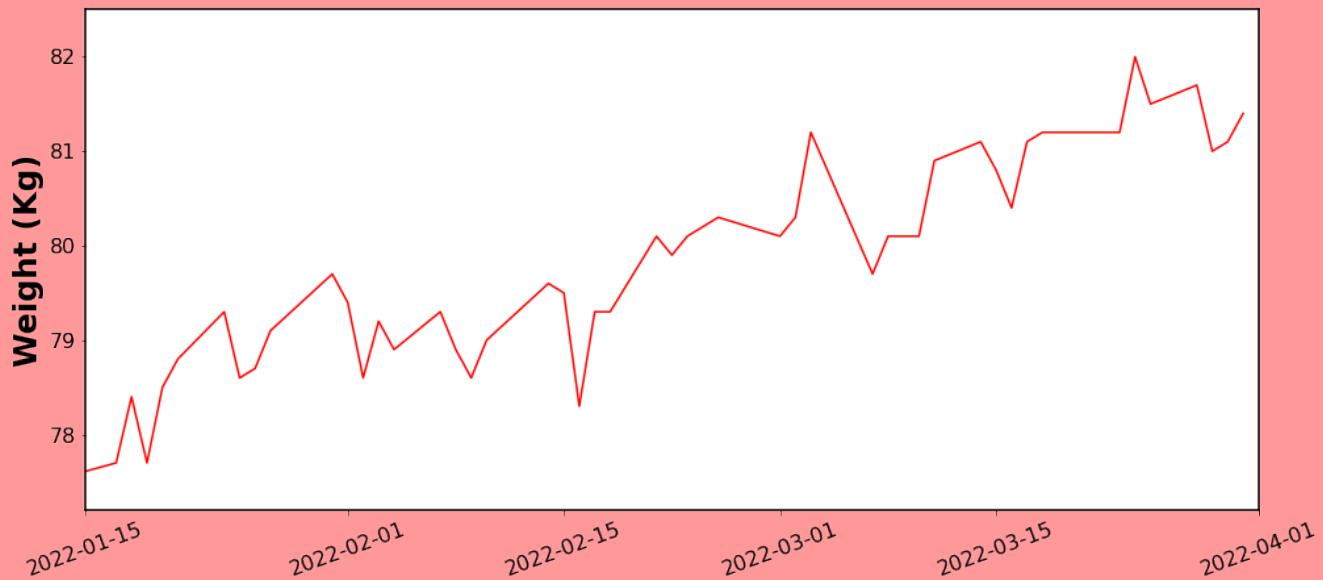


MY FITNESS JOURNEY 2022

WEIGHT

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



Mass:81.2Kg

BMI:25.06

BFP:16.02%

