

FITNESS PROGRESS CHART

Date	Weight	Chest	Waist	Hips	Forearm
2023/1/10	140	32	31	40	11.5
2023/4/24	140	32	31	39.5	11.5
2023/7/10	139	32	31	39.5	11.5
2023/10/5	138	31	30	39	11
2024/1/15	138	31	30	39	11

Estimated Lean Body	Estimated Body Fat	Estimated Body Fat %
103.8	36.2	0.259
103.9	36.1	0.258
103.2	35.8	0.258
103.4	35.6	0.256
103.4	35.6	0.256

Formula	
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Menu Plan for November  
Week of:

Sunday

Monday

11/1 - 11/7  
11/8 - 11/14

Turkey Tacos  
Steak and Veggies

Spaghetti Squash Casserole  
Leftovers

11/15 - 11/21  
11/22 - 11/28

Pad Thai  
Chicken and Rice

Grilled Chicken and Salad  
Leftovers

Tuesday

Veggie Pizza  
Steak Tacos

Leftovers  
Pork Chops

Wednesday

Leftovers  
Buffalo Chicken Casserole  
Tomato Soup and Grilled  
Cheese  
Hot dogs and hamburgers

Thursday

Chicken Tettrazini  
Soup and Sandwiches  
Beef Stroganoff  
Thanksgiving Dinner

Friday

Eat Out/Take Out  
Eat Out/Take Out

Eat Out/Take Out  
Leftovers

Saturday

Chicken Stir Fry  
Burrito Bowls

Baked Ziti  
Turkey Pot Pie