

Starting	236.8	BPM	26.5%
To Target	185		50
Basal BMR	2144	Lost	45.8
Loss PerWk	1.5		53.0

Today's Weight
2/4/2007 191

	Overall	Nov	Dec	Jan	Feb
Lowest Weight	191.0	221.4	206.8	191.0	191.0
Lowest BMR	2135	2185	1725	1375	1325
AVG Daily Loss	0.50	0.57	0.46	0.50	0.20
Average Week Loss	3.48	3.99	3.21	3.52	1.40
Average Deficit	1618	1617	979	1069	881
Weeks to Goal	7	9	2	2	4
Date of Goal	Friday, February 16, 2007				
Days to Goal	12				

Date	Weight	Average	Loss	1 Day	7 Day	Average	Moving	BPM	Water	Calories	Calories	Calories	Caloric	Photo	93624				43336 32328 15300 4000 94964			
															Target	Target	Target	Target	Target	Target	Target	Target
0 1 Sat	Nov-04-06	236.8	236.8	51.8	0.0	0.00		25.4%	23.0	1685	3415	1730	Yes	371	400	500				1271		
2 Sun	Nov-05-06	236.9		51.8	0.0	0.00		24.9%	23.0	1655	2772	1117		328	300					628		
3 Mon	Nov-06-06	236.2		51.2	-0.6	0.60		24.0%	23.0	1895	3014	1119		300	320		250			870		
4 Tue	Nov-07-06	235.6		50.6	-1.2	0.60		23.9%	23.0	1997	3374	1377		330	400	500				1230		
5 Wed	Nov-08-06	235.9		50.9	-0.9	0.60		23.9%	23.0	1900	2922	922		378						378		
6 Thu	Nov-09-06	236.0		51.0	-0.8	0.20		23.1%	23.0	2336	3605	1269		350	311	500	300			1461		
7 Fri	Nov-10-06	234.8		49.8	-2.0	1.20		22.5%	54.6	2350	2227	2816	889	360	312					672		
8 Sat	Nov-11-06	235.2	235.9	50.2	-1.6	0.40	-1.6	-0.9	235.3	235.3	23.4%	54.2	2350	2208	2889	881				745		
9 Sun	Nov-12-06	233.9		48.9	-3.0	1.40		26.2%	63.6	2350	2109	2944	635	500	300					800		
10 Mon	Nov-13-06	232.6		47.6	-4.2	1.20		24.1%	53.9	2350	2170	3634	1464	500	340	400	250			1490		
11 Tue	Nov-14-06	230.4		45.4	-6.4	2.20		24.3%	53.8	2350	2071	3174	1103	330	300	400				1030		
12 Wed	Nov-15-06	231.2		46.2	-5.6	0.80		23.8%	54.0	2350	1901	3213	1412	580	318		250			1069		
13 Thu	Nov-16-06	230.8		45.8	-3.0	0.40		22.5%	54.6	2350	2269	2941	732	462	338					797		
14 Fri	Nov-17-06	232.0		47.0	-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	45.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.8%	54.1	2350	2024	2960	936				816		
16 Sun	Nov-19-06	229.6		43.6	-8.2	1.40		23.1%	54.4	2350	2138	3423	1285	451	328	500				1273		
17 Mon	Nov-20-06	227.6		42.6	-9.2	1.00		23.5%	54.1	2350	2186	3144	958	500	300		200			1000		
18 Tue	Nov-21-06	226.2		41.2	-10.6	1.40		24.0%	53.9	2350	2148	3244	1096	500	300	300				1100		
19 Wed	Nov-22-06	226.4		40.4	-11.4	0.80		22.7%	54.4	2350	2176	2607	451	460						463		
20 Thu	Nov-23-06	224.8		38.8	-12.0	0.60		22.9%	54.3	2350	1767	2814	1047	470			200			463		
21 Fri	Nov-24-06	224.4		39.4	-12.4	0.40		22.9%	54.4	2350	2181	2640	459	496						496		
22 Sat	Nov-25-06	224.0	226.4	39.0	-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		37.6	-14.2	1.40		23.3%	54.2	2350	2178	3027	749	470	318					753		
24 Mon	Nov-27-06	222.0		37.0	-14.8	0.60		24.0%	53.8	2350	2146	3115	969	475	298					971		
25 Tue	Nov-28-06	222.4		37.4	-14.4	0.40		22.5%	54.5	2350	2130	3520	1399	472	313	600				1385		
26 Wed	Nov-29-06	221.6		36.6	-15.2	0.80		22.4%	54.5	2350	2256	3126	870	470	311		200			862		
27 Thu	Nov-30-06	221.4		36.4	-15.4	0.20		21.9%	54.8	2350	2172	3660	1388	470	348	600				1416		
28 Fri	Dec-01-06	220.8		35.8	-16.0	0.60		24.3%	53.7	2350	2318	3151	833	482	328		200			1007		
29 Sat	Dec-02-06	219.6	221.8	34.6	-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		34.0	-17.8	0.60		22.5%	54.5	2350	2289	2941	653	480						653		
31 Mon	Dec-04-06	219.8		34.8	-17.0	0.80		22.6%	54.4	2350	2203	3021	818	483	394					877		
