

Starting Weight	236.8	BPM	26.9%
Target	189.2	To Lose	51.8
Basal BMR	2144	Lost	47.6
Lean Per cent	1.5		54.8

Todays Weight 189.2
2/11/2007

	Overall	Nov	Dec	Jan	Feb
Lowest Weight	189.2	221.4	206.8	191.0	189.2
Lowest BPM	11.7%	21.9%	17.2%	13.7%	11.7%
AVG Daily Loss	0.48	0.57	0.48	0.60	0.24
AVG Week Loss	3.37	3.99	3.21	3.82	1.68
Average Deficit	1016	1017	979	1069	880
Weeks to Goal	1	9	7	1	2
Date of Goal	Tuesday, February 20, 2007				
Range	Thursday, March 01, 2007				
Days to Goal Range	9 to 28 days				

	Date	Weight	Average	Loss	Lost	1 Day Loss	7 Day Loss	7 Day Moving Target	Target	BPM	Water Weight	Caloric Target	Calories In	Calories Out	Calories Deficit	Photo	Morning Cardio	Evening Cardio	Fight Training	Core Workout	Calories
1	Sat	Nov-04-06	236.8	236.8	51.8	0.0	0.00	236.8	236.8	25.4%	2350	1685	3415	1730	300	371	400	500		1271	
2	Sun	Nov-05-06	236.8	236.8	51.8	0.0	0.00	236.8	236.8	25.4%	2350	1685	2772	1117	300	300	300			623	
3	Mon	Nov-06-06	236.2	236.2	51.2	-0.6	0.80			24.0%	2350	1895	3014	1119	300	320			280	870	
4	Tue	Nov-07-06	235.6	235.6	50.6	-1.2	0.60			23.9%	2350	1967	3374	1377	330	400	500			1230	
5	Wed	Nov-08-06	235.8	235.8	50.8	-1.0	0.20			23.9%	2350	1800	2322	822	310					378	
6	Thu	Nov-09-06	236.0	236.0	51.0	-0.8	0.20			23.1%	2350	2336	3605	1269	350	311	500	300		1461	
7	Fri	Nov-10-06	234.8	234.8	49.8	-2.0	1.20			22.5%	54.6	2350	2227	2816	589	360	412			872	
8	Sat	Nov-11-06	235.2	235.9	50.2	-1.6	0.40	-1.6	-0.9	23.5%	23.4%	54.2	2350	2206	2689	661	324	424		742	
9	Sun	Nov-12-06	233.8	233.8	48.8	-2.0	0.80			23.2%	53.8	2350	2106	2961	858	500	300			800	
10	Mon	Nov-13-06	232.6	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	230.4	45.4	-6.4	2.20			24.3%	53.8	2350	2071	3174	1109	330	300	400		1030	
12	Wed	Nov-15-06	231.2	231.2	46.2	-5.0	0.80			23.8%	54.0	2350	1801	3213	1412	500	319		250	1059	
13	Thu	Nov-16-06	230.8	230.8	45.8	-6.0	0.40			22.5%	54.6	2350	2209	2941	732	462	335			797	
14	Fri	Nov-17-06	232.0	232.0	47.0	-4.8	1.20			22.9%	54.4	2350	2086	3210	1144	468	328		700	1066	
15	Sat	Nov-18-06	230.0	232.0	45.0	-6.0	2.00	-5.2	-3.9	23.4%	23.0%	54.1	2350	2004	2969	936	415	296		816	
16	Sun	Nov-19-06	228.6	228.6	43.6	-8.2	1.40			23.0%	54.4	2350	2138	3423	1285	461	328	500		1279	
17	Mon	Nov-20-06	227.6	227.6	42.6	-9.2	1.00			23.5%	54.1	2350	2186	3144	958	500	300		700	1000	
18	Tue	Nov-21-06	229.2	229.2	41.2	-10.0	1.40			24.0%	53.4	2350	2148	3244	1096	500	300	300		1100	
19	Wed	Nov-22-06	225.4	225.4	40.4	-11.4	0.80			22.7%	54.4	2350	2176	2807	431	463				463	
20	Thu	Nov-23-06	224.8	224.8	39.8	-12.0	0.60			22.9%	54.3	2350	1767	2814	1047	470			700	870	
21	Fri	Nov-24-06	224.4	224.4	39.4	-12.4	0.40			22.8%	54.4	2350	2041	2940	459	466				456	
22	Sat	Nov-25-06	224.0	228.4	39.0	-12.8	0.40	6.00	-5.6	23.0%	23.1%	54.4	2350	2273	2957	684	483	320		813	
23	Sun	Nov-26-06	222.6	222.6	37.6	-14.2	1.40			23.3%	54.2	2350	2178	2927	748	470	313		700	763	
24	Mon	Nov-27-06	222.0	222.0	37.0	-14.8	0.60			23.0%	53.3	2350	2145	3051	906	475	296		200	971	
25	Tue	Nov-28-06	222.4	222.4	37.4	-14.4	0.40			22.9%	54.5	2350	2130	3529	1399	472	313	600		1385	
26	Wed	Nov-29-06	221.6	221.6	36.6	-15.2	0.80			22.4%	54.5	2350	2256	3126	870	471	311		200	862	
27	Thu	Nov-30-06	221.4	221.4	36.4	-15.4	0.20			23.1%	54.3	2350	2066	2122	1066	470	306	600		1416	
28	Fri	Dec-01-06	220.6	220.6	35.6	-16.0	0.60			24.3%	53.7	2350	2318	3151	833	462	328		200	1007	
