



17-Week Challenge

Aj's Progress Report

Friday, October 3, 2025
to Thursday, January 29, 2026

13

Weeks Tracked

52

Workouts

-22.0

lbs Change

Week 1 of 17

Oct 3 – Oct 9

WEEKLY OVERVIEW

1,960

Avg Calories

P193 / C143 / F63

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

5,171 avg steps

223.5

Week 1 Weight

-1.5 lbs total

WEEK 1 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT
Mon Oct 3	1900	190/140/60	5,000	✓	6.5	Plyo-Abs 30m
Tue Oct 4	1901	191/141/61	5,057	✓	6.6	Rest
Wed Oct 5	1902	192/142/62	5,114	✓	6.6	Push 47m
Thu Oct 6	1903	193/143/63	5,171	—	6.7	Rest
Fri Oct 7	1904	194/144/64	5,228	✓	6.8	Pull 49m
Sat Oct 8	1905	195/145/65	5,285	✓	6.8	Rest
Sun Oct 9	2306	196/146/66	5,342	✓	6.9	Legs 51m

Week 2 of 17

Oct 10 – Oct 16

WEEKLY OVERVIEW

1,967

Avg Calories

P200 / C150 / F70

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

5,570 avg steps

221.8

Week 2 Weight

-3.2 lbs total

WEEK 2 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Oct 10	1907	197/147/67	5,399	✓	7.0	Plyo-Abs	37m
Tue Oct 11	1908	198/148/68	5,456	✓	7.0	Rest	
Wed Oct 12	1909	199/149/69	5,513	✓	7.1	Push	54m
Thu Oct 13	1910	200/150/70	5,570	✓	7.2	Rest	
Fri Oct 14	1911	201/151/71	5,627	✓	7.2	Pull	56m
Sat Oct 15	1912	202/152/72	5,684	✓	7.3	Rest	
Sun Oct 16	2313	203/153/73	5,741	—	7.4	Legs	58m

Week 3 of 17

Oct 17 – Oct 23

WEEKLY OVERVIEW

1,974

Avg Calories

P207 / C157 / F77

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

7/7

Water Days

5,969 avg steps

220.2

Week 3 Weight

-4.8 lbs total

WEEK 3 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Oct 17	1914	204/154/74	5,798	✓	7.4	Plyo-Abs	44m
Tue Oct 18	1915	205/155/75	5,855	✓	7.5	Rest	
Wed Oct 19	1916	206/156/76	5,912	✓	7.6	Push	61m
Thu Oct 20	1917	207/157/77	5,969	✓	7.6	Rest	
Fri Oct 21	1918	208/158/78	6,026	✓	7.7	Pull	63m
Sat Oct 22	1919	209/159/79	6,083	✓	7.8	Rest	
Sun Oct 23	2320	210/160/80	6,140	✓	7.8	Legs	45m

Week 4 of 17

Oct 24 – Oct 30

WEEKLY OVERVIEW

1,981

Avg Calories

P214 / C164 / F73

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

6,368 avg steps

218.5

Week 4 Weight

-6.5 lbs total

WEEK 4 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT
Mon Oct 24	1921	211/161/81	6,197	✓	7.9	Plyo-Abs 36m
Tue Oct 25	1922	212/162/82	6,254	✓	8.0	Rest
Wed Oct 26	1923	213/163/83	6,311	—	8.0	Push 48m
Thu Oct 27	1924	214/164/84	6,368	✓	8.1	Rest
Fri Oct 28	1925	215/165/60	6,425	✓	8.2	Pull 50m
Sat Oct 29	1926	216/166/61	6,482	✓	8.2	Rest
Sun Oct 30	2327	217/167/62	6,539	✓	8.3	Legs 52m

