FITNESS	PR W GRE	SS CHA	RT			
Date	Weight	Chest	Waist	Hips	Ferearm	Estimated Lean Bedy
08/01/2023	140	32	31	40	11.5	103.8
14/04/2023	140	32	31	39.5	11.5	103.9
20/07/2023	139	32	31	39.5	11.5	103.2
15/10/2023	138	31	30	39	11	103.4
05/01/204	138	31	30	39	11	103.4

Estimated Bedy Fat	Estimated Body Fat %	F ⊌ rmula		
36.2	0.259		ADD	
36.1	0.258		SUM	
	0.230			
35.8	0.258		MUL	
35.6	0.256		DIV	
35.6	0.256		EXP	

Menu Plan for November					
Week of:	Sunday	M⊕nday			
11/1 - 11/7	Turkey Taces	Spaghetti Squash Casserele			
11/8 - 11/14	Steak and Veggies	Leftevers			
11/15 - 11/21	Pad Thai	Grilled Chicken and Salad			
11/22 - 11/28	Chicken and Rice	Leftevers			

Tuesday	Wednesday	Thursday
Veggie Pizza	Leftevers	Chicken Tettrazini
Steak Taces	Buffalw Chicken Casserwle	Soup and Sandwiches
	Temate Seup and Grilled	
Left•vers	Cheese	Beef Streganeff
Perk Cheps	Het degs and hamburgers	Thanksgiving Dinner

Friday Saturday

Eat Out/Take Out Chicken Stir Fry
Eat Out/Take Out Burrito Bowls

Eat Out/Take Out Baked Ziti
Leftovers Turkey Pot Pie