

Starting	236.8	BF%	26.5%
Target	170	To Lose	66.8
Basal BMR	2144	Lost	62.6
Loss Per/wk	1.5	Max LBM	158.0

74
-69.8

Todays Weight	174.2
3/25/2007	

Lost	63.2	15.4	14.6	15.8	10.2	7.2
Lowest Weight	173.6	221.4	206.8	191.0	180.8	173.6
Lowest BF%	6.5%	21.8%	17.2%	13.7%	11.0%	6.5%
AVG Daily Loss	0.44	0.57	0.46	0.50	0.39	0.28
AVG Week Loss	3.11	3.99	3.21	3.52	2.70	1.93
Average Deficit	1024	1017	979	1069	989	1069
Weeks to Goal	1	13	11	6	4	2
Date of Goal	Tuesday, April 03, 2007					
Range	Monday, April 09, 2007					
Days to Goal Range	8 to 14 days					

144316

67582 51028 28100 4773 151483

	Date	Weight	Average	Loss	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	66.8	0.0	0.00			25.4%			2350	1685	3415	1730	Yes					
2	Sun	Nov-05-06	236.8		66.8	0.0	0.00		236.8	236.8	24.8%			2350	1655	2772	1117						
3	Mon	Nov-06-06	236.2		66.2	-0.6	0.60				24.0%			2350	1895	3014	1119						
4	Tue	Nov-07-06	235.6		65.6	-1.2	0.60				23.9%			2350	1997	3374	1377						
5	Wed	Nov-08-06	235.8		65.8	-1.0	0.20				23.9%			2350	1900	2522	622						
6	Thu	Nov-09-06	236.0		66.0	-0.8	0.20				23.1%			2350	2336	3605	1269						
7	Fri	Nov-10-06	234.8		64.8	-2.0	1.20				22.5%	54.6		2350	2227	2816	589						
8	Sat	Nov-11-06	235.2	235.9	65.2	-1.6	0.40	-1.6	-0.9	235.3	235.3	23.4%	54.2	2350	2208	2889	681						
9	Sun	Nov-12-06	233.8		63.8	-3.0	1.40				25.2%	53.5		2350	2109	2944	835						
10	Mon	Nov-13-06	232.6		62.6	-4.2	1.20				24.1%	53.9		2350	2170	3634	1464						
11	Tue	Nov-14-06	230.4		60.4	-6.4	2.20				24.3%	53.8		2350	2071	3174	1103						
12	Wed	Nov-15-06	231.2		61.2	-5.6	0.80				23.8%	54.0		2350	1801	3213	1412						
13	Thu	Nov-16-06	230.8		60.8	-3.0	0.80				22.5%	54.6		2350	2200	2941	732						
14	Fri	Nov-17-06	232.0		62.0	-4.8	1.20				22.9%	54.4		2350	2066	3210	1144						
15	Sat	Nov-18-06	230.0	232.0	60.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.6%	54.1	2350	2024	2960	936						
16	Sun	Nov-19-06	228.6		58.6	-8.2	1.40				23.0%	54.4		2350	2138	3423	1285						
17	Mon	Nov-20-06	227.6		57.6	-9.2	1.00				23.5%	54.1		2350	2186	3144	958						
18	Tue	Nov-21-06	226.2		56.2	-10.6	1.40				24.0%	53.9		2350	2148	3244	1096						
19	Wed	Nov-22-06	225.4		55.4	-11.4	0.80				22.7%	54.4		2350	2176	2607	431						
20	Thu	Nov-23-06	224.8		54.8	-12.0	0.60				22.9%	54.3		2350	1767	2814	1047						
21	Fri	Nov-24-06	224.4		54.4	-12.4	0.40				22.9%	54.4		2350	2181	2640	459						
22	Sat	Nov-25-06	224.0	226.4	54.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2273	2957	684						
23	Sun	Nov-26-06	222.6		52.6	-14.2	1.40				23.3%	54.2		2350	2178	2927	749						
24	Mon	Nov-27-06	222.0		52.0	-14.8	0.60				24.0%	53.8		2350	2146	3115	969						
25	Tue	Nov-28-06	222.4		52.4	-14.4	0.40				22.5%	54.5		2350	2130	3529	1399						
26	Wed	Nov-29-06	221.6		51.6	-15.2	0.80				22.4%	54.5		2350	2256	3126	870						
27	Thu	Nov-30-06	221.4		51.4	-15.4	0.20				21.8%	54.8		2350	2172	3560	1388						
28	Fri	Dec-01-06	220.8		50.8	-16.0	0.60				24.3%	53.7		2350	2318	3151	833	Yes					
29	Sat	Dec-02-06	219.6	221.8	49.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2238	2936	648						
30	Sun	Dec-03-06	219.0		49.0	-17.8	0.60				22.5%	54.5		2350	2288	2941	653						
31	Mon	Dec-04-06	218.8		48.8	-17.0	0.80				22.6%	54.4		2350	2203	3021	818						
32	Tue	Dec-05-06	219.0		49.0	-17.8	0.80				22.0%	54.7		2350	1985	3541	1556						
33	Wed	Dec-06-06	218.2		48.2	-18.6	0.80				22.9%	54.3		2350	2203	3199	996						
34	Thu	Dec-07-06	217.2		47.2	-19.6	1.00				21.0%	55.1		2350	2203	3008	805						
35	Fri	Dec-08-06	217.6		47.6	-19.2	0.40				21.5%	54.9		2350	2172	3543	1371						
36	Sat	Dec-09-06	217.0	218.4	47.0	-19.8	0.60	-2.6	-3.4	220.3	229.3	21.1%	55.1	2350	2203	2996	793						
37	Sun	Dec-10-06	216.4		46.4	-20.4	0.60				20.9%	55.2		2350	2198	2988	790						
38	Mon	Dec-11-06	217.0		47.0	-19.8	0.60				21.9%	54.7		2350	2178	3198	1020						
39	Tue	Dec-12-06	216.4		46.4	-22.2	2.40				20.9%	55.1		2350	2132	3563	1431						
40	Wed	Dec-13-06	213.8		43.8	-23.0	0.80				21.2%	55.0		2350	2173	2973	800						
41	Thu	Dec-14-06	213.6		43.6	-23.2	0.20				20.7%	55.2		2350	2143	3120	977						
42	Fri	Dec-15-06	213.2		43.2	-23.6	0.40				21.3%	54.9		2350	2162	3588	1426						
43	Sat	Dec-16-06	212.8	214.8	42.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.5%	55.3	2350	2173	2961	788						
44	Sun	Dec-17-06	213.4		43.4	-23.4	0.60				19.7%	55.7		2350	2173	2964	791						
45	Mon	Dec-18-06	212.4		42.4	-24.4	1.00				19.8%	55.6		2350	2173	3102	929						
46	Tue	Dec-19-06	211.6		41.6	-25.2	0.80				19.8%	55.7		2350	2206	3563	1357						
47	Wed	Dec-20-06	211.4		41.4	-25.4	0.20				20.1%	55.5		2350	2173	3190	1007						
48	Thu	Dec-21-06	210.6		40.6	-26.2	0.80				19.6%	55.7		2350	2173	2995	822						
49	Fri	Dec-22-06	209.8		39.8	-27.0	0.80				19.6%	55.7		2350	2201	3758	1557						
50	Sat	Dec-23-06	209.6	211.5	39.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	764						
51	Sun	Dec-24-06	208.8		38.8	-28.0	0.80				19.4%	55.8		2350	2173	2960	787						
52	Mon	Dec-25-06	209.0		39.0	-27.8	0.20				18.8%	56.1		2350	2253	2948	695						
53	Tue	Dec-26-06	209.4		39.4	-27.4	0.40				18.8%	56.1		2350	2201	3555	1354						
54	Wed	Dec-27-06	208.0		38.0	-28.8	1.40				19.7%	55.6		2350	2238	3645	1407						
55	Thu	Dec-28-06	207.2		37.2	-29.6	0.80				19.8%	55.5		2350	2173	2961	788						
56	Fri	Dec-29-06	206.8		36.8	-30.0	0.40				17.7%	56.6		2350	2173	2949	776						
57	Sat	Dec-30-06	207.2	208.3	37.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	765						
58	Sun	Dec-31-06	207.2		37.2	-29.6	0.00				19.1%	55.9		2350	2173	3030	857						
59	Mon	Jan-01-07	205.6		35.6	-31.2	1.60				17.6%	56.7		2350	2173	3175	1002	Yes					
60	Tue	Jan-02-07	205.6		35.6	-31.2	0.00				18.5%	56.2		2350	2281	3588	1327						
61	Wed	Jan-03-07	204.6		34.6	-32.2	1.00				18.6%	56.2		2350	2173	3247	1074						
62	Thu	Jan-04-07	203.4		33.4	-33.4	1.20				18.0%	56.5		2350	2173	3057	884						
63	Fri	Jan-05-07	203.2		33.2	-33.8	0.20				18.0%	56.4		2350	2206	3563	1357						
64	Sat	Jan-06-07	203.2	205.0	33.2	-33.8	0.00	-4	-3.25	206.8	223.3	17.3%	56.8	2350	2173	3049	876						
65	Sun	Jan-07-07	203.2		33.2	-33.6	0.00				18.0%	56.5		2350	2173	3064	891						
66	Mon	Jan-08-07	203.0		33.0	-33.8	0.20				16.8%	57.1		2350	2173	3043							

