

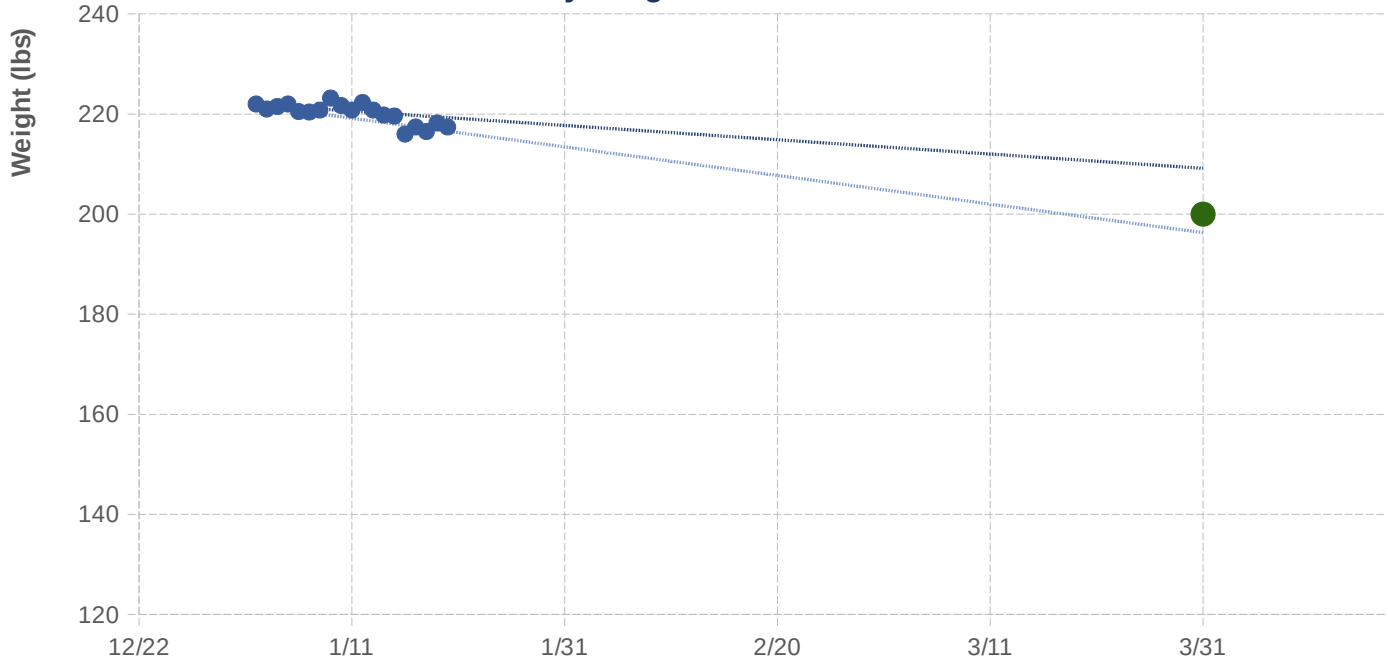
Weight Loss Chart

Start Weight (lbs): 222
Start Date: 1/1/16
Start BMI: 31.40

Goal Weight: 200
Goal Date: 3/31/16
Goal BMI: 28.29

Height (ft): 5
Height (in): 10 1/2

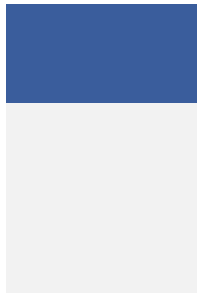
My Weight Loss Chart



Date	Weight (lbs)	+/-	BMI	1 lb/wk	2 lb/wk
1/2/16	222	0.00	31.40	221.86	221.71
1/3/16	221	-1.00	31.26	221.71	221.43
1/4/16	221.5	-0.50	31.33	221.57	221.14
1/5/16	222	0.00	31.40	221.43	220.86
1/6/16	220.5	-1.50	31.19	221.29	220.57
1/7/16	220.4	-1.60	31.17	221.14	220.29
1/8/16	220.8	-1.20	31.23	221.00	220.00
1/9/16	223.2	1.20	31.57	220.86	219.71
1/10/16	221.7	-0.30	31.36	220.71	219.43
1/11/16	220.8	-1.20	31.23	220.57	219.14
1/12/16	222.3	0.30	31.44	220.43	218.86
1/13/16	220.8	-1.20	31.23	220.29	218.57
1/14/16	219.8	-2.20	31.09	220.14	218.29
1/15/16	219.6	-2.40	31.06	220.00	218.00
1/16/16	216	-6.00	30.55	219.86	217.71
1/17/16	217.4	-4.60	30.75	219.71	217.43
1/18/16	216.5	-5.50	30.62	219.57	217.14

