

DATE	WEIGHT	CALORIES BURNED	INTAKE						VITALS			
6/1/2016	205	1500	50	200	20	50	50	125	75	65	10	
6/2/2016	203	2000	60	200	40	40	64	125	75	63	10	
6/3/2016	202	2000	55	220	25	35	64	124	75	65	10	
6/4/2016	202	2000	55	260	45	45	55	135	70	60	10	
6/5/2016	201	1500	60	250	70	35	100	130	75	60	10	
6/6/2016	200	1400	50	195	45	40	90	120	75	65	10	
6/7/2016	202	2000	45	185	75	50	65	120	75	65	10	
6/8/2016	200	1100	60	250	75	50	60	130	70	65	10	
6/9/2016	199	1100	80	280	40	50	100	130	75	65	10	
6/10/2016	197	1800	65	185	60	25	45	130	75	60	10	
6/11/2016	195	2000	75	240	65	65	90	125	75	55	10	
6/12/2016	196	2000	60	290	60	50	50	130	75	65	10	
6/13/2016	194	1300	75	245	75	30	55	120	75	60	10	
6/14/2016	192	1100	65	275	25	35	75	125	75	60	10	
6/15/2016	199	1200	60	185	25	75	55	130	75	55	10	
Total		24000	915	3460	745	675					150	

<b>BMI CATEGORY</b>	<b>LOW END</b>	<b>HIGH END</b>
UNDERWEIGHT	0	18.49
NORMAL WEIGHT	18.5	24.99
OVERWEIGHT	25	29.99
OBESITY (CLASS 1)	30	34.99
OBESITY (CLASS 2)	35	39.99
MORBID OBESITY	40	