32 Tue	Dec-05-06	219.0		34.0	-17.8	0.80		22.0%	54.7	2350	1985	3541	1556	478	319	600				1397		
33 Wed	Dec-06-06	218.2		33.2	-18.6	0.80		22.9%	54.3	2350	2203	3199	996	479	376		200			1055		
34 Thu	Dec-07-06	217.2		32.2	-19.6	1.00		21.0%	55.1	2350	2203	3029	825	470	308					825		
35 Fri	Dec-08-06	217.6		32.6	-19.2	0.40		21.5%	54.9	2350	2172	3543	1371	473	328	600				1399		
36 Sat	Dec-09-06	217.0	218.4	32.0	-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	216.0		31.4	-20.4	0.60		20.9%	55.2	2350	2186	3260	1060	470	371					844		
38 Mon	Dec-11-06	217.0		32.0	-19.8	0.60		21.9%	54.7	2350	2178	3198	1020	474	380					1054		
39 Tue	Dec-12-06	214.6		29.6	-22.2	2.40		20.9%	55.1	2350	2132	3563	1431	457	362	600				1419		
40 Wed	Dec-13-06	213.8		28.8	-23.0	0.80		21.2%	55.0	2350	2173	2973	800	462	357					829		
41 Thu	Dec-14-06	213.0		28.0	-23.8	0.20		20.7%	55.2	2350	2143	3020	977	464	358		150			976		
42 Fri	Dec-15-06	213.2		28.2	-23.6	0.40		21.3%	54.9	2350	2152	3588	1426	463	381	600				1444		
43 Sat	Dec-16-06	212.8	214.8	27.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.8%	55.3	2350	2173	2961	788				817		
44 Sun	Dec-17-06	213.4		28.4	-23.4	0.60		19.7%	55.7	2350	2173	2964	791	462	386					820		
45 Mon	Dec-18-06	212.4		27.4	-24.4	1.00		19.8%	55.6	2350	2173	3002	856	458	358		150			804		
46 Tue	Dec-19-06	211.6		26.6	-25.2	0.80		19.8%	55.7	2350	2206	3563	1357	455	364	600				1419		
47 Wed	Dec-20-06	211.4		26.4	-25.4	0.20		20.1%	55.5	2350	2173	3180	1007	474	362		200			1036		
48 Thu	Dec-21-06	210.6		25.6	-26.2	0.80		19.5%	55.7	2350	2201	3522	1341	463	394					1419		
49 Fri	Dec-22-06	209.8		24.8	-27.0	0.80		19.8%	55.7	2350	2201	3758	1557	462	352	600	200			1614		
50 Sat	Dec-23-06	209.6	211.5	24.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	784				793		
51 Sun	Dec-24-06	208.8		23.8	-28.0	0.80		19.4%	55.8	2350	2173	2960	787	462	384					816		
52 Mon	Dec-25-06	209.0		24.0	-27.8	0.20		19.8%	56.1	2350	2253	2946	695	455	352					804		
53 Tue	Dec-26-06	209.4		24.4	-27.4	0.40		18.8%	56.1	2350	2201	3556	1354	448	363	600				1411		
54 Wed	Dec-27-06	208.0		23.0	-28.8	1.40		19.7%	55.6	2350	2238	3645	1407	446	356	700				1501		
55 Thu	Dec-28-06	207.2		22.2	-29.6	0.80		19.8%	55.5	2350	2173	2961	788	458	368					817		
56 Fri	Dec-29-06	206.8		21.8	-30.0	0.40		17.7%	56.6	2350	2173	2949	776	445	360					805		
57 Sat	Dec-30-06	207.2	208.3	22.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	785				794		
58 Sun	Dec-31-06	207.2		22.2	-29.6	0.00		19.1%	55.9	2350	2173	3030	857	486	400					886		
59 Mon	Jan-01-07	205.6		20.6	-31.2	1.80		17.8%	56.7	2350	2173	3176	1006	521	410		100			1031		
60 Tue	Jan-02-07	205.6		20.6	-31.2	0.00		18.5%	56.2	2350	2261	3588	1327	488	358	600				1444		
61 Wed	Jan-03-07	204.6		19.6	-32.2	1.00		18.6%	56.2	2350	2173	3247	1074	506	397		200			1103		
62 Thu	Jan-04-07	203.4		18.4	-33.4	1.20		18.0%	56.5	2350	2173	3057	884	507	408					913		
63 Fri	Jan-05-07	203.2		18.2	-33.6	0.20		18.0%	56.4	2350	2261	3617	1356	527	346	600				1473		
64 Sat	Jan-06-07	203.2	205.0	18.2	-33.6	0.00	-4	-3.25	206.8	223.3	17.3%	56.8	2350	2173	3049	876				905		
65 Sun	Jan-07-07	203.2		18.2	-33.6	0.00		18.0%	56.5	2350	2173	3064	891	500	400					920		
66 Mon	Jan-08-07	203.0		18.0	-33.8	0.20		16.8%	57.1	2350	2173	3043	870	493	408					899		
67 Tue	Jan-09-07	202.0		17.0	-34.8	1.00		16.9%	57.1	2350	2261	3653	1402	507	412	60						