			1								$\top$	1
				_					+		+	
				_					_		+	
	SUM of Forearn	SH	SUM of Fe	SH	SLIM of Chest						+	
5/3/2013				_	OOW OF OTICS!	32					+	
5/11/2013	11.5			-		32					+	
5/19/2013	11.5			_		32					+	
5/26/2013	11	39		_		31					+	
6/1/2013	11	39				31					$\top$	
Grand Total	56.5					158						
											$\top$	
									İ		Ĺ	
					8/22/1901					517.7		Sum of Forearm - May
										017.7		Sum of Forearm - Jun
												Sum of Hips - May
					2/3/1901							
												Linear (Sum of Hips - May)
										19 <mark>7</mark>		
					7/18/1900	103.9	400.0	400.4	400.4	16158		Sum of Hips - Jun
						103.9	103.2		103.4	56.5		Sum of Estimated Lean Body - May
				_	12/30/189	5.03.32	11.5	32 39 3(31 11	39) 3(31 11			Lean Body - May
				_		11/2013	5/19/201	3 5/26/2013	6/1/2013	Grand Total		
				_								

Date	Weight		Waist	Hips	Forearm	Estimated Lean Body	Estimated Rody Eat	Estimated Body Fat %	Formula	
Jale	vveigni	Cilest	vvaist	Піръ	i oreann	Estimated Lean Body	Estimated Body Fat	Estimated body Fat 70	Torridia	
5/3/2013	140	32	31	40	11.5	103.8	36.2	0.259		ADD
5/11/2013	140	32	31	39.5	11.5	103.9	36.1	0.258		SUM
5/19/2013	139	32	31	39.5	11.5	103.2	35.8	0.258		MUL
5/26/2013	138	31	30	39	11	103.4	35.6	0.256		DIV
6/1/2013	138	31	30	39	11	103.4	35.6	0.256		EXP
										-

Menu Plan for November											
Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		Spaghetti Squash									
11/1 - 11/7	Turkey Tacos	Casserole	Veggie Pizza	Leftovers	Chicken Tettrazini	Eat Out/Take Out	Chicken Stir Fry				
				Buffalo Chicken	Soup and						
11/8 - 11/14	Steak and Veggies	Leftovers	Steak Tacos	Casserole	Sandwiches	Eat Out/Take Out	Burrito Bowls				
		Grilled Chicken and		Tomato Soup and							
11/15 - 11/21	Pad Thai	Salad	Leftovers	Grilled Cheese	Beef Stroganoff	Eat Out/Take Out	Baked Ziti				
				Hot dogs and							
11/22 - 11/28	Chicken and Rice	Leftovers	Pork Chops	hamburgers	Thanksgiving Dinner	Leftovers	Turkey Pot Pie				