

PROGRESS REPORT

John Savage

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

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

Weight tracking shows 1.1 lbs loss toward 170 lbs target

Macro Adherence Overview

Average macro adherence: 0% over the last 30 days

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