

Date	Exercise	Category	Duration (min)	Calories Burned	Notes
11/1/2024	Running	Cardio	30	300	Morning run, felt kinda bad.
11/2/2024	Bench Press	Strength	20	150	Increased weight by 5 lbs.
11/3/2024	Yoga	Flexibility	40	200	Focused on technique.
11/4/2024	Swimming	Cardio	45	400	Practiced breathing techniques.
11/5/2024	Squats	Strength	25	180	Improved form.
11/6/2024	Cycling	Cardio	60	600	Rode through hilly terrain.
11/7/2024	Plank Challenge	Core	15	100	Held a 2-min plank.
11/8/2024	Deadlifts	Strength	30	220	Added 20 lbs to max weight.
11/9/2024	HIIT Workout	Cardio/Strength	20	250	Very intense, felt strong.
11/10/2024	Stretching Routine	Flexibility	20	100	Targeted hamstrings and quads.
11/11/2024	Running	Cardio	30	300	Morning run, felt great.
11/12/2024	Bench Press	Strength	20	150	Increased weight by 10 lbs.
11/13/2024	Yoga	Flexibility	40	200	Focused on balance.
08/23/2024	Biking	Cardio	60	300	very hard
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Date	Meal Type	Food Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Notes
11/1/2024	Breakfast	Scrambled Eggs	250	18	1	20	Added spinach.
11/1/2024	Lunch	Grilled Chicken	400	35	10	15	Side of steamed veggies.
11/1/2024	Dinner	Pasta	600	12	75	20	Avoided cream sauce.
11/2/2024	Breakfast	Smoothie	300	10	60	5	Banana, spinach, protein.
11/2/2024	Lunch	Turkey Sandwich	450	20	50	10	Whole-grain bread.
11/2/2024	Dinner	Baked Salmon	550	35	5	30	Used lemon and herbs.
11/3/2024	Breakfast	Oatmeal	350	10	60	8	Added nuts and berries.
11/3/2024	Lunch	Veggie Stir-Fry	400	15	70	10	Used soy sauce sparingly.
11/3/2024	Dinner	Chicken Alfredo	700	25	50	35	Creamy sauce, small portion.
11/4/2024	Breakfast	Scrambled Eggs	250	18	1	20	Added spinach.
11/4/2024	Lunch	Grilled Chicken	400	35	10	15	Side of steamed veggies.
11/4/2024	Dinner	Pasta	600	12	75	20	Avoided cream sauce.

Date	Weight (lbs)	Body Fat (%)	Waist (in)	Chest (in)	Notes
11/1/2024	150	18	32	36	Feeling leaner.
11/7/2024	149.5	17.8	31.8	36.2	Lost some water weight.
11/14/2024	149	17.5	31.5	36.5	Progress is steady.
11/21/2024	148.5	17.3	31.2	36.7	Waist measurement improving.
11/2/2024	150	18	32	36	Feeling leaner.
11/15/2024	149	17.5	31.5	36.5	Progress in fat loss.

Goal Type	Goal Description	Target Value	Current Value	Deadline	Notes
Weight Loss	Lose weight	145 lbs	150 lbs	12/31/2024	Gradual progress.
Strength	Bench press 150 lbs for 5 reps	150 lbs	130 lbs	1/15/2025	Increasing every week.
Flexibility	Touch toes comfortably	Yes	No	12/15/2024	Doing yoga twice a week.
Nutrition	Reduce sugar intake by 50%	0.5	0.2	12/31/2024	Tracking sugary snacks.

Metric	Best Value	Current	Notes
Fastest 5K Time	28:30:00	30:00:00	On track with running program.
Most Calories Burned in a Session	600	400	Aim for longer cardio sessions.
Weight Loss Progress	-1.5 lbs	-1.5 lbs	Excellent start!
Body Fat Reduction	-0.070%	-0.070%	Consistent improvements.