

Starting	236.8	BF%	26.5%
Target	175	To Lose	61.8
Basil BMR	2144	Lost	-67.4
Loss Per/wk	1.5	Max LBM	158.0

Today's Weight	176.6
3/18/2007	

Overall	Nov	Dec	Jan	Feb	Mar	
Lost	60.8	15.4	14.6	15.8	10.2	4.8
Lowest Weight	176.0	221.4	206.8	191.0	180.8	176.0
Lowest BF%	8.2%	21.8%	17.2%	13.7%	11.0%	8.2%
AVG Daily Loss	0.45	0.57	0.46	0.50	0.39	0.25
AVG Week Loss	3.14	3.99	3.21	3.52	2.70	1.73
Average Deficit	1029	1017	979	1069	989	1133
Weeks to Goal	1	12	10	5	2	1
Date of Goal	Thursday, March 22, 2007					
Range	Sunday, March 25, 2007					
Days to Goal Range	4 to 7 days					

		Date	Weight	Average	Lose	Lost	1 Day Loss	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	LBM	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	61.8	0.0	0.00				25.4%			2350	1685	3415	1730		371	400	500		1271
	2	Sun	Nov-05-06	236.8		61.8	0.0	0.00				24.8%			2350	1655	2772	1117	Yes	328	300			628
	3	Mon	Nov-06-06	236.2		61.2	-0.6	0.60				24.0%			2350	1895	3014	1119		300	320		250	870
	4	Tue	Nov-07-06	235.6		60.6	-1.2	0.60				23.9%			2350	1997	3374	1377		330	400	500		1230
	5	Wed	Nov-08-06	235.8		60.8	-1.0	0.20				23.9%			2350	1900	2522	622		378				378
	6	Thu	Nov-09-06	236.0		61.0	-0.8	0.20				23.1%			2350	2336	3605	1269		350	311	500	300	1461
	7	Fri	Nov-10-06	234.8		59.8	-2.0	1.20				22.5%	54.6		2350	2227	2816	589		360	312			672
	8	Sat	Nov-11-06	235.2	235.9	60.2	-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		58.8	-3.0	1.40				25.2%	53.5		2350	2109	2944	835		500	300			800
	10	Mon	Nov-13-06	232.6		57.6	-4.2	1.20				24.1%	53.9		2350	2170	3634	1464		500	340	400	250	1490
	11	Tue	Nov-14-06	230.4		55.4	-6.4	2.20				24.3%	53.8		2350	2071	3174	1103		330	300			1030
	12	Wed	Nov-15-06	231.2		56.2	-5.6	0.80				23.8%	54.0		2350	1801	3213	1412		500	319		250	1069
	13	Thu	Nov-16-06	230.8		55.8	-6.0	0.40				22.6%	54.6		2350	2209	2941	732		462	335			797
	14	Fri	Nov-17-06	232.0		57.0	-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	55.0	-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		53.6	-8.2	1.40				23.0%	54.4		2350	2138	3423	1285		451	328	500		1279
	17	Mon	Nov-20-06	227.6		52.6	-9.2	1.00				23.5%	54.1		2350	2186	3144	958		500	300		200	1000
	18	Tue	Nov-21-06	226.2		51.2	-10.6	1.40				24.0%	53.9		2350	2148	3244	1096		500	300	300		1100
	19	Wed	Nov-22-06	225.4		50.4	-11.4	0.80				22.7%	54.4		2350	2176	2607	431		463				463
	20	Thu	Nov-23-06	224.8		49.8	-12.0	0.60				22.9%	54.3		2350	1767	2814	1047		470			200	670
	21	Fri	Nov-24-06	224.4		49.4	-12.4	0.40				22.9%	54.4		2350	2181	2640	459		496				496
	22	Sat	Nov-25-06	224.0	226.4	49.0	-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		47.6	-14.2	1.40				23.3%	54.2		2350	2178	2927	749		470	313			783
	24	Mon	Nov-27-06	222.0		47.0	-14.8	0.60				24.0%	53.8		2350	2146	3115	969		475	296		200	971
	25	Tue	Nov-28-06	222.4		47.4	-14.4	0.40				22.5%	54.5		2350	2130	3529	1399		472	313	600		1385
	26	Wed	Nov-29-06	221.6		46.6	-15.2	0.80				22.4%	54.5		2350	2256	3126	870		471	311		200	982
	27	Thu	Nov-30-06	221.4		46.4	-15.4	0.20				21.8%	54.8		2350	2172	3560	1388		470	346	600		1416
