

Progress Report

June 10, 2025

John Savage

Coach: Chassidy Escobedo

178.9 lbs

Current Weight

-1.1 lbs

Total Change

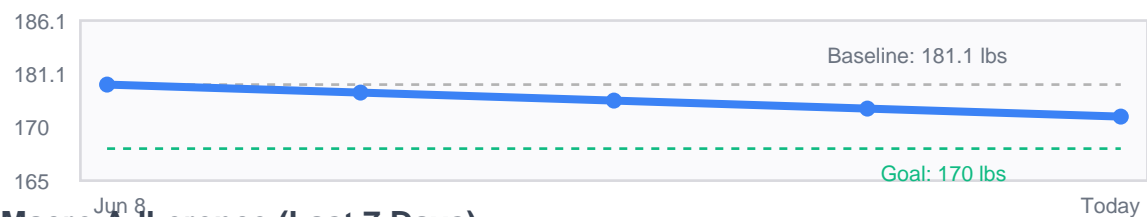
11%

Goal Progress

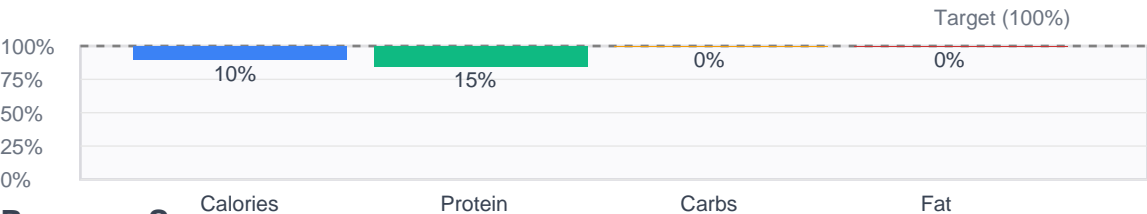
0%

Avg Adherence

Weight Progress Over Time



Macro Adherence (Last 7 Days)



Progress Summary

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