

Goals and Tracking Report

Date Range: 3/15/2009 - 05/15/2009



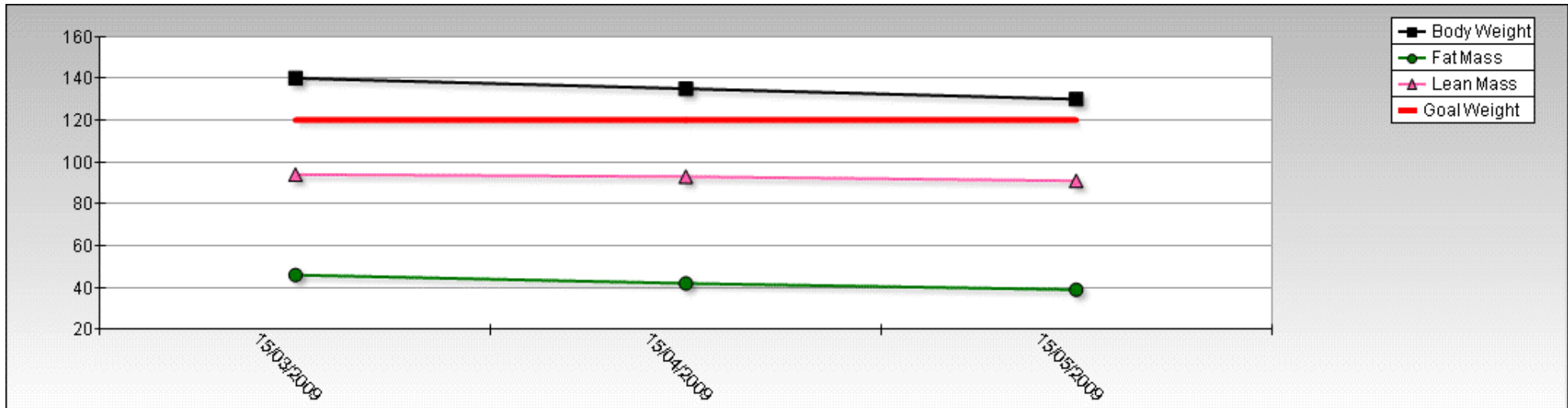
Janet Samples

The Goals and Tracking report shows changes in your body weight and body fat over time in relation to your weight goals.

Tracking	Date	% Body Fat	Weight	Fat Mass	Lean Mass
Start Date:	3/15/2009	33.0 %	140.00 lbs.	46.20 lbs.	93.80 lbs.
Most Recent:	05/15/2009	30.0 %	130.00 lbs.	39.00 lbs.	91.00 lbs.
Difference:		-3.00 %	-10.00 lbs.	-7.20 lbs.	-2.80 lbs.

Goal Start Date 01/15/2009
Goal Start Wt. 150.00 lbs.
Goal Date 08/13/2009
Goal Wt. 120.00 lbs.

Data View: 3 Months from start date



The Above calculation requires a loss in body fat without a loss in lean muscle tissue. This can only be achieved by adhering to a long term exercise and nutrition program. A short term low calorie diet will achieve accelerated results but there will be a loss in lean muscle tissue and the body weight for the desired body fat percentage will be correspondingly less.