

Daily Workout Log

Name Adam Smith Karton

Height (feet) 6

Height (inches) 1.5



Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight	Estimated Body Fat Percentage	Estimated Body Mass Index (BMI)
1/1/2007	200.0	42.0	36.0	34.0	161.4	38.6	19.3	26.08
1/8/2007	200.0	42.0	36.0	34.0	161.4	38.6	19.3	26.08
1/15/2007	199.0	42.0	35.5	33.6	162.4	36.6	18.4	25.90
1/22/2007	199.0	42.0	35.0	33.0	164.5	34.5	17.3	25.90
1/29/2007	198.0	42.5	35.0	33.0	163.4	34.6	17.5	25.77