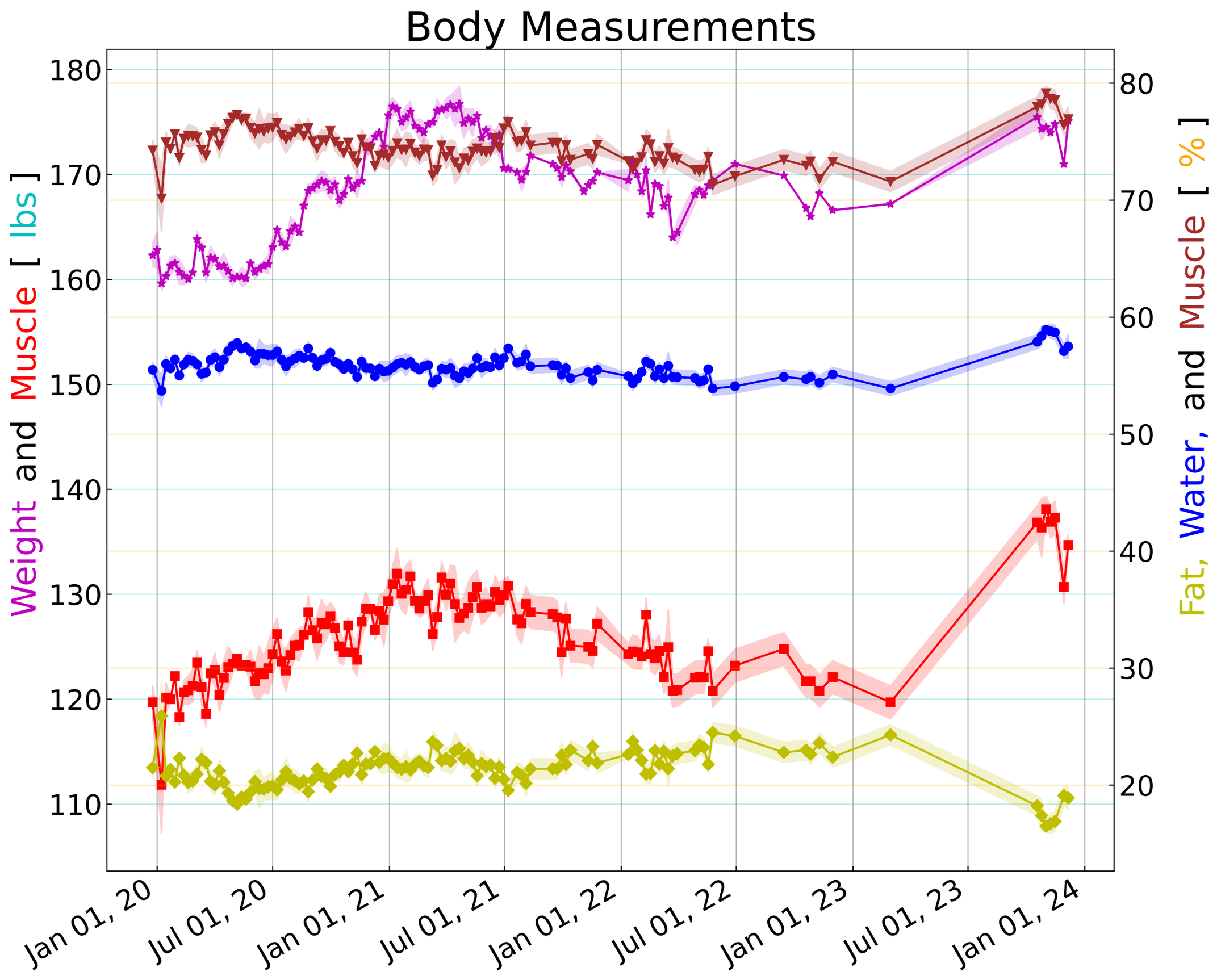
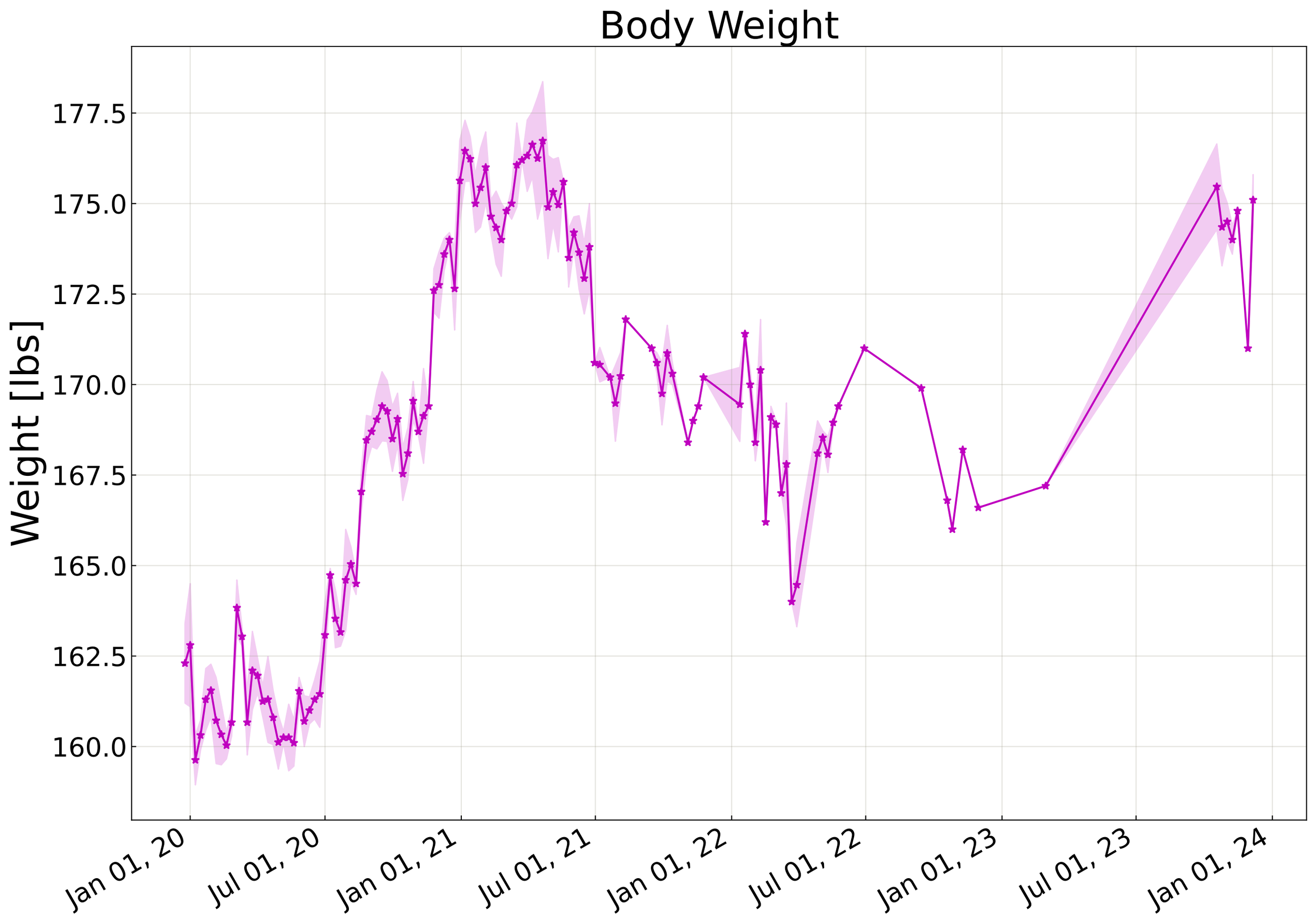
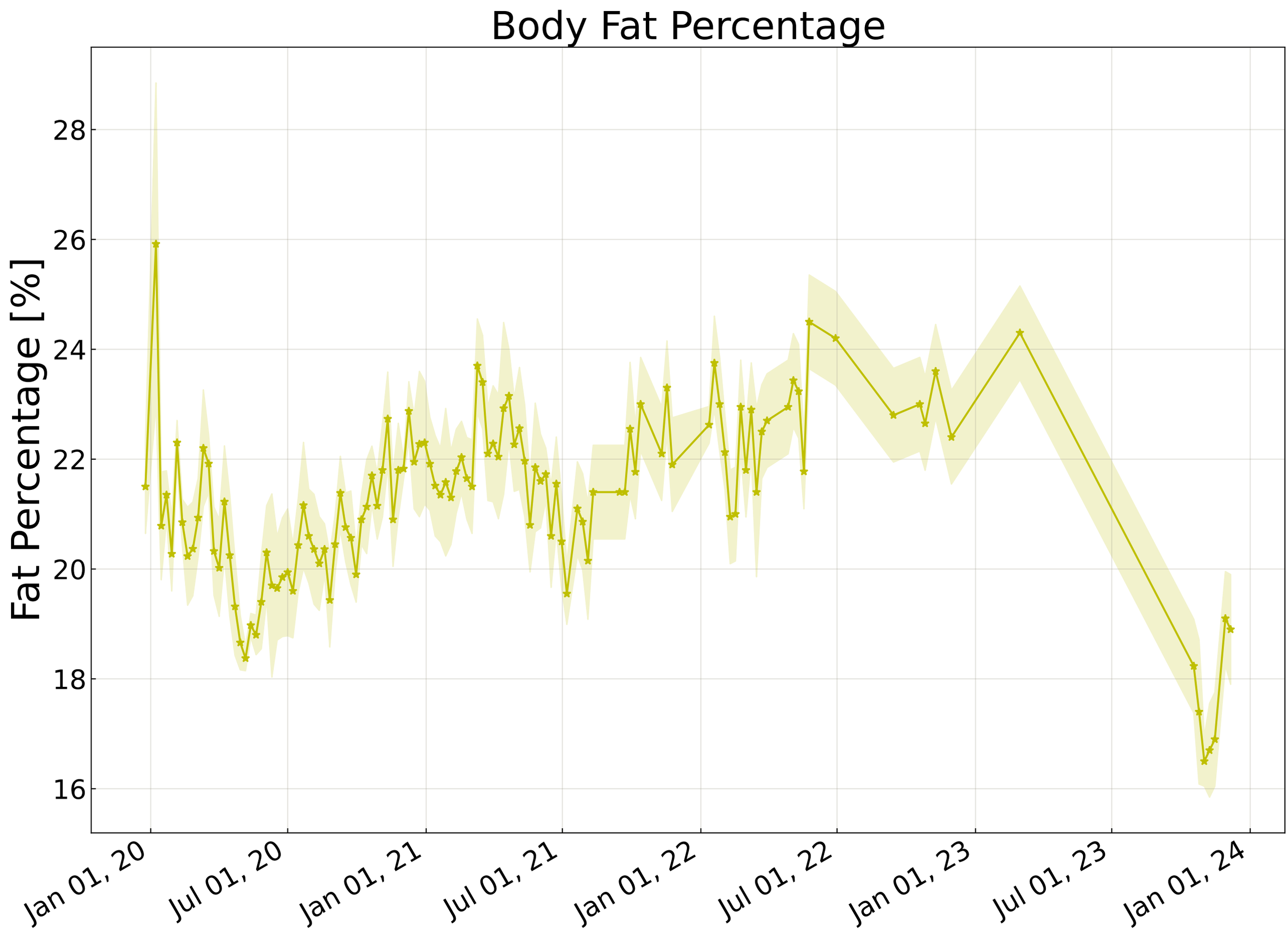
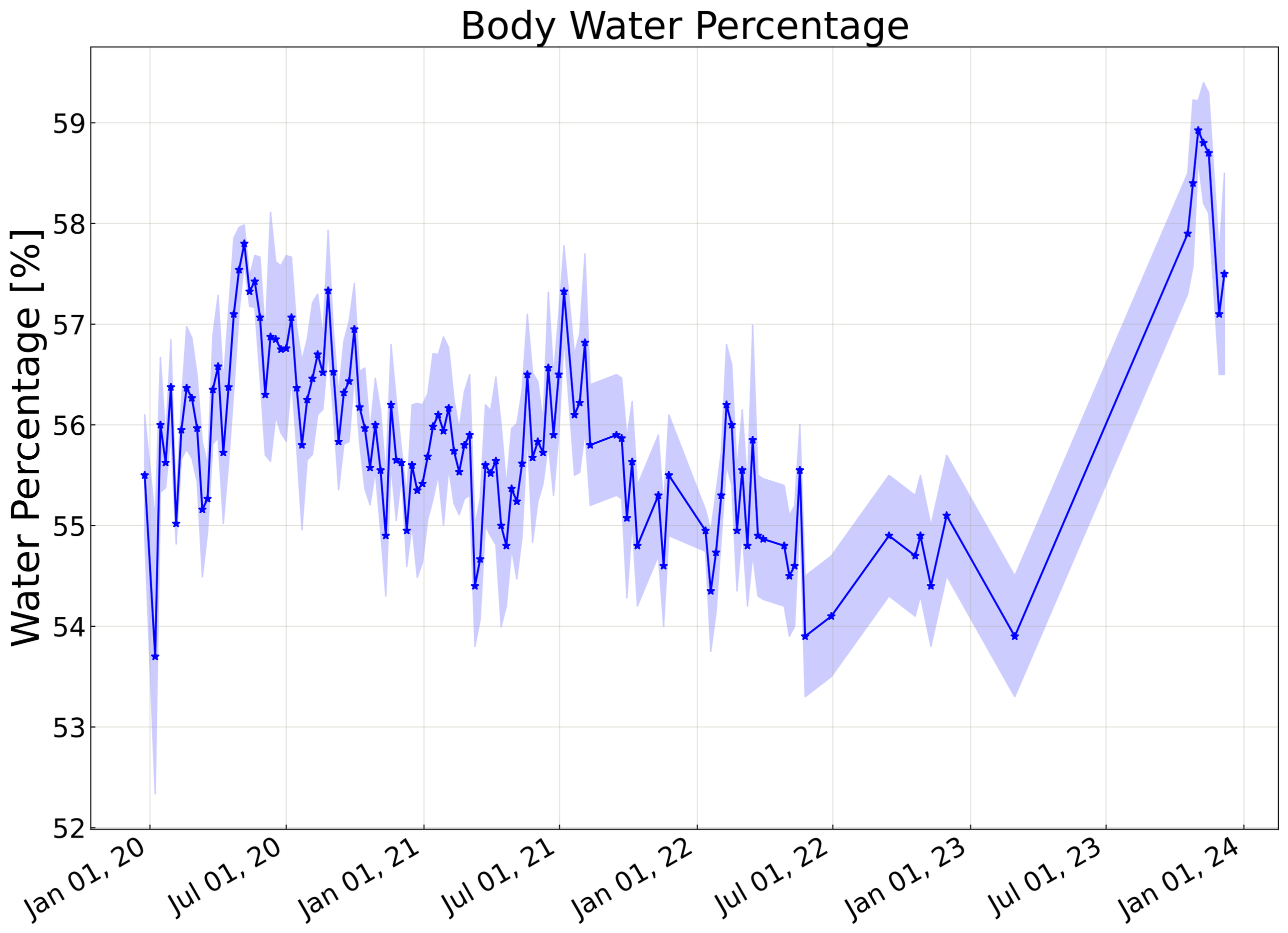
