

Starting	236.8	BF%	26.5%
Target	165	To Lose	71.8
Basal BMR	2144	Lost	66.0
Loss Per/wk	1.5	Max LBM	158.0
79			
-73.2			
Today's Weight 4/15/2007 170.8			

Overall	Nov	Dec	Jan	Feb	Mar	Apr
Lost	67.4	15.4	14.6	15.8	10.2	8.0
Lowest Weight	169.4	221.4	206.8	191.0	180.8	172.8
Lowest BF%	6.5%	21.8%	17.2%	13.7%	11.0%	6.8%
AVG Daily Loss	0.41	0.57	0.46	0.50	0.39	0.26
AVG Week Loss	2.85	3.99	3.21	3.52	2.70	1.81
Average Deficit	1005	1017	979	1069	989	1016
Weeks to Goal	2	14	13	7	6	3
Date of Goal	Sunday, April 29, 2007					
Range	Saturday, May 26, 2007					
Days to Goal Range	14 to 41 days					

		162766										78182 58161 34000 4873 175216												
		Date	Weight	Average	Lose	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	71.8	0.0	0.00		236.8	236.8	25.4%		2350	1885	3415	1730	Yes	371	400	500		1271	
	2	Sun	Nov-05-06	236.8		71.8	0.0	0.00				24.8%		2350	1855	2772	1117		328	300			628	
	3	Mon	Nov-06-06	236.2		71.2	-0.6	0.60				24.0%		2350	1895	3014	1119		300	320		250	870	
	4	Tue	Nov-07-06	235.6		70.6	-1.2	0.60				23.9%		2350	1997	3374	1377		330	400	500		1230	
	5	Wed	Nov-08-06	235.8		70.8	-1.0	0.20				23.9%		2350	1900	2522	622		378				378	
	6	Thu	Nov-09-06	236.0		71.0	-0.8	0.20				23.1%		2350	2336	3605	1269		350	311	500	300	1461	
	7	Fri	Nov-10-06	234.8		69.8	-2.0	1.20				22.5%	54.6	2350	2227	2816	589		360	312			672	
1	8	Sat	Nov-11-06	235.2	235.9	70.2	-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		68.8	-3.0	1.40				26.2%	53.5	2350	2109	2944	835		500	300			800	
	10	Mon	Nov-13-06	232.6		67.6	-4.2	1.20				24.1%	53.9	2350	2170	3634	1464		500	340	400	250	1490	
	11	Tue	Nov-14-06	230.4		65.4	-6.4	2.20				24.3%	53.8	2350	2071	3174	1103		330	300	400		1030	
	12	Wed	Nov-15-06	231.2		66.2	-5.6	0.80				23.8%	54.0	2350	1801	3213	1412		500	319		250	1069	
	13	Thu	Nov-16-06	230.8		65.8	-6.0	0.40				22.6%	54.8	2350	2209	2941	732		462	335			797	
	14	Fri	Nov-17-06	232.0		67.0	-4.8	1.20				22.9%	54.4	2350	2066	3210	1144		488	328		250	1066	
2	15	Sat	Nov-18-06	230.0	232.0	65.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.6%	54.1	2350	2242	2960	936		500	316			816
	16	Sun	Nov-19-06	228.6		63.6	-8.2	1.40				23.0%	54.4	2350	2138	3423	1285		451	328	500		1279	
	17	Mon	Nov-20-06	227.6		62.6	-9.2	1.00				23.5%	54.1	2350	2186	3144	958		500	300		200	1000	
	18	Tue	Nov-21-06	226.2		61.2	-10.6	1.40				24.0%	53.9	2350	2148	3244	1096		500	300	300		1100	
	19	Wed	Nov-22-06	225.4		60.4	-11.4	0.80				22.7%	54.4	2350	2176	2607	431		463				463	
	20	Thu	Nov-23-06	224.8		59.8	-12.0	0.60				22.9%	54.3	2350	1767	2814	1047		470				670	
	21	Fri	Nov-24-06	224.4		59.4	-12.4	0.40				22.9%	54.4	2350	2181	2640	489		496				496	
22	22	Sat	Nov-25-06	224.0	226.4	59.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	54.4	2350	2273	2957	684		493	320			813
23	23	Sun	Nov-26-06	222.6		57.6	-14.2	1.40				23.3%	54.2	2350	2178	2927	749		470	313			783	