Week 5 of 17

Oct 31 – Nov 6

WEEKLY OVERVIEW

1,988

Avg Calories

P221 / C171 / F66

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

6,767 avg steps

216.9

Week 5 Weight

-8.1 lbs total

WEEK 5 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Oct 31	1928	218/168/63	6,596	✓	8.4	Plyo-Abs	43m
Tue Nov 1	1929	219/169/64	6,653	✓	8.4	Rest	
Wed Nov 2	1930	220/170/65	6,710	✓	6.5	Push	55m
Thu Nov 3	1931	221/171/66	6,767	✓	6.6	Rest	
Fri Nov 4	1932	222/172/67	6,824	✓	6.6	Pull	57m
Sat Nov 5	1933	223/173/68	6,881	—	6.7	Rest	
Sun Nov 6	2334	224/174/69	6,938	✓	6.8	Legs	59m

Week 6 of 17

Nov 7 – Nov 13

WEEKLY OVERVIEW

1,995

Avg Calories

P217 / C178 / F73

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

7/7

Water Days

7,166 avg steps

215

Week 6 Weight

-10.0 lbs total

WEEK 6 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Nov 7	1935	225/175/70	6,995	✓	6.8	Plyo-Abs 35m	
Tue Nov 8	1936	226/176/71	7,052	✓	6.9	Rest	
Wed Nov 9	1937	227/177/72	7,109	✓	7.0	Push 62m	
Thu Nov 10	1938	228/178/73	7,166	✓	7.0	Rest	
Fri Nov 11	1939	229/179/74	7,223	✓	7.1	Pull 64m	
Sat Nov 12	1940	190/180/75	7,280	✓	7.2	Rest	
Sun Nov 13	2341	191/181/76	7,337	✓	7.2	Legs 46m	

Week 7 of 17

Nov 14 – Nov 20

WEEKLY OVERVIEW

2,002

Avg Calories

P195 / C185 / F80

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

7,565 avg steps

213.4

Week 7 Weight

-11.6 lbs total

WEEK 7 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Nov 14	1942	192/182/77	7,394	✓	7.3	Plyo-Abs	42m
Tue Nov 15	1943	193/183/78	7,451	—	7.4	Rest	
Wed Nov 16	1944	194/184/79	7,508	✓	7.4	Push	49m
Thu Nov 17	1945	195/185/80	7,565	✓	7.5	Rest	
Fri Nov 18	1946	196/186/81	7,622	✓	7.6	Pull	51m
Sat Nov 19	1947	197/187/82	7,679	✓	7.6	Rest	
Sun Nov 20	2348	198/188/83	7,736	✓	7.7	Legs	53m

Week 8 of 17

Nov 21 – Nov 27

WEEKLY OVERVIEW

2,009

Avg Calories

P202 / C149 / F66

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

7,964 avg steps

211.6

Week 8 Weight

-13.4 lbs total

WEEK 8 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Nov 21	1949	199/189/84	7,793	✓	7.8	Plyo-Abs	34m
Tue Nov 22	1950	200/140/60	7,850	✓	7.8	Rest	
Wed Nov 23	1951	201/141/61	7,907	✓	7.9	Push	56m
Thu Nov 24	1952	202/142/62	7,964	✓	8.0	Rest	
Fri Nov 25	1953	203/143/63	8,021	—	8.0	Pull	58m
Sat Nov 26	1954	204/144/64	8,078	✓	8.1	Rest	
Sun Nov 27	2355	205/145/65	8,135	✓	8.2	Legs	60m

Week 9 of 17

Nov 28 – Dec 4

WEEKLY OVERVIEW

2,016

Avg Calories

P209 / C149 / F69

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

7/7

Water Days

8,363 avg steps

210

Week 9 Weight

-15.0 lbs total

WEEK 9 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Nov 28	1956	206/146/66	8,192	✓	8.2	Plyo-Abs	41m
Tue Nov 29	1957	207/147/67	8,249	✓	8.3	Rest	
Wed Nov 30	1958	208/148/68	8,306	✓	8.4	Push	63m
Thu Dec 1	1959	209/149/69	8,363	✓	8.4	Rest	
Fri Dec 2	1960	210/150/70	8,420	✓	6.5	Pull	45m
Sat Dec 3	1961	211/151/71	8,477	✓	6.6	Rest	
Sun Dec 4	2362	212/152/72	8,534	✓	6.6	Legs	47m

