

Progress Report

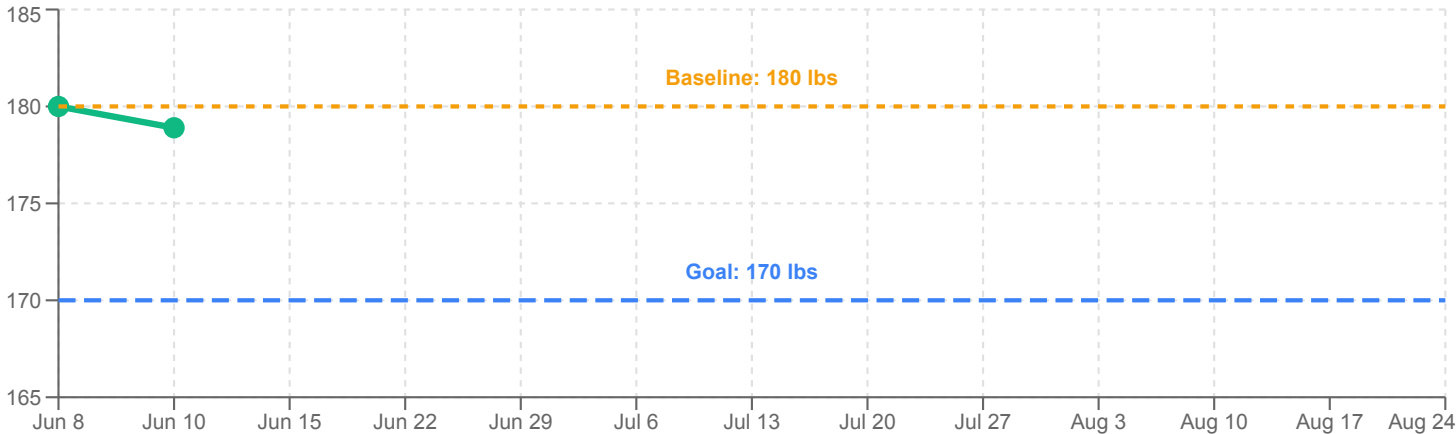
John Savage

Report Generated: June 10, 2025

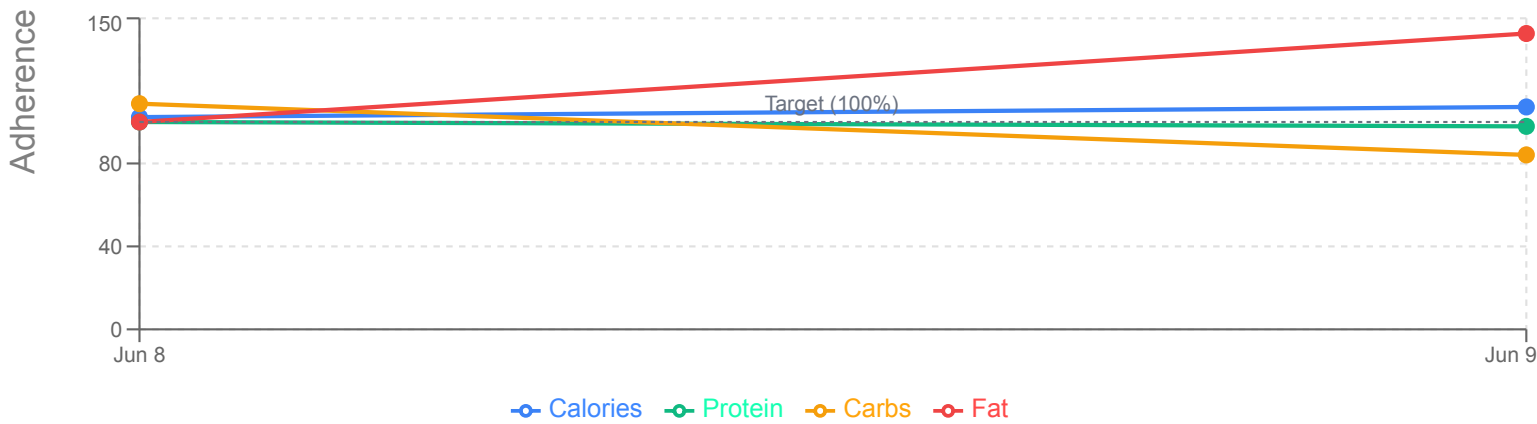
Coach: Chassidy Escobedo

178.9 lbs	-1.1 lbs	11%
Current Weight	Total Change	Goal Progress
0%		
Avg Adherence		

Weight Progress Over Time (12 Week Program)



Macro Adherence (Last 30 Days)



Progress Summary

John has been making excellent progress toward their weight loss goal.

Starting at **180 lbs**, they have achieved a **1.1 lb** weight loss, representing **11%** of their target goal of **170 lbs**.

Their macro adherence over the past 30 days has averaged **0%**, indicating an opportunity to focus more on nutrition consistency.

Recommendations: Continue with current approach and maintain consistency with both nutrition tracking and regular weigh-ins.

This report was generated by Ignite AI - Your Personal Fitness & Nutrition Coach

For questions about this report, contact Coach Chassidy Escobedo