

# Goals and Tracking

Sample, John Q.

Tracking	Date	% Body Fat	Weight	Fat Mass	Lean Mass
Start:	07/04/2005	28.0 %	210.0 lbs.	58.8 lbs.	151.2 lbs.
Most Recent:	08/31/2005	16.0 %	189.0 lbs.	30.2 lbs.	158.8 lbs.
Difference:		-12.0 %	-21.0 lbs.	-28.6 lbs.	7.6 lbs.

Goal Weight: 180 lbs.

Goal Date: 11/21/2005

