

Datum		Vikt					
2022-01-31		75.5kg					
2022-02-01		75.3kg					
2022-02-02							
2022-02-03							
2022-02-04		74.5kg					
2022-02-05							
2022-02-06		74.4kg					
2022-02-07		74.3kg					
2022-02-08							
2022-02-09		75.7kg					
2022-02-10		75kg					
2022-02-11		75.1kg					
2022-02-12		74.9kg					
2022-02-13		73.9kg					
2022-02-14		74.5kg					
2022-02-15		74.8kg					
2022-02-16		74.9kg					
2022-02-17		75.4kg					
2022-02-18		75.9kg					
2022-02-19							
2022-02-20		75.2kg					
2022-02-21		74.5kg					
2022-02-22		74.4kg					
2022-02-23		75.2kg					
2022-02-24		74.8kg					
2022-02-25							
2022-02-26							
2022-02-27		72.6kg					
...							

2022-05-08		75.9kg					
	...						
2022-05-16		75.5kg					
	...						
2022-06-04		74.9kg					
	...						
2022-08-08		72.9kg					
2022-08-09		71.9kg					
	...						
2022-10-12		76.5kg					
2022-10-13		76.1kg					
2022-10-14							
2022-10-15							
2022-10-16		76.0kg					
2022-10-17		76.1kg					
2022-10-18		76.8kg					
2022-10-19		76.7kg					
2022-10-20		76.2kg					
2022-10-21							
2022-10-22		76.6kg					
2022-10-23		76.4kg					
2022-10-24		76.6kg					
2022-10-25		76.4kg					
2022-10-26		76.5kg					
2022-10-27		75.6kg					
2022-10-28		75.1kg					
2022-10-29		75.2kg					
2022-10-30		75.1kg					
2022-10-31		75.1kg					
2022-11-01		75.4kg					

2022-11-02		76.4kg					
2022-11-03		75.8kg					
2022-11-04		76.2kg					
2022-11-05		76.3kg					
2022-11-06		76.8kg					
2022-11-07		77.0kg					
2022-11-08		76.9kg					
2022-11-09		76.2kg					
2022-11-10							
2022-11-11		76.6kg					
2022-11-12		77.2kg					
2022-11-13		76.8kg					
2022-11-14		77.1kg					
2022-11-15							
2022-11-16		76.3kg					
2022-11-17		76.6kg					
2022-11-18		77.3kg					
2022-11-19		77.2kg					
2022-11-20		77.2kg					
2022-11-21		77.9kg					
2022-11-22		76.4kg					
2022-11-23		77.4kg					
2022-11-24		77.6kg					
2022-11-25							
2022-11-26							
2022-11-27							
2022-11-28		76.0kg	(Första dagen då jag typ börjar fasta, ingen middag, bara protein lunch)				
2022-11-29		75.1kg					
2022-11-30		74.3kg					
2022-12-01		72.9kg					

2022-12-02		74.4kg	(Fasta avslutad vid lunch)			
2022-12-03		75.2kg				
2022-12-04		76.2kg				
2022-12-05		76.1kg				
2022-12-06		76.2kg				
2022-12-07						
2022-12-08		76.2kg				
2022-12-09		77.2kg				
2022-12-10		76.8kg				
2022-12-11		77.8kg				
2022-12-12		78.4kg				
2022-12-13		77.1kg				
2022-12-14		77.1kg				
2022-12-15						
2022-12-16		77.7kg				
2022-12-17		76.4kg				
2022-12-18						
2022-12-19		75.9kg				
2022-12-20		77.7kg				
2022-12-21						
2022-12-22						
2022-12-23						
2022-12-24						
2022-12-25						
2022-12-26						
2022-12-27		77.7kg				
2022-12-28		77.7kg				
2022-12-29						
2022-12-30		76.5kg				
2022-12-31						

2023-01-01		76.6kg					
2023-01-02		77.4kg					
2023-01-03		76.5kg					
2023-01-04		76.2kg					
2023-01-05							
2023-01-06		75.5kg					
	...						
2023-01-11		75.9kg					
2023-01-12		75.9kg					
2023-01-13		75.3kg					
2023-01-14		75.3kg					
2023-01-15							
2023-01-16							
2023-01-17							
2023-01-18		75.9kg					
2023-01-19							
2023-01-20		75.8kg					
2023-01-21		76.5kg					
2023-01-22							
2023-01-23							
2023-01-24		75.5kg					
2023-01-25		76.7kg					
2023-01-26		76.5kg					
	...						
2023-02-02		76.4kg					
2023-02-03		76.6kg					
2023-02-04		76.6kg					
2023-02-05		76.1kg					
2023-02-06							
2023-02-07		76.0kg					

2023-02-08		77.1kg					
2023-02-09		78.3kg					
2023-02-10		77.0kg					
2023-02-11		77.4kg					
2023-02-12		78.4kg					
2023-02-13		77.9kg					
2023-02-14		77.3kg					
2023-02-15		77.9kg					
2023-02-16		78.3kg					
2023-02-17							
2023-02-18							
2023-02-19							
2023-02-20							
2023-02-21		77.1kg					
2023-02-22		77.8kg					
2023-02-23		77.9kg					
2023-02-24		78.9kg					
2023-02-25		77.7kg					
2023-02-26		79kg					
2023-02-27		78.5kg					
2023-02-28		78.7kg					
2023-03-01		78.3kg					
2023-03-02		78.4kg					
2023-03-03		79.4kg					
2023-03-04							
2023-03-05		78.9kg					
2023-03-06		79.5kg					
2023-03-07		80.0kg					
2023-03-08		80.3kg					
2023-03-09		80.5kg					

	...						
2023-03-13		80.6kg					
2023-03-14		81.0kg					
2023-03-15		80.7kg					
2023-03-16		80.2kg					
	...						
2023-04-18		81.7kg					
2023-04-19		81.1kg					
2023-04-20							
2023-04-21		80.3kg					
2023-04-22							
2023-04-23		81.4kg					
2023-04-24		80.9kg					
2023-04-25		80.9kg					
2023-04-26		80.9kg					
2023-04-27		80.5kg					
2023-04-28		80.6kg					
2023-04-29							
2023-04-30		80.4kg					
2023-05-01		80.6kg					
2023-05-02		81.2kg					
2023-05-03		79.8kg					
2023-05-04		80.3kg					
2023-05-05		80.8kg					
2023-05-06		80.1kg					
2023-05-07		80.7kg					
2023-05-08		80.9kg					
2023-05-09		81.4kg					
2023-05-10		81.1kg					
2023-05-11		80.3kg					

2023-05-12							
	...		80.6-81.5kg				
2023-05-21		81.3kg					
2023-05-22		82.1kg					
2023-05-23		81.9kg					
2023-05-24		81.6kg					
2023-05-25		82.2kg					
2023-05-26							
2023-05-27							
2023-05-28		81.9kg					
2023-05-29		81.5kg					
2023-05-30		81.4kg					
2023-05-31		81.6kg					
2023-06-01		81.5kg					
2023-06-02							
2023-06-03							
2023-06-04							
2023-06-05		80.9kg					
2023-06-06		80.4kg					
2023-06-07		80.4kg					
2023-06-08							
2023-06-09							