	24	Mon	Nov-27-06	222.0		57.0	-14.8	0.60				24.0%	53.8	2350	2146	3115	969		475	296		200	971	
	25	Tue	Nov-28-06	222.4		57.4	-14.4	0.40				22.5%	54.5	2350	2130	3529	1399		472	313	600		1385	
	26	Wed	Nov-29-06	221.6		56.6	-15.2	0.80				22.4%	54.5	2350	2256	3126	870		471	311		200	982	
	27	Thu	Nov-30-06	221.4		56.4	-15.4	0.20				21.8%	54.8	2350	2172	3560	1388		470	346	600		1416	
	28	Fri	Dec-01-06	220.8		55.8	-16.0	0.60				24.3%	53.7	2350	2318	3151	833	Yes	482	325		200	1007	
4	29	Sat	Dec-02-06	219.6	221.8	54.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	54.7	2350	2288	2936	648		482	310			792
	30	Sun	Dec-03-06	219.0		54.0	-17.8	0.60				22.5%	54.5	2350	2288	2941	653		482	315			797	
	31	Mon	Dec-04-06	219.8		54.8	-17.0	0.80				22.6%	54.4	2350	2203	3021	818		483	394			877	
	32	Tue	Dec-05-06	219.0		54.0	-17.8	0.80				22.0%	54.7	1985	1985	3541	1556		478	319	600		1397	
	33	Wed	Dec-06-06	218.2		53.2	-18.6	0.80				22.9%	54.3	2350	2203	3199	996		479	376		200	1055	
	34	Thu	Dec-07-06	217.2		52.2	-19.6	1.00				21.0%	55.1	2350	2203	3008	805		478	386			864	
	35	Fri	Dec-08-06	217.6		52.6	-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	52.0	-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		51.4	-20.4	0.60				20.9%	55.2	2350	1928	2988	790		473	371			844	
	38	Mon	Dec-11-06	217.0		52.0	-19.8	0.60				21.9%	54.7	2350	2178	3198	1020		474	380		200	1054	
	39	Tue	Dec-12-06	214.6		49.6	-22.2	2.40				20.9%	55.1	2350	2132	3563	1431		457	362	600		1419	
	40	Wed	Dec-13-06	213.8		48.8	-23.0	0.80				21.2%	55.0	2350	2173	2973	800		462	367			829	
	41	Thu	Dec-14-06	213.6		48.6	-23.2	0.20				20.7%	55.2	2350	2143	3120	977		464	362		150	976	
	42	Fri	Dec-15-06	213.2		48.2	-23.6	0.40				21.3%	54.9	2350	2162	3588	1426		463	381	600		1444	
6	43	Sat	Dec-16-06	212.8	214.8	47.8	-24.0	0.40	-4.2	-3.6	216.9	227.8	20.5%	55.3	2350	2203	2961	788		460	357			817
	44	Sun	Dec-17-06	213.4		48.4	-23.4	0.60				19.7%	55.7	2350	2173	2964	791		462	388			820	
	45	Mon	Dec-18-06	212.4		47.4	-24.4	1.00				19.8%	55.6	2350	2173	3102	929		450	388		150	958	
	46	Tue	Dec-19-06	211.6		46.6	-25.2	0.80				19.8%	55.7	2350	2206	3563	1357		455	364	600		1419	
	47	Wed	Dec-20-06	211.4		46.4	-25.4	0.20				20.1%	55.5	2350	2173	3180	1007		474	362		200	1036	
	48	Thu	Dec-21-06	210.6		45.6	-26.2	0.80				19.6%	55.7	2350	2173	2995	822		457	394			851	
	49	Fri	Dec-22-06	209.8		44.8	-27.0	0.80				19.6%	55.7	2350	2201	3758	1557		462	382	600	200	1614	
7	50	Sat	Dec-23-06	209.6	211.5	44.6	-27.2	0.20	-3.2	-3.35	213.3	226.3	19.3%	55.8	2350	2173	2937	764		447	346			793
	51	Mon	Dec-24-06	208.8		43.8	-28.0	0.80				19.4%	55.8	2350	2173	2960	787		462	364			816	
	52	Tue	Dec-25-06	209.0		44.0	-27.8	0.20				18.8%	56.1	2263	2263	2948	684		452	352			804	
	53	Wed	Dec-26-06	209.4		44.4	-27.4	0.40				23.0%	55.1	2350	2201	3555	1354		448	363	600		1411	
