

Progress Report

John Savage

Coach: Chassidy Escobedo

180 lbs

Current Weight

+0.0 lbs

Total Change

0%

Goal Progress

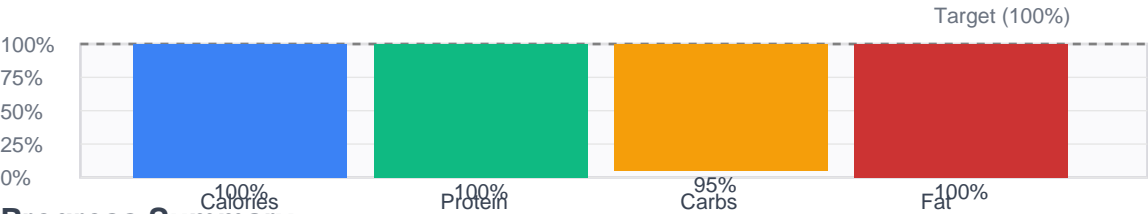
100%

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 180.0 lbs, they have achieved a 0.0 lb weight gain, representing 0% of their target goal of 170 lbs.

Their macro adherence over the past 30 days has averaged 100%, demonstrating strong commitment to their nutrition plan.

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