

Starting	238.8	BF%	26.5%
Target	199	To Lose	46.8
Basal BMR	2144	Lost	43.6
Loss Perwk	1.5		

54

	Overall	Nov	Dec	Jan
Lowest Weight	193.2	221.4	206.8	193.2
Lowest BF%	14.1%	21.8%	17.2%	14.1%
AVG Daily Loss	0.51	0.57	0.46	0.52
AVG Week Loss	3.59	3.99	3.21	3.63
Average Deficit	1023	1017	979	1079
Weeks to Goal	1	8	5	1
Date of Goal	Saturday, February 03, 2007			
Days to Goal	5			

Date	Weight	Average	Loss	Loc	1 Day	7 Day	Average	Moving	Target	Target	BF%	Water	Caloric	Calories	Calories	Caloric	Deficit	Photo	86957				
																			Morning	Evening	Fight	Core	Total
0 1 Sat	Nov-04-06	238.8	238.8	46.8	0.0	0.00			238.8	238.8	25.4%	2550	1885	3415	1720	1117	354	400	500	4000	8800		
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	0.00					23.9%	2350	1900	2322	822		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	836	500	300			800		
10 Mon	Nov-13-06	232.6		42.6	-4.2	1.20					24.1%	53.9	2350	2170	3534	1464	500	340	400	250	1480		
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	2064	3210	1144	468	328		250	1068		
15 Sat	Nov-18-06	230.0	232.0	40.0	-6.8	2.00	-6.2	-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	2907	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	694	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	966	775	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	0.00					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	2116	3151	833	462	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	2938	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	218.8		28.8	-17.0	0.80					22.8%	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	2168	3541	1556	478	319		600	1387		
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	219.2	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					20.0%	55.2	2350	2198	2988	700	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	213.8		23.8	-23.2	0.20					20.7%	55.2	2350	2143	3128	977	476	349		150	876		
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		
44 Sun	Dec-17-06	213.4		23.4	-23.4	0.60					19.7%	55.7	2350	2173	2964	791	462	368			820		
45 Mon	Dec-18-06	212.4		22.4	-24.4	1.00					19.8%	55.6	2350	2173	3102	929	460	368		150	958		
46 Tue	Dec-19-06	211.6		21.6	-25.2	0.80					19.8%	55.7	2350	2206	3563	1357	465	364		600	1419		
47 Wed	Dec-20-06	211.4		21.4	-25.4	0.20					20.1%	55.5	2350	2173	3180	1007	474	362		200	1038		
48 Thu	Dec-21-06	210.6		20.6	-26.2	0.80					19.6%	55.7	2350	2173	2995	822	457	394			851		
49 Fri	Dec-22-06	209.8		19.8	-27.0	0.80					19.6%	55.7	2350	2201	3758	1557	462	362	600	200	1614		
50 Sat	Dec-23-06	209.6	211.5	19.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	784	447	346			793		
51 Sun	Dec-24-06	209.8		19.8	-28.0	0.80					19.4%	55.8	2350	2173	2960	787	462	354			816		
52 Mon	Dec-25-06	209.0		19.0	-27.8	0.20					18.8%	56.1	2350	2253	2948	695	452	352			804		
53 Tue	Dec-26-06	209.4		19.4	-27.4	0.40					18.8%	56.1	2350	2201	3555	1354	448	363	600		1411		
54 Wed	Dec-27-06	208.0		18.0	-28.8	1.40					19.7%	55.6	2350	2238	3645	1407	446	365	700		1501		
55 Thu	Dec-28-06	207.2		17.2	-29.8	0.80					19.9%	55.5	2350	2173	2961	788	458	359			805		
56 Fri	Dec-29-06	206.8		16.8	-30.0	0.40					17.7%	56.6	2350	2173	2949	776	445	360			805		
57 Sat	Dec-30-06	207.2	208.3	17.2	-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		17.2	-29.6	0.00					19.1%	55.9											