



Date: 6. 12. 2022.

Name: Nisha

Exercise Plan: undefined

Duration: 4 Weeks

Diet Plan: Healthy Salad

For this progress report, Nisha has started recording progress on 2022-12-06 till 2022-12-06. Initially the weight was 150 lb. Then, after performing the exercises and following the diet plan, the weight changed to 150 lb

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