Week 10 of 17

Dec 5 – Dec 11

WEEKLY OVERVIEW

2,023

Avg Calories

P216 / C156 / F76

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

8,762 avg steps

208.2

Week 10 Weight

-16.8 lbs total

WEEK 10 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Dec 5	1963	213/153/73	8,591	—	6.7	Plyo-Abs 33m	
Tue Dec 6	1964	214/154/74	8,648	✓	6.8	Rest	
Wed Dec 7	1965	215/155/75	8,705	✓	6.8	Push 50m	
Thu Dec 8	1966	216/156/76	8,762	✓	6.9	Rest	
Fri Dec 9	1967	217/157/77	8,819	✓	7.0	Pull 52m	
Sat Dec 10	1968	218/158/78	8,876	✓	7.0	Rest	
Sun Dec 11	2369	219/159/79	8,933	✓	7.1	Legs 54m	

Week 11 of 17

Dec 12 – Dec 18

WEEKLY OVERVIEW

2,030

Avg Calories

P223 / C163 / F76

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

9,161 avg steps

206.5

Week 11 Weight

-18.5 lbs total

WEEK 11 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Dec 12	1970	220/160/80	8,990	✓	7.2	Plyo-Abs	40m
Tue Dec 13	1971	221/161/81	9,047	✓	7.2	Rest	
Wed Dec 14	1972	222/162/82	9,104	✓	7.3	Push	57m
Thu Dec 15	1973	223/163/83	9,161	—	7.4	Rest	
Fri Dec 16	1974	224/164/84	9,218	✓	7.4	Pull	59m
Sat Dec 17	1975	225/165/60	9,275	✓	7.5	Rest	
Sun Dec 18	2376	226/166/61	9,332	✓	7.6	Legs	61m

Week 12 of 17

Dec 19 – Dec 25

WEEKLY OVERVIEW

2,037

Avg Calories

P207 / C170 / F65

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

6/7

Water Days

9,560 avg steps

204.8

Week 12 Weight

-20.2 lbs total

WEEK 12 PHOTO



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DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT	
Mon Dec 19	1977	227/167/62	9,389	✓	7.6	Plyo-Abs	32m
Tue Dec 20	1978	228/168/63	9,446	✓	7.7	Rest	
Wed Dec 21	1979	229/169/64	9,503	✓	7.8	Push	64m
Thu Dec 22	1980	190/170/65	9,560	✓	7.8	Rest	
Fri Dec 23	1981	191/171/66	9,617	✓	7.9	Pull	46m
Sat Dec 24	1982	192/172/67	9,674	✓	8.0	Rest	
Sun Dec 25	2383	193/173/68	9,731	—	8.0	Legs	48m

Week 13 of 17

Dec 26 – Jan 1

WEEKLY OVERVIEW

2,044

Avg Calories

P197 / C177 / F72

4

Workouts

Legs:1 Pull:1 Push:1 Plyo-Abs:1

7/7

Water Days

9,959 avg steps

203

Week 13 Weight

-22.0 lbs total

WEEK 13 PHOTO



Photo unavailable (file may have been moved or deleted)

DAILY DETAILS

DAY	CAL	P/C/F	STEPS	H ₂ O	SLEEP	WORKOUT
Mon Dec 26	1984	194/174/69	9,788	✓	8.1	Plyo-Abs 39m
Tue Dec 27	1985	195/175/70	9,845	✓	8.2	Rest
Wed Dec 28	1986	196/176/71	9,902	✓	8.2	Push 51m
Thu Dec 29	1987	197/177/72	9,959	✓	8.3	Rest
Fri Dec 30	1988	198/178/73	10,016	✓	8.4	Pull 53m
Sat Dec 31	1989	199/179/74	10,073	✓	8.4	Rest
Sun Jan 1	2390	200/180/75	10,130	✓	6.5	Legs 55m

Week 14 of 17

Jan 2 – Jan 8



No data logged for this week

Final Summary

Challenge Complete

Your Results

Starting Weight	225 lbs
Final Weight	203 lbs
Total Change	-22.0 lbs
Goal Weight	180 lbs

52

Total Workouts

2,002

Avg Daily Calories

93%

Logging Compliance

82

Water Days

13

Weekly Photos

13

Weeks Tracked