

Starting	236.8	BF%	26.5%
Target	190	To Lose	46.8
Basil BMR	2144		
Loss Per/wk	1.5		

Lowest Weight	219.0
Lowest BF%	21.8%
Daily AVG Loss	0.59

	Date	Weight	Average	Lose	Lost	1 Day Loss	7 Day Loss	Average Loss	Moving Target	Target	BF%	Water Weight	Caloric Target	Calories In	Calories Out	Caloric Deficit	Photo	Morning Cardio	Evening Cardio	Fight Training	Core Workout	Total Calories
1	Sat	Nov-04-06	236.8	236.8	46.8	0.0	0.00			236.8	236.8	25.4%	2350	1685	3415	1730	Yes	371	400	500		1271
2	Sun	Nov/05/06	236.8		46.8	0.0	0.00					24.8%	2350	1655	2772	1117		328	300			628
3	Mon	Nov-06-06	236.2		46.2	-0.6	0.60					24.0%	2350	1895	3014	1119		300	320		250	870
4	Tue	Nov/07/06	235.6		45.6	-1.2	0.60					23.9%	2350	1997	3374	1377		330	400	500		1230
5	Wed	Nov-08-06	235.8		45.8	-1.0	0.20					23.9%	2350	1900	2522	622		378				378
6	Thu	Nov/09/06	236.0		46.0	-0.8	0.20					23.1%	2350	2336	3605	1269		350	311	500	300	1461
7	Fri	Nov-10-06	234.8		44.8	-2.0	1.20					22.5%	2350	2227	2816	589		360	312			672
8	Sat	Nov/11/06	235.2	235.9	45.2	-1.6	0.40	-1.6	-0.9	235.3	235.3	23.4%	2350	2208	2889	681		324	421			745
9	Sun	Nov-12-06	233.8		43.8	-3.0	1.40					25.2%	2350	2109	2944	835		500	300			800
10	Mon	Nov/13/06	232.6		42.6	-4.2	1.20					24.1%	2350	2170	3634	1464		500	340	400	250	1490
11	Tue	Nov-14-06	230.4		40.4	-6.4	2.20					24.3%	2350	2071	3174	1103		330	300	400		1030
12	Wed	Nov/15/06	231.2		41.2	-5.6	0.80					23.8%	2350	1801	3213	1412		500	319		250	1069
13	Thu	Nov-16-06	230.8		40.8	-6.0	0.40					22.5%	2350	2209	2941	732		462	335			797
14	Fri	Nov/17/06	232.0		42.0	-4.8	1.20					22.9%	2350	2066	3210	1144		488	328		250	1066
15	Sat	Nov-18-06	230.0	232.0	40.0	-6.8	2.00	-5.2	-3.9	234.4	233.8	23.6%	2350	2024	2960	936		500	316			816
16	Sun	Nov/19/06	228.6		38.6	-8.2	1.40					23.0%	2350	2138	3423	1285		451	328	500		1279
17	Mon	Nov-20-06	227.6		37.6	-9.2	1.00					23.5%	2350	2186	3144	958		500	300		200	1000
18	Tue	Nov/21/06	226.2		36.2	-10.6	1.40					24.0%	2350	2148	3244	1096		500	300	300		1100
19	Wed	Nov-22-06	225.4		35.4	-11.4	0.80					22.7%	2350	2176	2607	431		463				463
20	Thu	Nov/23/06	224.8		34.8	-12.0	0.60					22.9%	2350	1767	2814	1047		470			200	670
21	Fri	Nov-24-06	224.4		34.4	-12.4	0.40					22.9%	2350	2181	2640	459		496				496
22	Sat	Nov/25/06	224.0	226.4	34.0	-12.8	0.40	-6.00	-5.6	230.5	232.3	23.1%	2350	2273	2957	684		493	320			813
23	Sun	Nov-26-06	222.6		32.6	-14.2	1.40					23.3%	2350	2178	2927	749		470	313			783
24	Mon	Nov/27/06	222.0		32.0	-14.8	0.60					24.0%	2350	2146	3115	969		475	296		200	971
25	Tue	Nov-28-06	222.4		32.4	-14.4	0.40					22.5%	2350	2130	3529	1399		472	313	600		1385
26	Wed	Nov/29/06	221.6		31.6	-15.2	0.80					22.4%	2350	2256	3126	870		471	311		200	982
27	Thu	Nov-30-06	221.4		31.4	-15.4	0.20					21.8%	2350	2172	3560	1388		470	346	600		1416
28	Fri	Dec/01/06	220.8		30.8	-16.0	0.60					24.3%	2350	2318	3151	833	Yes	482	325		200	1007
29	Sat	Dec-02-06	219.6	221.8	29.6	-17.2	1.20	-4.4	-4.6	224.9	230.8	22.0%	2350	2288	2936	648		482	310			792