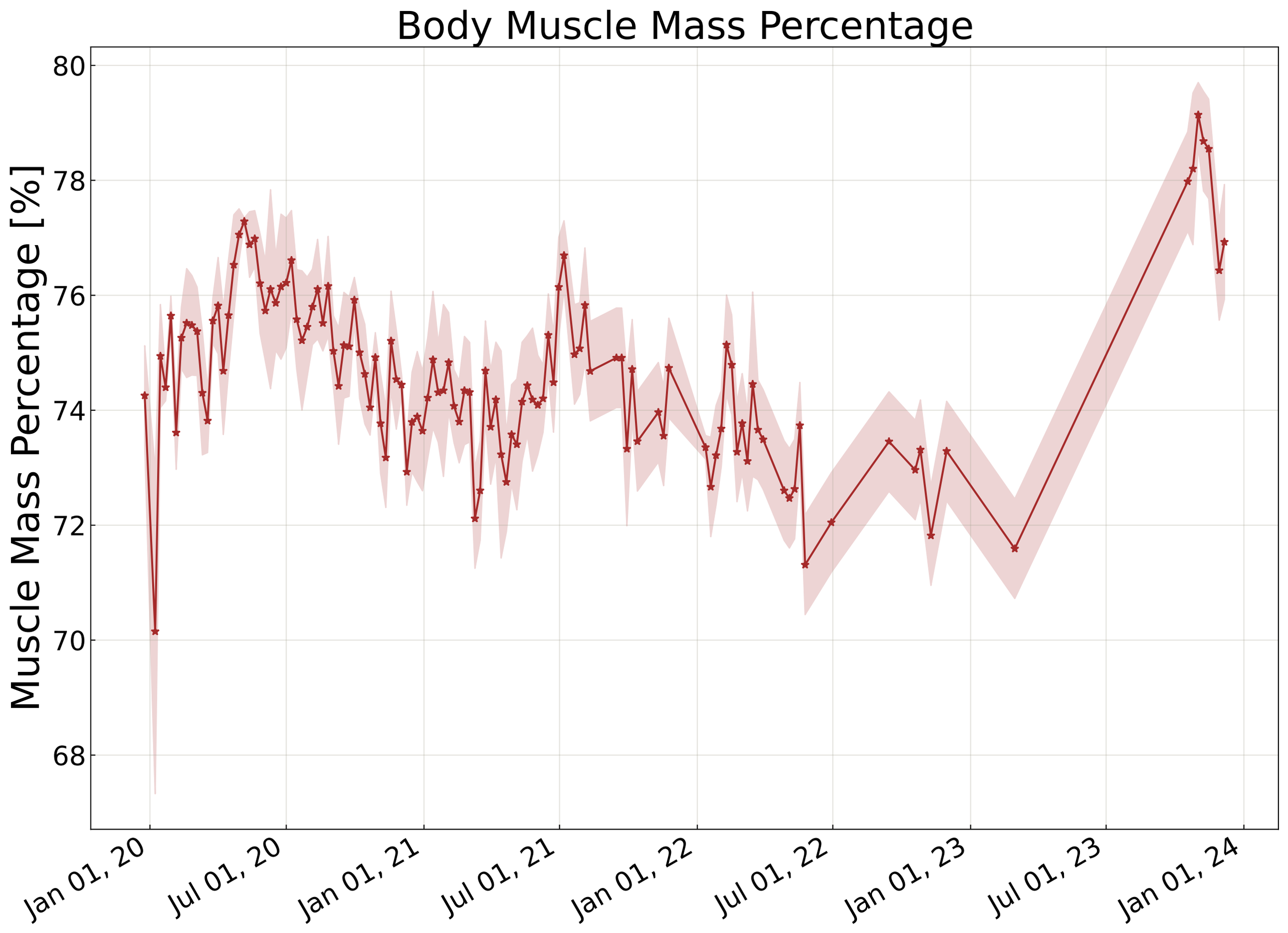
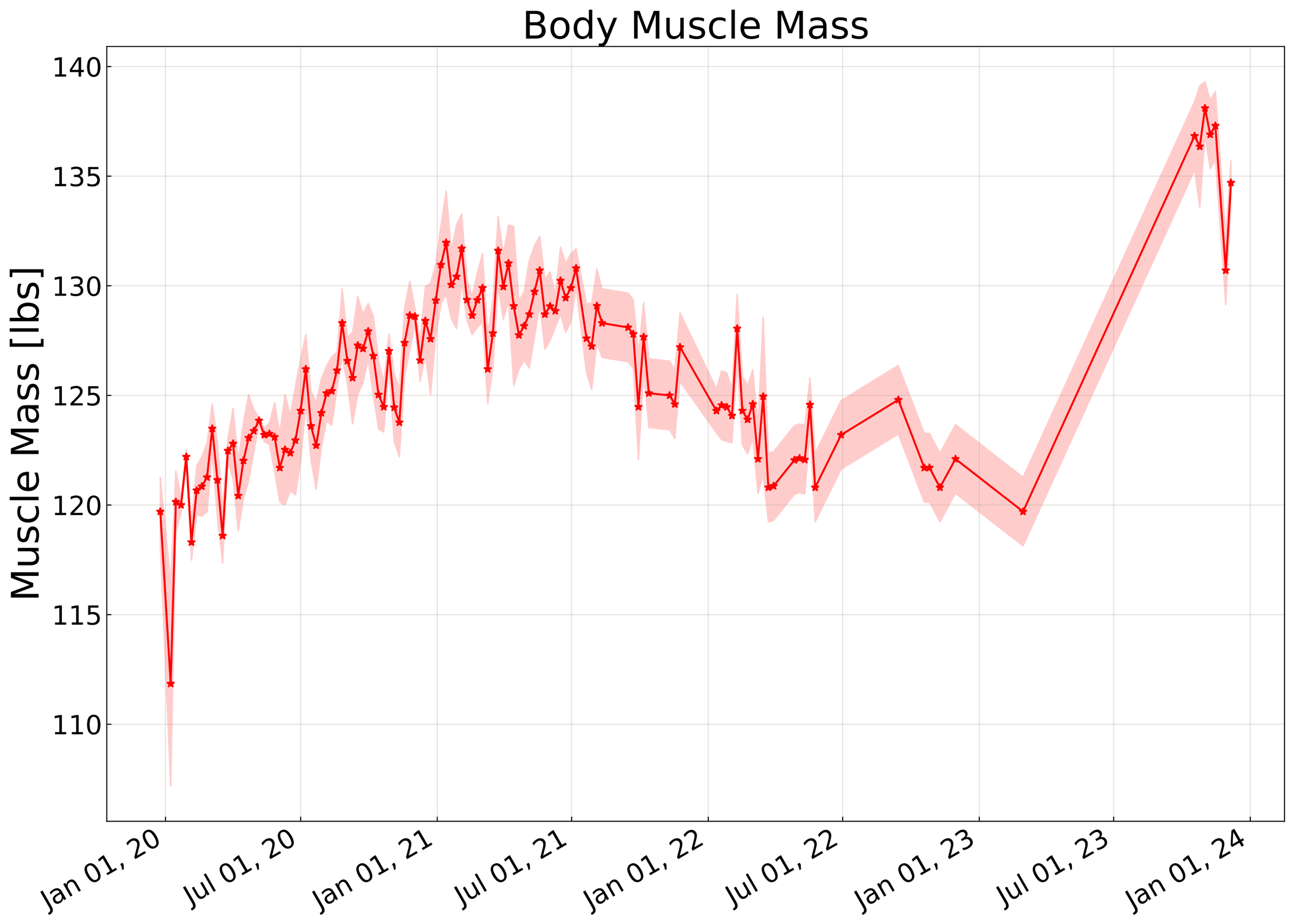

Body Measurements
Weight and Muscle [lbs]
Fat, Water, and Muscle [%]
180
170
160
150
140
130
120
110
80
70
60
50
40
30
20
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24


Body Weight
Weight [lbs]
177.5
175.0
172.5
170.0
167.5
165.0
162.5
160.0
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24


Body Fat Percentage
Fat Percentage [%]
28
26
24
22
20
18
16
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24


Body Water Percentage
Water Percentage [%]
59
58
57
56
55
54
53
52
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24


Body Muscle Mass Percentage
Muscle Mass Percentage [%]
80
78
76
74
72
70
68
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24


Body Muscle Mass
Muscle Mass [lbs]
140
135
130
125
120
115
110
Jan 01, 20
Jul 01, 20
Jan 01, 21
Jul 01, 21
Jan 01, 22
Jul 01, 22
Jan 01, 23
Jul 01, 23
Jan 01, 24