

Progress Report

Jonah Hill

Coach: Chassidy Escobedo

200 lbs

Current Weight

+0.0 lbs

Total Change

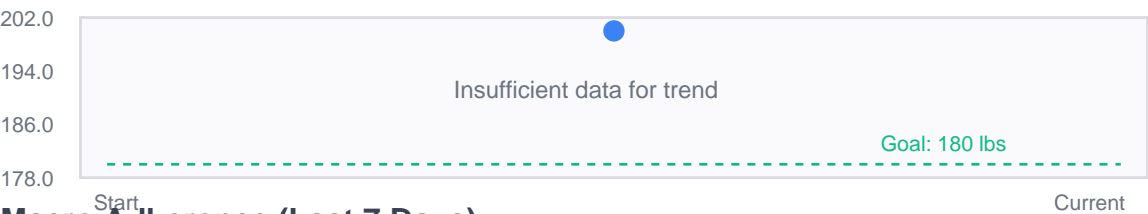
0%

Goal Progress

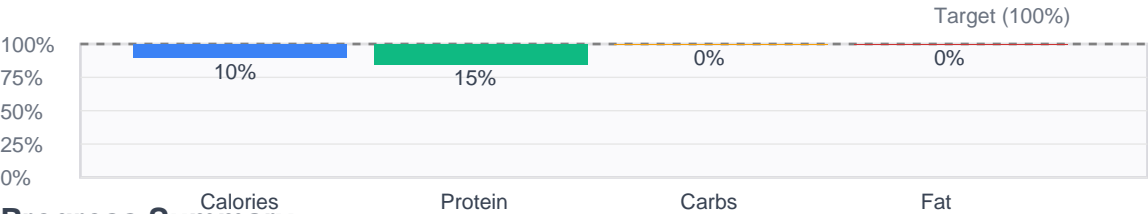
0%

Avg Adherence

Weight Progress Over Time



Macro Adherence (Last 7 Days)



Progress Summary

Jonah has been making excellent progress toward their weight loss goal. Starting at 200.0 lbs, they have achieved a 0.0 lb weight gain, representing 0% of their target goal of 180 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