	28	Fri	Dec-01-06	220.8		45.8	-16.0	0.60				24.3%	53.7		2350	2138	3151	833	Yes	482	325		200	1007
	29	Sat	Dec-02-06	219.6	221.8	44.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7		2350	2298	2936	648		482	310		732
	30	Sun	Dec-03-06	219.0		44.0	-17.8	0.60				22.5%	54.5		2350	2288	2941	653		482	315			787
	31	Mon	Dec-04-06	218.8		44.8	-17.0	0.80				22.6%	54.4		2350	2203	3021	818		483	394			877
	32	Tue	Dec-05-06	219.0		44.0	-17.8	0.80				22.0%	54.7		2350	1985	3541	1556		478	319	600		1397
	33	Wed	Dec-06-06	218.2		43.2	-18.6	0.80				22.9%	54.3		2350	2203	3199	996		479	376		200	1055
	34	Thu	Dec-07-06	217.2		42.2	-19.6	1.00				21.0%	55.1		2350	2203	3008	805		478	386			864
	35	Fri	Dec-08-06	217.6		42.6	-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	42.0	-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		41.4	-20.4	0.60				20.9%	55.2		2350	2198	2988	790		473	371			844
	38	Mon	Dec-11-06	217.0		42.0	-19.8	0.60				21.9%	54.7		2350	2178	3198	1020		474	380		200	1054
	39	Tue	Dec-12-06	214.6		39.6	-22.2	2.40				20.9%	55.1		2350	2132	3563	1431		457	362	600		1419
	40	Wed	Dec-13-06	213.8		38.8	-23.0	0.80				21.2%	55.0		2350	2173	2973	800		462	367			829
	41	Thu	Dec-14-06	213.6		38.6	-23.2	0.20				20.7%	55.2		2350	2143	3120	977		464	362		150	976
	42	Fri	Dec-15-06	213.2		38.2	-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	37.8	-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		38.4	-23.4	0.60				19.7%	55.7		2350	2173	2964	791		462	358			820
	45	Mon	Dec-18-06	212.4		37.4	-24.4	1.00				19.8%	55.6		2350	2173	3102	929		450	358		150	958
	46	Tue	Dec-19-06	211.6		36.6	-25.2	0.80				19.8%	55.7		2350	2206	3563	1357		456	365	600		1419
	47	Wed	Dec-20-06	211.4		36.4	-25.4	0.20				20.1%	56.4		2350	2173	3180	1007		474	362		200	1036
	48	Thu	Dec-21-06	210.6		35.6	-26.2	0.80				19.6%	55.7		2350	2173	2995	822		457	394			851
	49	Fri	Dec-22-06	209.8		34.8	-27.0	0.80				19.6%	55.7		2350	2201	3758	1557		462	352	600	200	1614
	50	Sat	Dec-23-06	209.6	211.5	34.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8		2350	2173	2937	764		447	346		793
	51	Sun	Dec-24-06	208.8		33.8	-28.0	0.80				19.4%	55.8		2350	2173	2960	787		462	354			816
	52	Mon	Dec-25-06	209.0		34.0	-27.8	0.20				18.8%	56.1		2350	2253	2948	695		452	352			804
	53	Tue	Dec-26-06	208.4		34.4	-27.4	0.40				18.8%	56.1		2350	2201	3555	1354		448	363	600		1411
	54	Wed	Dec-27-06	208.0		33.0	-28.8	1.40				19.7%	55.6		2350	2238	3645	1407		446	355	700		1501
	55	Thu	Dec-28-06	207.2		32.2	-29.6	0.80				19.8%	55.5		2350	2173	2961	788		458	359			817
	56	Fri	Dec-29-06	206.8		31.8	-30.0	0.40				17.7%	56.6		2350	2173	2949	776		445	360			805
	57	Sat	Dec-30-06	207.2	208.3	32.2	-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		32.2	-29.6	0.00				19.1%	55.9		2350	2173	3030	857		486	400			886
	59	Mon	Jan-01-07	205.6		30.6	-31.2	1.60				17.6%	56.7		2350	2173	3175	1002	Yes	521	410		100	1031
	60	Tue	Jan-02-07	205.6		30.6	-31.2	0.00				18.5%	56.2		2350	2261	3588	1327		486	358	600		1444
	61	Wed	Jan-03-07	204.6		29.6	-32.2	1.00				16.6%	56.											

