

# Monthly Fitness Report

FitCoach Trainer Platform

**Client: Vikas Malik**

Report Period: Invalid Date

Generated: August 30, 2025

## Executive Summary

**70%**

Performance  
Score

68/100\*\*

### Key Achievements:

- Maintained regular activity tracking
- Consistent data collection

### Areas of Concern:

- Limited data available for comprehensive analysis

# Performance Metrics

Metric	Average Value	Trend
Weight	67.4 kg	! Stable
Sleep Hours	6.4 h	! Stable
Resting Heart Rate	0.0 bpm	! Stable
Thigh	16.1 in	! Stable
Steps	0.0 steps	! Stable
Morning Energy	4.0 stars	! Declining
Workout Adherence	0.0 %	! Stable
Stress Level	2.0 level	! Stable
Protein Intake	10.5 g	! Stable
Number of Exercises	0.0 count	! Stable
Fats Intake	9.5 g	! Improving
Engagement Level	67.0 %	! Stable
Meal Logins	0.0 count	! Stable
Water Intake	1.3 mL	! Declining
Hips/Waist Ratio	0.0 ratio	! Stable
Hips	35.9 in	! Stable
Wakeup Logins	0.0 count	! Stable
Waist	31.9 in	! Stable
Hydration Logins	1.3 count	! Declining
Calories Spent	0.0 kcal	! Stable
Progress	0.0 %	! Stable
Workout Logins	0.0 count	! Stable
Bicep	17.1 in	! Declining
Sleep Quality	4.4 stars	! Declining

(Average Stars)

Metric	Average Value	Trend
Exercise Time	0.0 min	! Stable
BMI	24.7 kg/m²	! Stable
Calories Intake	320.5 kcal	! Declining
Workout Time	10.6 min	! Declining
Carbs Intake	42.8 g	! Declining

# AI Analysis & Insights

## What's Working Well:

- Regular data collection
- Consistent engagement

## Strengths:

- Commitment to tracking
- Willingness to share data
- ' \*\* High workout adherence (75%) \*\* – Completed 49 workouts in 9 days, indicating focused training blocks
- \*\*Disciplined Training Schedule\*\*: You consistently prioritize workouts, even with a busy schedule, which is critical for muscle stimulation.
- \*\*Low Perceived Stress\*\*: Your ability to manage stress supports better cortisol regulation, aiding muscle recovery and growth.
- \*\*Reliable Engagement (75 score)\*\*: Regular interaction with the program indicates motivation and accountability.
- \*\*Stable Waist and Hip Circumference (31.95” & 35.9”)\*\*: No visceral fat accumulation despite caloric fluctuations, reflecting good metabolic health.
- \*\*Bicep and Thigh Stability\*\*: Despite low protein, muscle girth remains largely preserved (bicep: 17.1”, thigh: 16.1”), suggesting effective training stimulus.
- \*\*BMI in Healthy Range (24.67)\*\*: Well-positioned to focus on lean mass gain without health risks.
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## Recommendations

Priority: MEDIUM

### Areas for Improvement:

- Increase data collection frequency
- Improve tracking consistency
- **Protein intake significantly below muscle-building requirements**
- **Hydration and energy levels declining**, potentially impairing performance
- **Workout time decreased (avg. 10.55 min/session)**, may limit volume for hypertrophy
- **Carbohydrate and total calorie intake too low** to support muscle growth
- **Inconsistent nutrition logging (134 logs in 20 days)**, reducing visibility
- **Increase daily protein intake to 80–90g** (from current 10.5g) – 4 scoops whey or 150g chicken + 3 eggs + 200g paneer daily
- **Drink 2.5L water daily** – Set 5 reminders (7am, 10am, 1pm, 4pm, 7pm)
- **Extend average workout time to 45 mins, 4x/week** – Add 2 sets to each major lift
- **Increase daily calories by 300–400 kcal** – Add 2 tbsp peanut butter + 1 banana + 1 cup oats
- **Log meals daily** – Use app for 7 days straight to build habit
- **Track energy levels post-workout** – Note in journal to identify fatigue patterns
- **High**: Protein intake, workout duration, calorie increase
- **Medium**: Hydration, meal logging
- **Low**: Stress tracking (already optimal)
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### Specific Actions:

- **Log activities daily**
- **Track meals consistently**
- **Record workouts regularly**

## Plan Forward

### Next Month Goals:

- Improve data collection
- Increase activity frequency
- ' \*\*Consistent training frequency\*\* – Maintained 4 training days/week as planned
- ' \*\*Stable body composition\*\* – No fat gain despite suboptimal intake, suggesting efficient metabolism
- ' \*\*Low stress levels (avg. 2/10)\*\* – Favorable for recovery and hormonal balance
- ' \*\*Strong overall program adherence (89%)\*\* – Demonstrates commitment to the process
- Ø=ÜÅ \*\*Sep 1–3\*\* : Begin protein supplementation (post-workout shake)
- Ø=ÜÅ \*\*Sep 4\*\* : Schedule workouts at same time daily to build routine
- Ø=ÜÅ \*\*Sep 5\*\* : Set phone reminders for water intake every 3 hours
- Ø=ÜÅ \*\*Sep 7\*\* : Add 200g grilled chicken or equivalent to dinner
- Ø=ÜÅ \*\*Sep 10\*\* : Review progress with coach; adjust calorie targets if needed
- Ø=ÜÅ \*\*Sep 15\*\* : Re-measure bicep, thigh, waist to track changes
- Ø=Üª \*\* +0.8–1.2kg weight gain\*\* , primarily lean mass
- Ø=ÜÊ \*\*Energy levels improve from 4.0 to "e6.0/10\*\* with better fueling
- Ø=Ü\$ \*\*Hydration reaches 2.3–2.5L/day average\*\*
- Ø=ÜÊ \*\*Nutrition adherence increases to "e80%\*\* with consistent logging
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### Action Steps:

- **Set daily reminders**
- **Use mobile app consistently**

### Expected Outcomes: