

Enter values here and everything else will fill in

Gender		Male
Age		30
Height	Feet	5
	Inches	11
Starting Weight		230
Goal Weight		190
Starting Date (mm/dd/yyyy)		10/31/2012
Number of Weeks		19

Daily Calories to Reach Goal
1980

<u>BMI Scale</u>	<u>Weight Range</u>
Underweight	< 132.7
Healthy	132.7 - 179.3
Overweight	179.3 - 215.1
Obese	> 215.1

You should be losing 2.11 pounds per week.

Enter your weight every week. Make sure to use the same scale and try and weigh yourself at the same time of day.

[illegible][illegible]

Total Goal Weight Loss	40.0
Pounds Lost	40.2
Pounds Left	0.0

**Congratulations on reaching
your goal weight!!!!**