101	Mon	Feb-12-07	187.2		12.2	-49.6	0.80						11.6%	60.3	157.2	2350	2173	3124	951				600	380							980
102	Tue	Feb-13-07	187.8		12.8	-49.0	0.60						11.9%	60.3	157.2	2350	2376	3611	1235				477	390	600						1467
103	Wed	Feb-14-07	187.0		12.0	-49.8	0.80						12.3%	59.8	156.0	2350	2173	3027	854				506	377							883
104	Thu	Feb-15-07	185.8		10.8	-51.0	1.20						11.4%	60.5	156.6	2350	2222	3056	834				495	417							912
105	Fri	Feb-16-07	185.2		10.2	-51.6	0.60						11.8%	60.1	155.4	2350	2276	3518	1242				528	396	450						1374
106	Sat	Feb-17-07	185.2	186.9	10.2	-51.6	0.00	-4	-2.97	188.4	214.3		13.0%	59.2	153.2	2350	2173	3167	994				500	400			123				1023
107	Sun	Feb-18-07	184.2		9.2	-52.6	1.00						13.0%	59.1	152.4	2350	2073	3040	967				493	403							896
108	Mon	Feb-19-07	183.4		8.4	-53.4	0.80						12.3%	59.6	152.8	2350	2173	3041	868				506	391							897
109	Tue	Feb-20-07	183.6		8.6	-53.2	0.20						11.7%	60.1	154.0	2350	2276	3648	1372				499	405	600						1504
110	Wed	Feb-21-07	183.4		8.4	-53.4	0.20						11.7%	60.1	154.0	2350	2173	3048	873				502	400							902
111	Thu	Feb-22-07	182.4		7.4	-54.4	1.00						11.4%	60.4	153.6	2350	2173	3085	912				528	413							941
112	Fri	Feb-23-07	182.6		7.6	-54.2	0.20						11.9%	59.9	152.8	2350	2276	3678	1402				510	424	600						1534
113	Sat	Feb-24-07	183.2	183.5	8.2	-53.6	0.60	-2	-3.425	185.4	212.8		12.1%	59.8	153.0	2350	2173	3061	888				513	404							917
114	Sun	Feb-25-07	182.6		7.6	-54.2	0.60						11.2%	60.5	154.2	2350	2173	3084	911				513	427							940
115	Mon	Feb-26-07	182.0		7.0	-54.8	0.60						11.7%	60.1	152.8	2350	2173	3202	1029				514	395		150					1058
116	Tue	Feb-27-07	180.8		5.8	-56.0	1.20						11.2%	60.4	152.6	2350	2396	3647	1251				514	389	600						1503
117	Wed	Feb-28-07	180.8		5.8	-56.0	0.00						11.0%	60.6	153.0	2350	2173	3008	835				479	385							864
118	Thu	Mar-01-07	180.6		5.6	-56.2	0.20						11.2%	60.4	152.4	2350	2173	3060	887	Yes			516	400							916
119	Fri	Mar-02-07	181.4		6.4	-55.4	0.80						11.6%	60.1	152.6	2350	2396	3944	1548				350	350	900	200					1800
120	Sat	Mar-03-07	181.2	181.6	6.2	-55.6	0.20	-2	-1.925	182.0	211.3		9.1%	62.4	156.6	2350	2389	3874	1485				300	230	1200						1730
121	Sun	Mar-04-07	181.2		6.2	-55.6	0.00						9.4%	62.0	156.0	2350	2323	2909	586				485	280							765
122	Mon	Mar-05-07	182.2		7.2	-54.6	1.00						9.8%	61.7	156.2	2350	2252	3955	1703				300	311	1200						1811
123	Tue	Mar-06-07	181.6		6.6	-55.2	0.60						9.7%	61.8	155.8	2350	2173	3442	1269				500	398	400						1298
124	Wed	Mar-07-07	181.4		6.4	-55.4	0.20						10.2%	61.3	154.8	2350	2327	4255	1929				484	228	1200	200					2112
125	Thu	Mar-08-07	181.8		6.8	-55.0	0.40						9.5%	62.0	156.4	2350	2283	4083	1820				480	409	1050						1939
126	Fri	Mar-09-07	181.2		6.2	-55.6	0.60						8.2%	63.3	153.0	2350	2323	3046	723				474	428							902
127	Sat	Mar-10-07	181.0	181.5	6.0	-55.8	0.20	-0.2	-0.125	180.1	209.8		9.4%	62.0	156.0	2350	2173	2964	791				468	352							820
128	Sun	Mar-11-07	181.6		6.6	-55.2	0.60						8.9%	62.5	157.2	2350	2312	2997	685				470	383							853
129	Mon	Mar-12-07	180.2		5.2	-56.6	1.40						8.9%	62.4	156.0	2350	2265	3042	777				514	384							898
130	Tue	Mar-13-07	178.4		3.4	-58.4	1.80						9.9%	61.4	152.8	2350	2280	3054	774				509	401							910
131	Wed	Mar-14-07	177.8		2.8	-59.0	0.60						8.2%	63.1	155.2	2350	2205	3598	1393				522	432	500						1454
132	Thu	Mar-15-07	176.8		1.8	-60.0	1.00						9.2%	62.1	152.8	2350	2323	3046	723				512	390							902
133	Fri	Mar-16-07	176.0		1.0	-60.8	0.80						8.6%	62.6	152.8	2350	2237	3686	1449				542	400	600						1542
134	Sat	Mar-17-07	176.6	178.6	1.6	-60.2	0.60	-4.4	-2.9	180.0	208.3		9.5%	61.7	152.0	2350	2363	3084	721				502	438							940