1/19/16	218.2	-3.80	30.86	219.43	216.86
1/20/16	217.4	-4.60	30.75	219.29	216.57
1/21/16				219.14	216.29
1/22/16				219.00	216.00
1/23/16				218.86	215.71
1/24/16				218.71	215.43
1/25/16				218.57	215.14
1/26/16				218.43	214.86
1/27/16				218.29	214.57
1/28/16				218.14	214.29
1/29/16				218.00	214.00
1/30/16				217.86	213.71
1/31/16				217.71	213.43
2/1/16				217.57	213.14
2/2/16				217.43	212.86
2/3/16				217.29	212.57
2/4/16				217.14	212.29
2/5/16				217.00	212.00
2/6/16				216.86	211.71
2/7/16				216.71	211.43
2/8/16				216.57	211.14
2/9/16				216.43	210.86
2/10/16				216.29	210.57
2/11/16				216.14	210.29
2/12/16				216.00	210.00
2/13/16				215.86	209.71
2/14/16				215.71	209.43
2/15/16				215.57	209.14
2/16/16				215.43	208.86
2/17/16				215.29	208.57
2/18/16				215.14	208.29
2/19/16				215.00	208.00
2/20/16				214.86	207.71
2/21/16				214.71	207.43
2/22/16				214.57	207.14
2/23/16				214.43	206.86
2/24/16				214.29	206.57
2/25/16				214.14	206.29
2/26/16				214.00	206.00
2/27/16				213.86	205.71
2/28/16				213.71	205.43
2/29/16				213.57	205.14
3/1/16				213.43	204.86

3/2/16		213.29	204.57
3/3/16		213.14	204.29
3/4/16		213.00	204.00
3/5/16		212.86	203.71
3/6/16		212.71	203.43
3/7/16		212.57	203.14
3/8/16		212.43	202.86
3/9/16		212.29	202.57
3/10/16		212.14	202.29
3/11/16		212.00	202.00
3/12/16		211.86	201.71
3/13/16		211.71	201.43
3/14/16		211.57	201.14
3/15/16		211.43	200.86
3/16/16		211.29	200.57
3/17/16		211.14	200.29
3/18/16		211.00	200.00
3/19/16		210.86	199.71
3/20/16		210.71	199.43
3/21/16		210.57	199.14
3/22/16		210.43	198.86
3/23/16		210.29	198.57
3/24/16		210.14	198.29
3/25/16		210.00	198.00
3/26/16		209.86	197.71
3/27/16		209.71	197.43
3/28/16		209.57	197.14
3/29/16		209.43	196.86
3/30/16		209.29	196.57
3/31/16		209.14	196.29



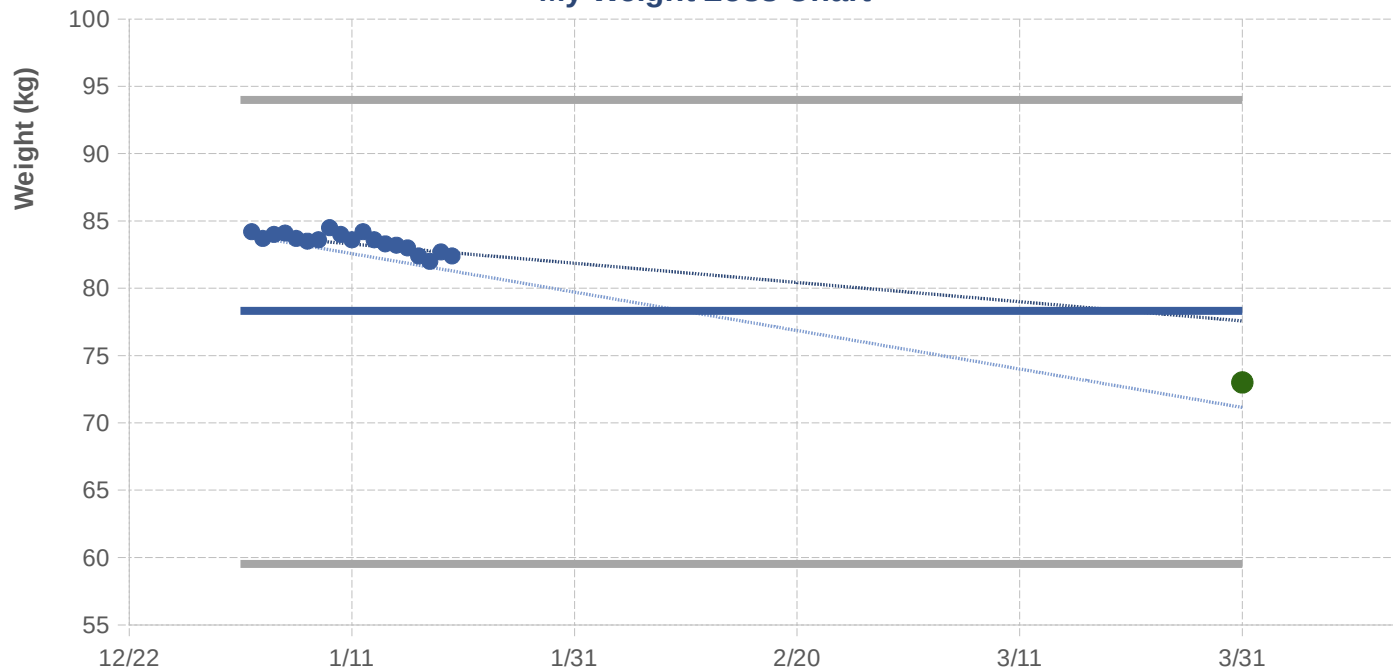
Weight Loss Chart (metric)



