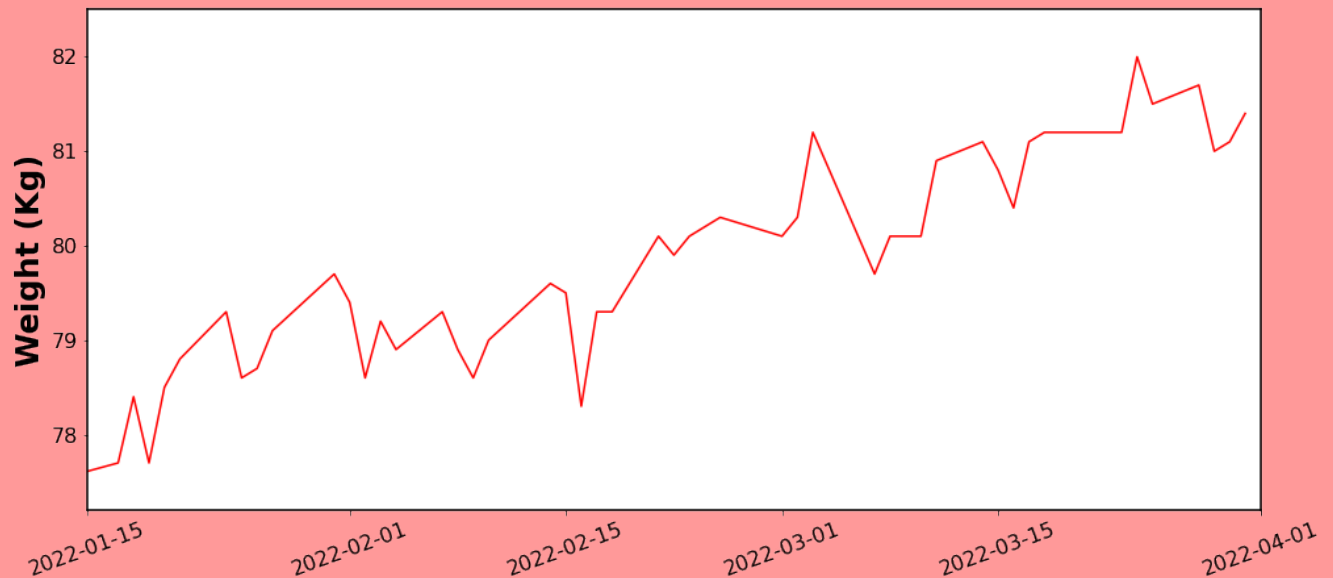


# MY FITNESS JOURNEY 2022

## WEIGHT

**GOAL: Recom to 85Kg with 10%-12% of body fat in 18 months.**



**Mass:81.2Kg**

**BMI:25.06**

**BFP:16.02%**

