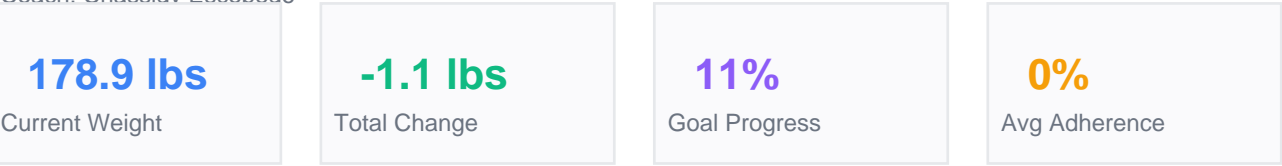


Progress Report

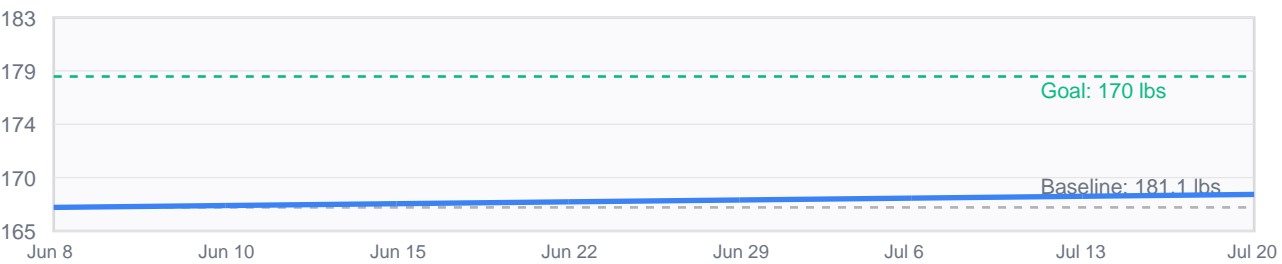
June 10, 2025

John Savage

Coach: Chassidy Escobedo



Weight Progress Over Time (12 Week Program)



Macro Adherence (Last 30 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