29	Sat	Dec-02-06	219.6	221.8	34.6	-17.2	1.20	-4.4	-4.6	22.9%	54.7	2350	2288	2936	648	462	310			752	
30	Sun	Dec-03-06	219.0	219.0	34.0	-17.8	0.60			22.5%	54.3	2350	2288	3041	753	466	400			793	
31	Mon	Dec-04-06	219.8	219.8	34.8	-17.0	0.80			22.6%	54.4	2350	2203	3021	818	463	394			877	
32	Tue	Dec-05-06	219.0	219.0	34.0	-17.8	0.80			22.0%	54.7	2350	1865	3541	1556	478	318	600		1397	
33	Wed	Dec-06-06	218.2	218.2	33.2	-18.6	0.80			22.9%	54.1	2350	2268	3186	918	479	316		200	1025	
34	Thu	Dec-07-06	217.2	217.2	32.2	-19.6	1.00			23.0%	55.1	2350	2203	3008	805	478	308			841	
35	Fri	Dec-08-06	217.6	217.6	32.6	-19.2	0.40			21.5%	54.9	2350	2172	3543	1371	473	326	600		1359	
36	Sat	Dec-09-06	217.0	218.4	32.0	-19.8	0.60	-2.8	-3.4	22.0%	55.1	2350	2203	2996	793	491	361			852	
37	Sun	Dec-10-06	216.4	216.4	31.4	-20.4	0.60			23.9%	53.8	2350	2188	3068	786	473	314			844	
38	Mon	Dec-11-06	217.0	217.0	32.0	-19.8	0.60			21.9%	54.7	2350	2178	3198	1020	474	380		200	1054	
39	Tue	Dec-12-06	214.6	214.6	29.6	-22.2	2.40			20.9%	55.1	2350	2132	3693	1431	457	362		600	1419	
40	Wed	Dec-13-06	213.8	213.8	29.8	-23.0	0.80			21.2%	55.0	2350	2173	3273	806	467	361			806	
41	Thu	Dec-14-06	213.8	213.8	29.8	-23.2	0.20			20.7%	55.2	2350	2143	3120	677	464	362			150	976
42	Fri	Dec-15-06	213.2	213.2	29.2	-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	27.8	-24.0	1.00	-4.2	-3.6	21.6%	227.8	20.5%	55.0	2350	2061	788	460	377			817
44	Sun	Dec-17-06	213.4	213.4	28.4	-23.4	0.60			19.7%	55.7	2350	2173	2964	791	462	358			820	
45	Mon	Dec-18-06	212.4	212.4	27.4	-24.4	1.00			18.8%	55.5	2350	2173	3102	929	460	358			1150	956
46	Tue	Dec-19-06	211.8	211.8	26.6	-25.2	0.80			19.4%	55.7	2350	1826	3563	1537	455	344	600		1416	
47	Wed	Dec-20-06	211.4	211.4	26.4	-25.4	0.20			20.6%	55.5	2350	2173	3180	1007	474	362		200	1036	
48	Thu	Dec-21-06	210.6	210.6	25.6	-26.2	0.80			18.6%	55.7	2350	2173	2995	822	457	384			851	
49	Fri	Dec-22-06	209.8	209.8	24.8	-27.0	0.80			18.6%	55.7	2350	2201	2758	1557	462	365	600	200	1514	
50	Sat	Dec-23-06	209.6	211.5	24.6	-27.2	0.20	-3.2	-3.35	21.3%	226.3	19.3%	55.8	2350	2173	2937	764	447	346		793
51	Sun	Dec-24-06	208.8	208.8	23.8	-28.0	0.80			18.4%	55.8	2350	2173	2960	787	462	354			816	
52	Mon	Dec-25-06	209.0	209.0	24.0	-27.8	0.80			18.3%	55.1	2350	2253	3061	908	466	400			866	
53	Tue	Dec-26-06	209.4	209.4	24.4	-27.4	0.40			18.8%	56.1	2350	2201	3655	1354	448	363	600		1411	
54	Wed	Dec-27-06	208.0	208.0	23.0	-28.8	1.40			16.7%	55.6	2350	2238	3645	1407	446	355	700		1501	
55	Thu	Dec-28-06	207.2	207.2	22.2	-29.6	0.80			18.9%	55.3	2350	2173	3061	788	466	400			866	
56	Fri	Dec-29-06	206.8	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	21.0%	224.8	17.2%	56.7	2350	2173	2938	766	441	353		794
58	Sun	Dec-31-06	207.2	207.2	22.2	-29.6	0.00			19.1%	55.9	2350	2173	3030	857	466	400			866	
59	Mon	Jan-01-07	206.6	206.6	21.6	-30.2	0.60			17.6%	56.7	2350	2173	3176	1002	521	410		100	1031	
60	Tue	Jan-02-07	205.6	205.6	20.6	-31.2	0.00			18.5%	56.2	2350	2281	3588	1327	466	388	600		1444	
61	Wed	Jan-03-07	204.6	204.6	19.6	-32.2	1.00			18.8%	56.2	2350	2173	3647	1074	506	397		200	1103	
62	Thu	Jan-04-07	203.4	203.4	18.4	-33.4	1.20			19.0%	56.5	2350	2173	3057	884	507	406			913	
63	Fri	Jan-05-07	203.2	203.2	18.2	-33.6	0.20			18.0%	56.4	2350	2281	3617	1356	527	346	600		1473	
64	Sat	Jan-06-07	203.2	205.0	18.2	-33.6	0.00	-4	-3.25	20.8%	223.3	17.3%	56.6	2350	2173	3049	876	503	400		905
65	Sun	Jan-07-07	203.2	203.2	18.2	-33.6	0.00			18.0%	56.5										