	54	Thu	Dec-27-06	208.0		43.0	-28.8	1.40				19.7%	55.6	2350	2238	3645	1407		446	365	700		1501	
	55	Fri	Dec-28-06	207.2		42.2	-29.6	0.80				19.8%	55.5	2350	2173	2961	788		458	389			817	
	56	Sat	Dec-29-06	206.8		41.8	-30.0	0.40				17.7%	56.6	2350	2173	2949	776		445	360			805	
	57	Sun	Dec-30-06	207.2	208.3	42.2	-29.6	0.40	-2.4	-3.20	210.0	224.8	17.2%	56.7	2350	2173	2938	765		441	353			794
	58	Mon	Dec-31-06	207.2		42.2	-29.6	0.00				19.1%	55.9	2350	2173	3030	857		486	400			886	
	59	Tue	Jan-01-07	205.6		40.6	-31.2	1.60				17.6%	56.7	2350	2173	3175	1002	Yes	521	410		100	1031	
	60	Wed	Jan-02-07	205.6		40.6	-31.2	0.00				18.5%	56.2	2350	2261	3588	1327		486	368	600		1444	
	61	Thu	Jan-03-07	204.6		39.6	-32.2	1.00				18.6%	56.2	2350	2									

106	Sat	Feb-17-07	185.2	186.9	20.2	-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		19.2	-52.6	1.00					13.0%	59.1	152.4	2350	2073	3040	967	493	403			896
108	Mon	Feb-19-07	183.4		18.4	-53.4	0.80					12.3%	59.6	152.8	2350	2173	3041	868	506	391			897
109	Tue	Feb-20-07	183.6		18.6	-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		18.4	-53.4	0.20					11.7%	60.1	154.0	2350	2173	3046	873	592	400			902
111	Thu	Feb-22-07	182.4		17.4	-54.4	1.00					11.4%	60.4	153.6	2350	2173	3085	912	576	413			941
112	Fri	Feb-23-07	182.6		17.6	-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	18.2	-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		17.6	-54.2	0.60					11.2%	60.5	152.2	2350	2173	3084	911	513	427			940
115	Mon	Feb-26-07	182.0		17.0	-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		15.8	-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		15.8	-56.0	0.00					11.0%	60.6	153.0	2350	2173	3008	835	479	385			864
118	Thu	Mar-01-07	180.6		15.6	-56.2	0.20					11.2%	60.4	152.4	2350	2173	3060	887	516	400			916
119	Fri	Mar-02-07	181.4		16.4	-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	16.2	-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		16.2	-55.6	0.00					9.4%	62.0	156.0	2350	2323	2909	886	485	280			765
122	Mon	Mar-05-07	182.2		17.2	-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		16.6	-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		16.4	-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		16.8	-55.0	0.40					9.5%	62.0	156.4	2350	2263	4083	1820	480	409	1050		1939
126	Fri	Mar-09-07	181.2		16.2	-55.6	0.60					8.2%	63.3	158.0	2350	2323	3046	723	474	428			902
127	Sat	Mar-10-07	181.0	181.5	16.0	-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		16.6	-55.2	0.60					8.9%	62.5	157.2	2350	2312	2997	685	470	383			853
129	Mon	Mar-12-07	180.2		15.2	-56.6	1.40					8.9%	62.4	156.0	2350	2265	3042	777	514	384			898
130	Tue	Mar-13-07	178.4		13.4	-58.4	1.80					9.9%	61.4	152.8	2350	2280	3054	774	509	401			910
131	Wed	Mar-14-07	177.8		12.8	-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		11.8	-60.0	1.00					9.2%	62.1	152.8	2350	2323	3046	723	512	390			902
