

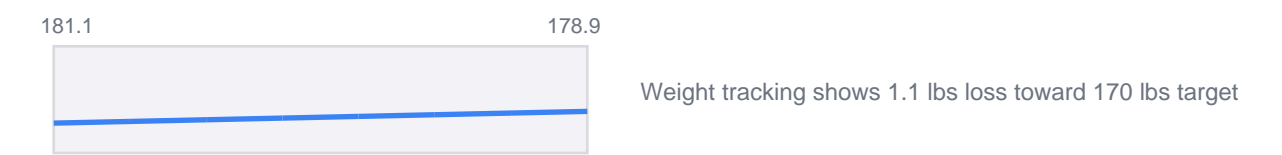
# PROGRESS REPORT

## John Savage

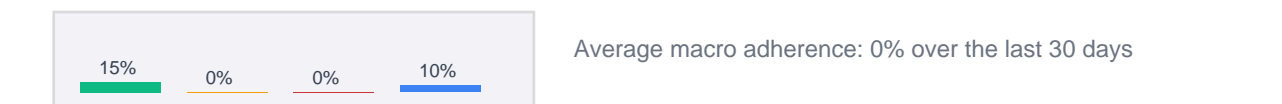
Report Generated: June 10, 2025  
Coach: Chassidy Escobedo, Certified Personal Trainer

<div>178.9 lbs</div> <div>Current Weight</div>	<div>-1.1 lbs</div> <div>Total Change</div>	<div>11%</div> <div>Goal Progress</div>	<div>0%</div> <div>Avg Adherence</div>
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### Weight Progress Trend



### Macro Adherence Overview



### Progress Summary

John has been making excellent progress toward their weight loss goal. Weight tracking shows a 1.1 lb loss, representing 11% progress toward 170 lbs. Average macro adherence of 0% demonstrates consistent commitment to the nutrition plan.

Keep up the excellent work!  
Coach Chassidy Escobedo  
Certified Personal Trainer & Nutrition Coach  
Ignite Fitness & Nutrition