<http://www.vertex42.com/ExcelTemplates/weight-loss-chart.html>

Start Weight (kg):	84	Goal Weight:	73	Height (cm)	177
Start Date:	1/1/16	Goal Date:	3/31/16		
Start BMI:	26.81	Goal BMI:	23.30		

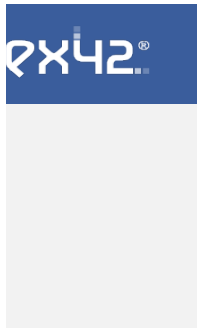
My Weight Loss Chart



Date	Weight (kg)	+/-	BMI	½ kg/wk	1 kg/wk
1/2/16	84.2	0.20	26.88	83.93	83.86
1/3/16	83.7	-0.30	26.72	83.86	83.71
1/4/16	84	0.00	26.81	83.79	83.57
1/5/16	84.1	0.10	26.84	83.71	83.43
1/6/16	83.7	-0.30	26.72	83.64	83.29
1/7/16	83.5	-0.50	26.65	83.57	83.14
1/8/16	83.6	-0.40	26.68	83.50	83.00
1/9/16	84.5	0.50	26.97	83.43	82.86
1/10/16	84	0.00	26.81	83.36	82.71
1/11/16	83.6	-0.40	26.68	83.29	82.57
1/12/16	84.2	0.20	26.88	83.21	82.43
1/13/16	83.6	-0.40	26.68	83.14	82.29
1/14/16	83.3	-0.70	26.59	83.07	82.14
1/15/16	83.2	-0.80	26.56	83.00	82.00
1/16/16	83	-1.00	26.49	82.93	81.86
1/17/16	82.4	-1.60	26.30	82.86	81.71

1/18/16	82	-2.00	26.17	82.79	81.57
1/19/16	82.7	-1.30	26.40	82.71	81.43
1/20/16	82.4	-1.60	26.30	82.64	81.29
1/21/16				82.57	81.14
1/22/16				82.50	81.00
1/23/16				82.43	80.86
1/24/16				82.36	80.71
1/25/16				82.29	80.57
1/26/16				82.21	80.43
1/27/16				82.14	80.29
1/28/16				82.07	80.14
1/29/16				82.00	80.00
1/30/16				81.93	79.86
1/31/16				81.86	79.71
2/1/16				81.79	79.57
2/2/16				81.71	79.43
2/3/16				81.64	79.29
2/4/16				81.57	79.14
2/5/16				81.50	79.00
2/6/16				81.43	78.86
2/7/16				81.36	78.71
2/8/16				81.29	78.57
2/9/16				81.21	78.43
2/10/16				81.14	78.29
2/11/16				81.07	78.14
2/12/16				81.00	78.00
2/13/16				80.93	77.86
2/14/16				80.86	77.71
2/15/16				80.79	77.57
2/16/16				80.71	77.43
2/17/16				80.64	77.29
2/18/16				80.57	77.14
2/19/16				80.50	77.00
2/20/16				80.43	76.86
2/21/16				80.36	76.71
2/22/16				80.29	76.57
2/23/16				80.21	76.43
2/24/16				80.14	76.29
2/25/16				80.07	76.14
2/26/16				80.00	76.00
2/27/16				79.93	75.86
2/28/16				79.86	75.71
2/29/16				79.79	75.57

3/1/16		79.71	75.43
3/2/16		79.64	75.29
3/3/16		79.57	75.14
3/4/16		79.50	75.00
3/5/16		79.43	74.86
3/6/16		79.36	74.71
3/7/16		79.29	74.57
3/8/16		79.21	74.43
3/9/16		79.14	74.29
3/10/16		79.07	74.14
3/11/16		79.00	74.00
3/12/16		78.93	73.86
3/13/16		78.86	73.71
3/14/16		78.79	73.57
3/15/16		78.71	73.43
3/16/16		78.64	73.29
3/17/16		78.57	73.14
3/18/16		78.50	73.00
3/19/16		78.43	72.86
3/20/16		78.36	72.71
3/21/16		78.29	72.57
3/22/16		78.21	72.43
3/23/16		78.14	72.29
3/24/16		78.07	72.14
3/25/16		78.00	72.00
3/26/16		77.93	71.86
3/27/16		77.86	71.71
3/28/16		77.79	71.57
3/29/16		77.71	71.43
3/30/16		77.64	71.29
3/31/16		77.57	71.14



4/20