133	Fri	Mar-16-07	176.0		11.0	-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	11.6	-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	175.0		10.0	-61.8	1.60					10.0%	61.2	149.6	2350	2254	3054	800	519	391			910
136	Mon	Mar-19-07	176.6		11.6	-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		11.8	-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		10.4	-61.4	1.40					7.4%	63.8	154.4	2350	2323	3068	745	520	404			924
139	Thu	Mar-22-07	174.2		9.2	-62.6	1.20					8.4%	62.7	151.6	2350	2395	3086	691	525	417			942
140	Fri	Mar-23-07	173.6		8.6	-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	9.2	-62.6	0.60	-2.4	-3.25	177.1	206.8	7.7%	64.8	154.8	2350	2407	3648	1241	508	396	600		1504
142	Sun	Mar-25-07	173.8		8.8	-63.0	0.40					7.7%	63.5	152.6	2350	2323	3069	746	510	415			925
143	Mon	Mar-26-07	173.2		8.2	-63.6	0.60					8.3%	62.8	151.0	2350	2445	3090	645	524	422			946
144	Tue	Mar-27-07	172.8		7.8	-64.0	0.40					7.3%	63.8	152.2	2350	2514	3674	1160	526	404	600		1530
145	Wed	Mar-28-07	174.0		9.0	-62.8	1.20					7.9%	63.2	152.0	2350	2360	3080	720	520	416			936
146	Thu	Mar-29-07	173.8		8.8	-63.0	0.20					7.9%	63.2	152.2	2350	2243	3018	775	500	374			874
147	Fri	Mar-30-07	172.8		7.8	-64.0	1.00					7.8%	63.3	151.4	2350	2343	3062	719	510	408			918
148	Sat	Mar-31-07	172.8	173.4	7.8	-64.0	0.00	-1.4	-1.875	173.8	205.3	7.5%	63.5	151.8	2350	2524	3585	1061	466	375	600		1441
149	Sun	Apr-01-07	173.6		8.6	-63.2	0.80					8.4%	62.7	151.2	2350	2168	3052	884	500	408			908
150	Mon	Apr-02-07	172.2		7.2	-64.6	1.40					7.6%	63.5	151.2	2350	2168	3165	997	520	401		160	1021
151	Tue	Apr-03-07	171.6		6.6	-65.0	0.40					7.6%	63.4	151.0	2350	2410	3542	1132	499	399	500		1398
152	Wed	Apr-04-07	172.0		7.0	-64.8	0.20					8.0%	63.0	150.4	2350	2430	4050	1620	514	192	1200		1906
153	Thu	Apr-05-07	169.8		4.8	-67.0	2.20					7.6%	63.3	149.2	2350	2376	3034	658	490	400			890
154	Fri	Apr-06-07	170.0		5.0	-66.8	0.20					8.1%	62.8	148.4	2350	2521	3464	943	508	212	600		1320
155	Sat	Apr-07-07	171.0	171.7	6.0	-65.8	1.00	-1.8	-1.775	171.9	203.8	8.1%	62.9	149.4	2350	2323	3016	693	474	398			872
156	Sun	Apr-08-07	171.6		6.6	-65.2	0.60					8.0%	63.0	150.0	2350	2494	2643	149	499				499
157	Mon	Apr-09-07	173.0		8.0	-63.8	1.40					7.6%	63.5	152.0	2350	2387	3669	1282	524	401	600		1525
158	Tue	Apr-10-07	173.0		8.0	-63.8	0.00					7.9%	63.2	151.6	2350	2362	3538	1176	486	308	600		1394
159	Wed	Apr-11-07	163.4		4.4	-67.4	3.60					7.9%	63.0	148.4	2350	2399	3444	1045	511	169	600		1300
160	Thu	Apr-12-07	170.4		5.4	-66.4	1.00					7.4%	63.5	150.0	2350	2642	3466	824	511	211	600		1322
161	Fri	Apr-13-07	170.4		5.4	-66.4	0.00					7.4%	63.5	150.0	2350	2612	3051	439	516	392			907
162	Sat	Apr-14-07	170.8	171.2	5.8	-66.0	0.40	-0.2	-0.45	170.2	202.3	7.5%	63.5	150.2	2350	2261	3045	784	493	408			901