				23.9%		2350	1997	3374	1377		330	400	500		1230	
	5 Wed	Nov-08-06	235.8		45.8	-1.0	0.20				23.9%		2350	1900	2522	622		378				378	
	6 Thu	Nov/09/06	236.0		46.0	-0.8	0.20				23.1%		2350	2336	3605	1269		350	311	500	300	1461	
	7 Fri	Nov-10-06	234.8		44.8	-2.0	1.20				22.5%	54.6	2350	2227	2816	589		360	312			672	
	8 Sat	Nov/11/06	235.2	235.9	45.2	-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		43.8	-3.0	1.40				25.2%	53.5	2350	2109	2944	835		500	300			800	
	10 Mon	Nov/13/06	232.6		42.6	-4.2	1.20				24.1%	53.9	2350	2170	3634	1464		500	340	400	250	1490	
	11 Tue	Nov-14-06	230.4		40.4	-6.4	2.20				24.3%	53.8	2350	2071	3174	1103		330	300	400		1030	
	12 Wed	Nov/15/06	231.2		41.2	-5.6	0.80				23.8%	54.0	2350	1801	3213	1412		500	319		250	1069	
	13 Thu	Nov-16-06	230.8		40.8	-6.0	0.40				22.5%	54.6	2350	2209	2941	732		462	335			797	
	14 Fri	Nov/17/06	232.0		42.0	-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	40.0	-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		38.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285		451	328	500		1279	
	17 Mon	Nov-20-06	227.6		37.6	-9.2	1.00				23.5%	54.1	2350	2186	3144	958		500	300		200	1000	
	18 Tue	Nov/21/06	226.2		36.2	-10.6	1.40				24.0%	53.9	2350	2148	3244	1096		500	300	300		1100	
	19 Wed	Nov-22-06	225.4		35.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431		463				463	
	20 Thu	Nov/23/06	224.8		34.8	-12.0	0.60				22.9%	54.3	2350	1767	2814	1047		470			200	670	
	21 Fri	Nov-24-06	224.4		34.4	-12.4	0.40				22.9%	54.4	2350	2181	2640	459		496				496	
	22 Sat	Nov/25/06	224.0	226.4	34.0	-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		32.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	749		470	313			783	
	24 Mon	Nov/27/06	222.0		32.0	-14.8	0.60				24.0%	53.8	2350	2146	3115	969		475	296		200	971	
	25 Tue	Nov-28-06	222.4		32.4	-14.4	0.40				22.5%	54.5	2350	2130	3529	1399		472	313	600		1385	
	26 Wed	Nov/29/06	221.6		31.6	-15.2	0.80				22.4%	54.5	2350	2256	3126	870		471	311		200	982	
	27 Thu	Nov-30-06	221.4		31.4	-15.4	0.20				21.8%	54.8	2350	2172	3560	1388		470	346	600		1416	
	28 Fri	Dec/01/06	220.8		30.8	-16.0	0.60				24.3%	53.7	2350	2318	3151	833	Yes	482	325		200	1007	
	29 Sat	Dec-02-06	219.6	221.8	29.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2288	2936	648		482	310			792
	30 Sun	Dec/03/06	219.0		29.0	-17.8	0.60				22.5%	54.5	2350	2288	2941	653		482	315			797	
	31 Mon	Dec-04-06	219.8		29.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	818		483	394			877	
	32 Tue	Dec/05/06	219.0		29.0	-17.8	0.80				22.0%	54.7	2350	1985	3541	1556		478	319	600		1397	
	33 Wed	Dec-06-06	218.2		28.2	-18.6	0.80				22.9%	54.3	2350	2203	3199	996		479	376		200	1055	
	34 Thu	Dec/07/06	217.2		27.2	-19.6	1.00				21.0%	55.1	2350	2203	3008	805		478	386			864	
	35 Fri	Dec-08-06	217.6		27.6	-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	27.0	-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		26.4	-20.4	0.60				20.9%	55.2	2350	2198	2988	790		473	371			844	
	38 Mon	Dec/11/06	217.0		27.0	-19.8	0.60				21.9%	54.7	2350	2178	3198	1020		474	380		200	1054	
	39 Tue	Dec-12-06	214.6		24.6	-22.2	2.40				20.9%	55.1	2350	2132	3563	1431		457	362	600		1419	
	40 Wed	Dec/13/06	213.8		23.8	-23.0	0.80				21.2%	55.0	2350	2173	2973	800		462	367			829	
	41 Thu	Dec-14-06	213.6		23.6	-23.2	0.20				20.7%	55.2	2350	2143	3120	977		464	362		150	976	
	42 Fri	Dec/15/06	213.2		23.2	-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	22.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.5%	55.3	2350	2173	2961	788		460	357			817