102	Tue	Feb-13-07	187.8		17.8	-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		17.0	-49.8	0.80					12.3%	59.8	156.0	2350	2173	3027	854					506	377				883
104	Thu	Feb-15-07	185.8		15.8	-51.0	1.20					11.4%	60.5	156.6	2350	2222	3056	834					495	417				912
105	Fri	Feb-16-07	185.2		15.2	-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	15.2	-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		14.2	-52.6	1.00					13.0%	59.1	152.4	2350	2073	3040	967					493	403				896
108	Mon	Feb-19-07	183.4		13.4	-53.4	0.80					12.3%	59.6	152.8	2350	2173	3041	868					506	391				897
109	Tue	Feb-20-07	183.6		13.6	-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		13.4	-53.4	0.20					11.7%	60.1	154.0	2350	2173	3048	873					502	400				902
111	Thu	Feb-22-07	182.4		12.4	-54.4	1.00					11.4%	60.4	153.6	2350	2173	3085	912					528	413				941
112	Fri	Feb-23-07	182.6		12.6	-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	13.2	-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		12.6	-54.2	0.60					11.2%	60.5	154.2	2350	2173	3084	911					513	427				940
115	Mon	Feb-26-07	182.0		12.0	-54.8	0.60					11.7%	60.1	152.8	2350	2173	3202	1029					513	395		150		1058
116	Tue	Feb-27-07	180.8		10.8	-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		10.8	-56.0	0.00					11.0%	60.6	153.0	2350	2173	3008	835					479	385				864
118	Thu	Mar-01-07	180.6		10.6	-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		11.4	-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	11.2	-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		11.2	-55.6	0.00					9.4%	62.0	156.0	2350	2323	2909	586					485	280				765
122	Mon	Mar-05-07	182.2		12.2	-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		11.6	-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		11.4	-55.4	0.20					10.2%	61.3	154.8	2350	2327	4256	1929					484	228	1200	200		2112
125	Thu	Mar-08-07	181.8		11.8	-55.0	0.40					9.5%	62.0	156.4	2350	2253	4083	1820					490	408		1050		1939
126	Fri	Mar-09-07	181.2		11.2	-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	11.0	-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		11.6	-55.2	0.60					8.9%	62.5	157.2	2350	2312	2997	685					470	383				853
129	Mon	Mar-12-07	180.2		10.2	-56.6	1.40					8.9%	62.4	156.0	2350	2265	3042	777					514	384				898
130	Tue	Mar-13-07	178.4		8.4	-58.4	1.80					9.9%	61.4	152.8	2350	2280	3054	774					509	401				910
131	Wed	Mar-14-07	177.8		7.8	-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		6.8	-60.0	1.00					9.2%	62.1	152.8	2350	2323	3046	723					512	390				902
133	Fri	Mar-16-07	176.0		6.0	-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	6.6	-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
135	Sun	Mar-18-07	176.0		5.0	-61.8	1.60					10.0%	61.2	149.6	2350	2254	3054	800					519	391				910
136	Mon	Mar-19-07	176.6		6.6	-60.2	1.60					8.2%	63.0	154.0	2350	2481	3578	1097					534	400	500			1434
137	Tue	Mar-20-07	176.8		6.8	-60.0	0.20					8.4%	62.9	154.0	2350	2481	3637	1156					482	411	600			1493
138	Wed	Mar-21-07	175.4		5.4	-61.4	1.40					7.4%	63.8	154.4	2350	2323	3068	745					520	404				924
139	Thu	Mar-22-07	174.2		4.2	-62.6	1.20					8.4%	62.7	151.6	2350	2395	3086	691					525	417				942
140	Fri	Mar-23-07	173.6		3.6	-63.2	0.60					8.6%	62.5	150.8	2350	2375	3040	665					502	394				896
141	Sat	Mar-24-07	174.2	175.3	4.2	-62.6	0.60	-2.4	-3.25	177.1	206.8	6.5%	64.8	154.8	2350	2407	3648	1241					508	396	600			1504