Progress Report

John Savage

Coach: Chassidv Escobedo

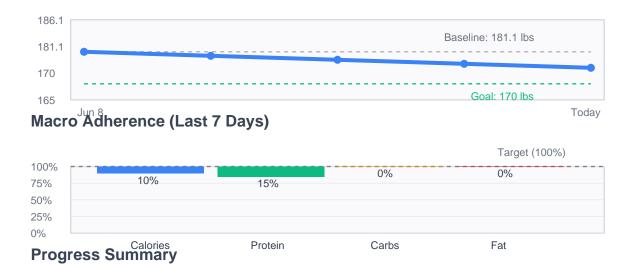
178.9 lbs

Current Weight

-1.1 lbs
Total Change

11% Goal Progress 0% Avg Adherence

Weight Progress Over Time



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

Starting at 181.1 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