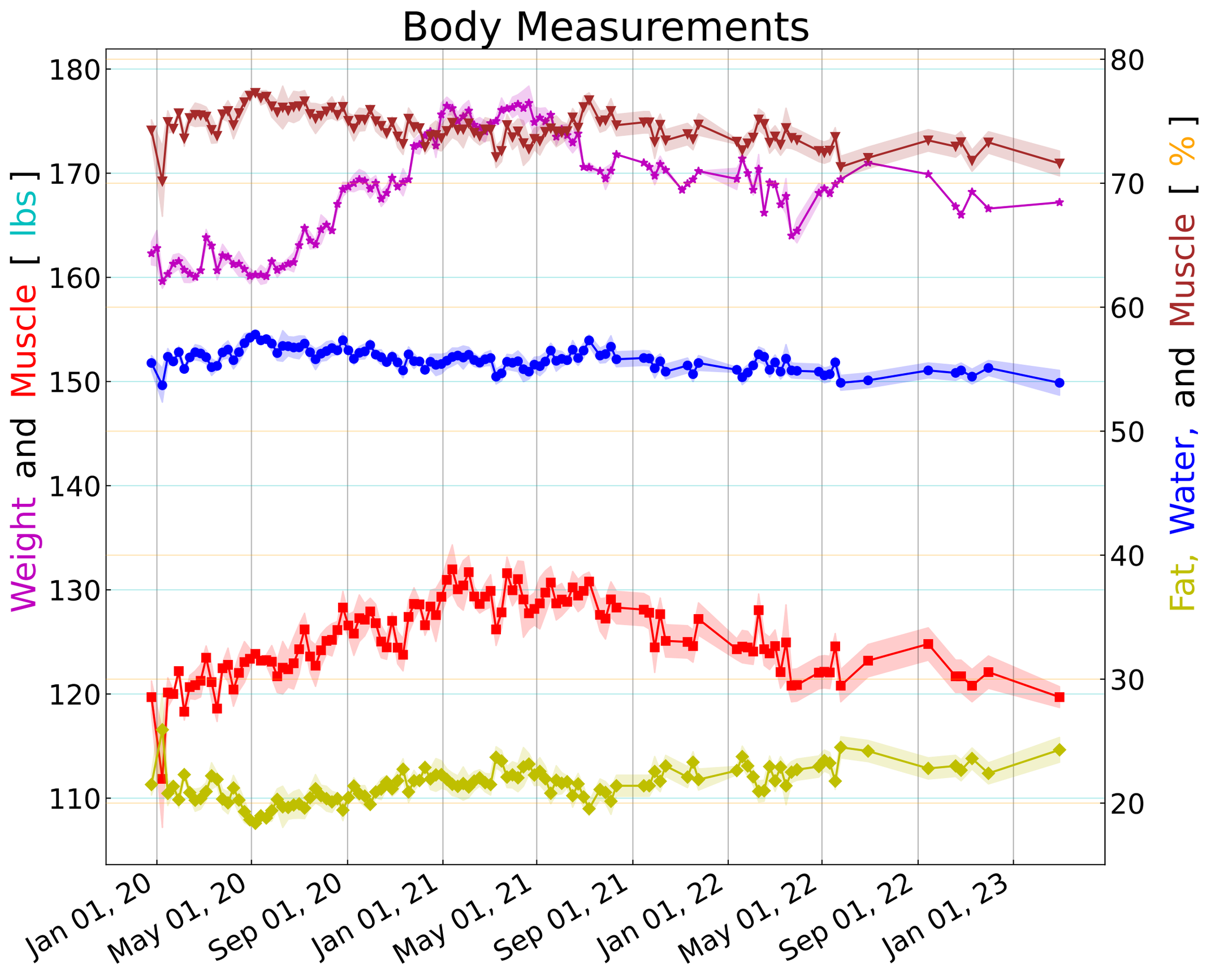

Body Measurements
Weight and Muscle [lbs]
Fat, Water, and Muscle [%]
180
170
160
150
140
130
120
110
80
70
60
50
40
30
20
Jan 01, 20
May 01, 20
Sep 01, 20
Jan 01, 21
May 01, 21
Sep 01, 21
Jan 01, 22
May 01, 22
Sep 01, 22
Jan 01, 23

Body Weight

Weight [lbs]

177.5
175.0
172.5
170.0
167.5
165.0
162.5
160.0

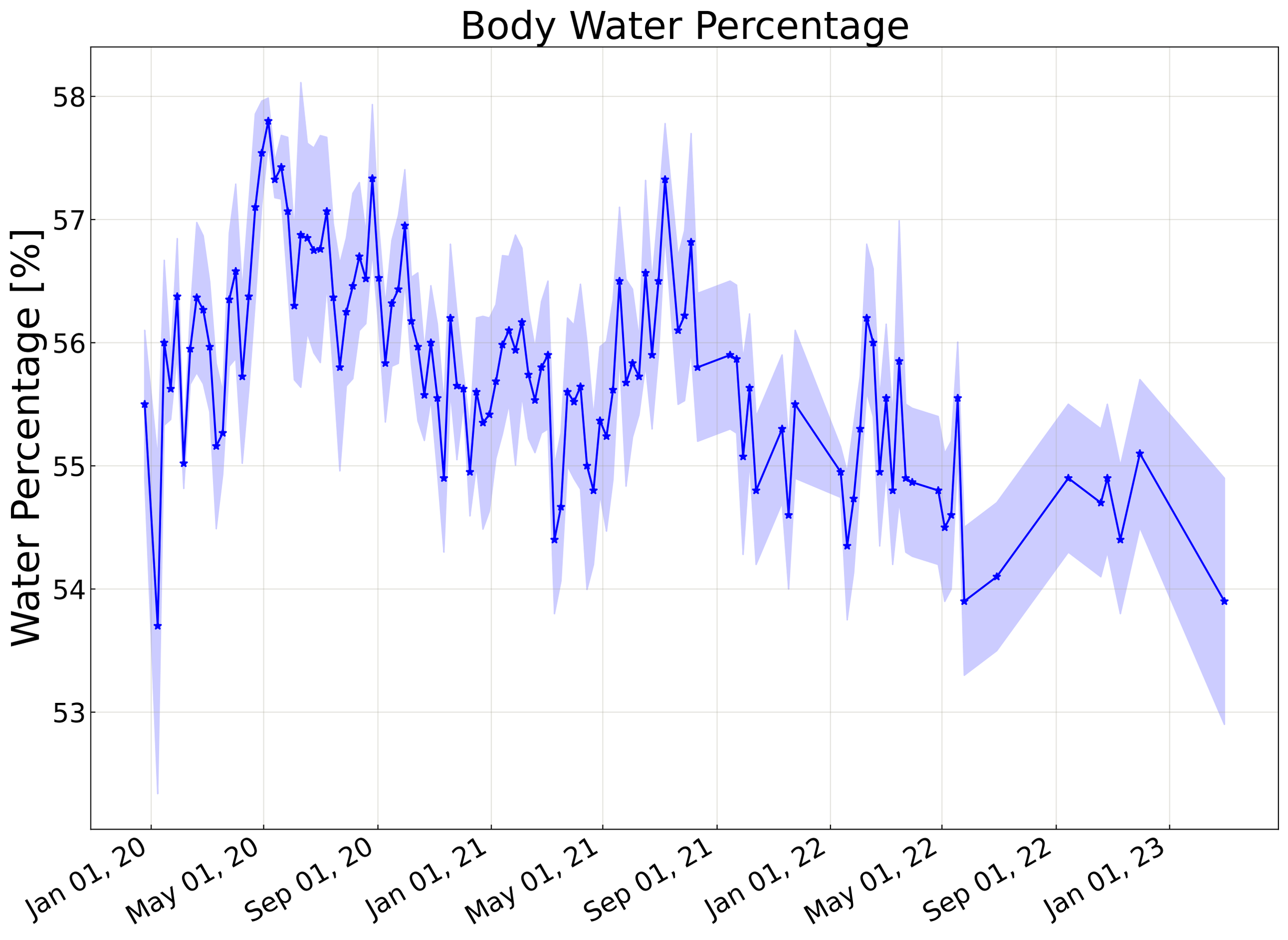
Jan 01, 20
May 01, 20
Sep 01, 20
Jan 01, 21
May 01, 21
Sep 01, 21
Jan 01, 22
May 01, 22
Sep 01, 22
Jan 01, 23

Body Fat Percentage

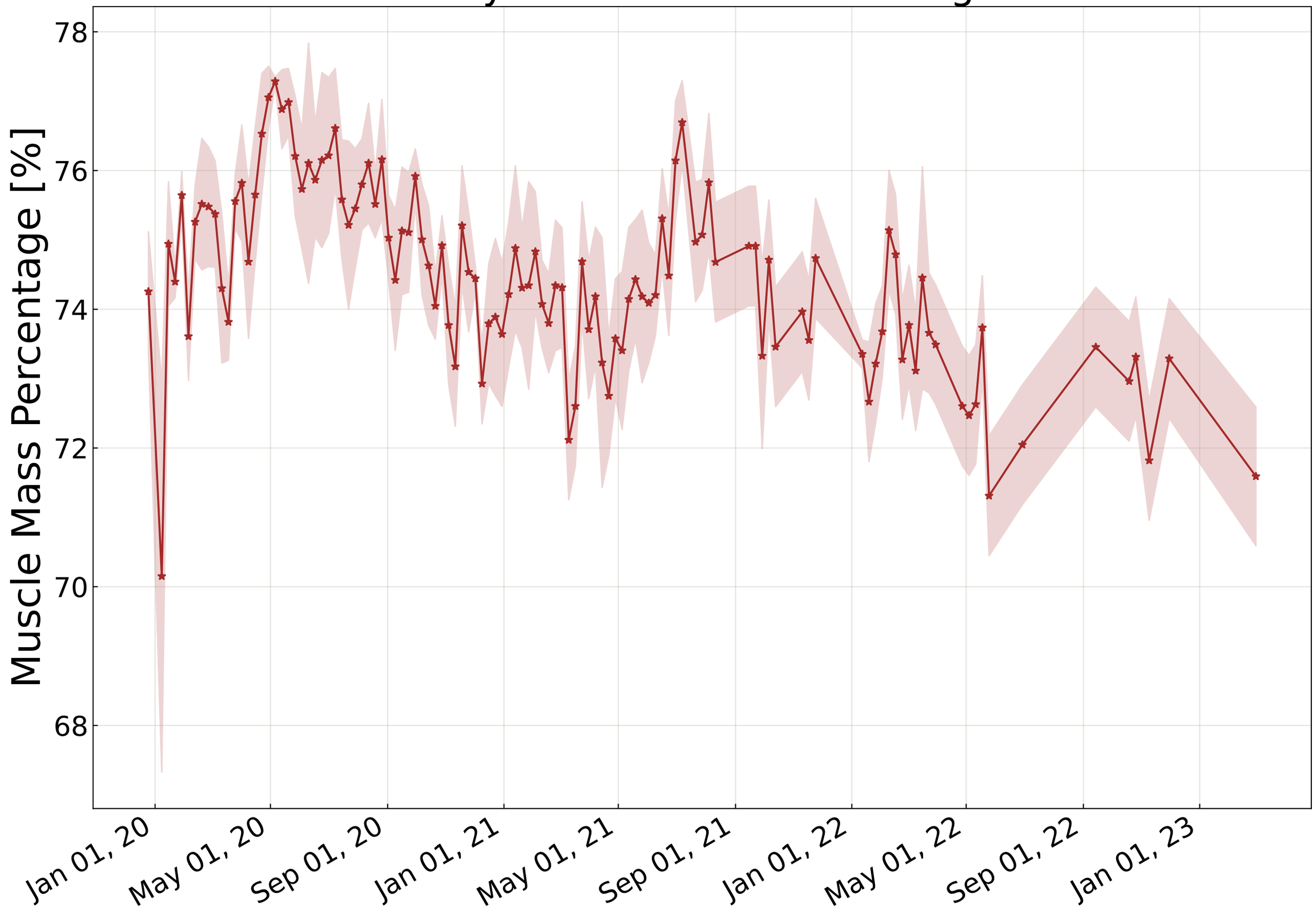
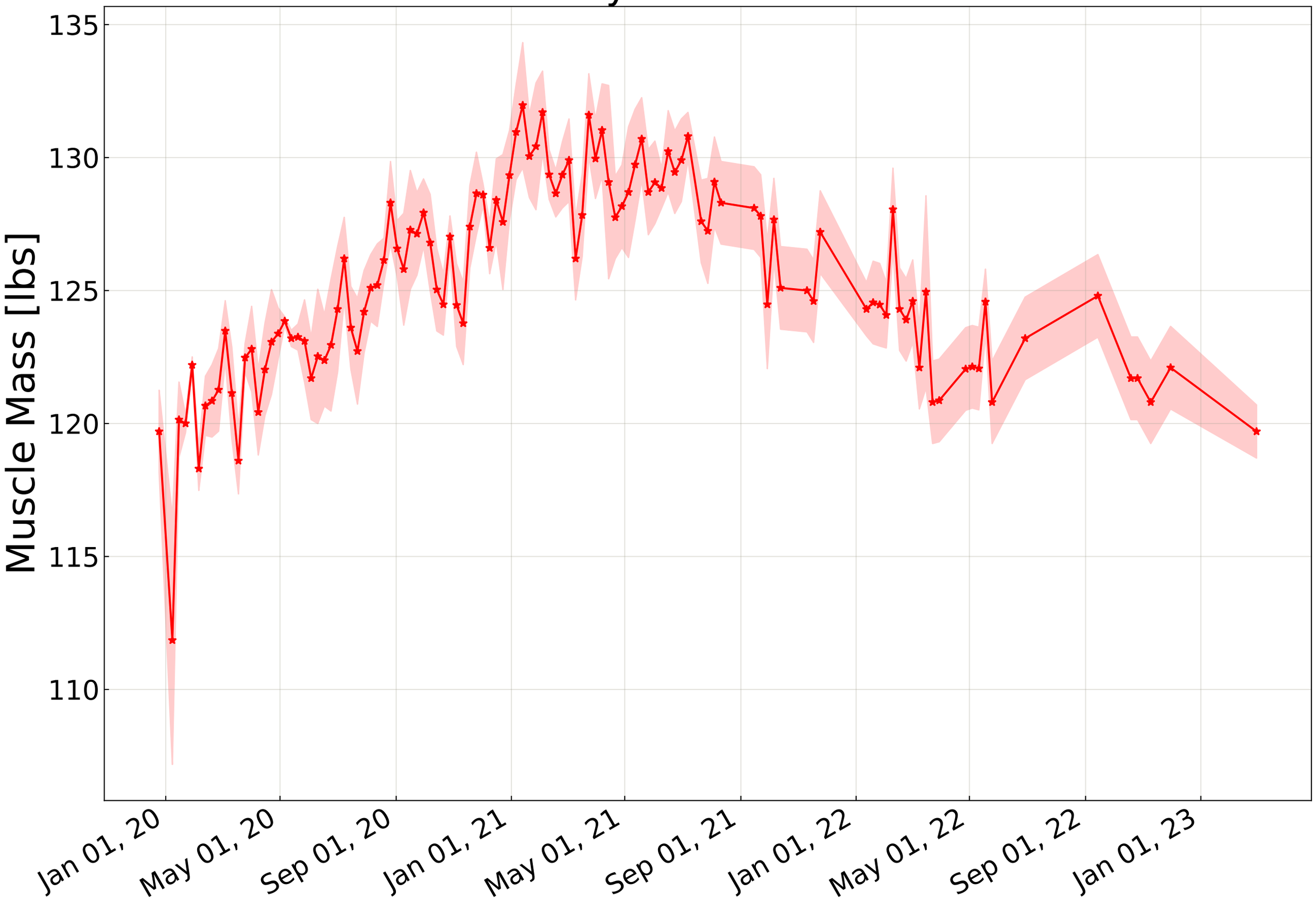
Fat Percentage [%]

28
26
24
22
20
18

Jan 01, 20
May 01, 20
Sep 01, 20
Jan 01, 21
May 01, 21
Sep 01, 21
Jan 01, 22
May 01, 22
Sep 01, 22
Jan 01, 23


Body Water Percentage
Water Percentage [%]
58
57
56
55
54
53
Jan 01, 20
May 01, 20
Sep 01, 20
Jan 01, 21
May 01, 21
Sep 01, 21
Jan 01, 22
May 01, 22
Sep 01, 22
Jan 01, 23

Body Muscle Mass Percentage



Body Muscle Mass