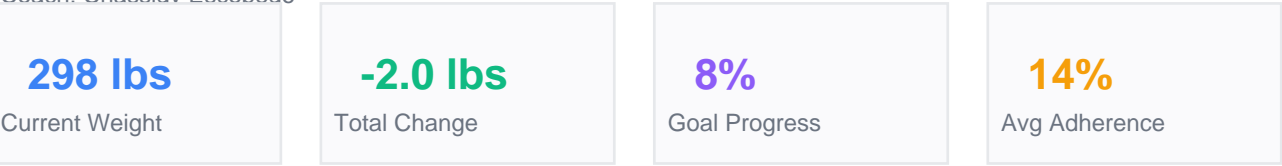


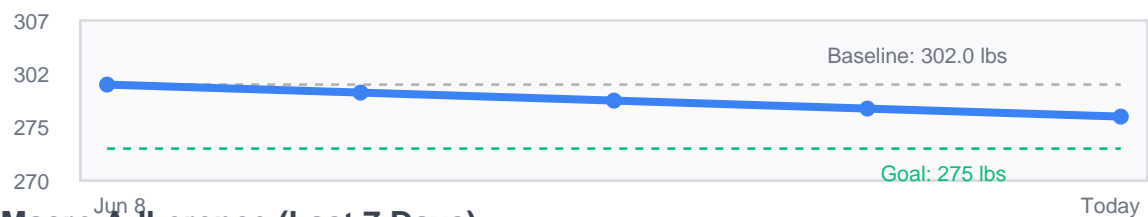
# Progress Report

## Chrissy Metz

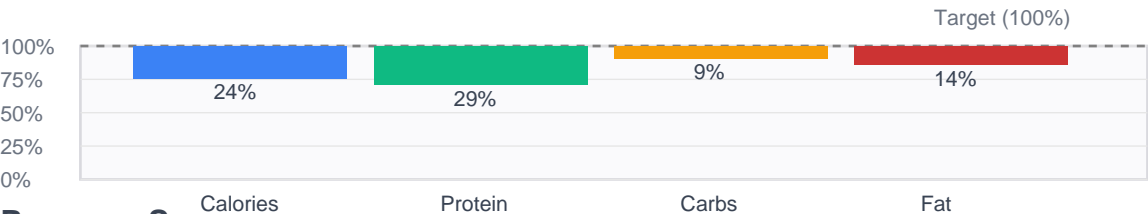
Coach: Chassidy Escobedo



### Weight Progress Over Time



### Macro Adherence (Last 7 Days)



### Progress Summary

Chrissy has been making excellent progress toward their weight loss goal. Starting at 302.0 lbs, they have achieved a 2.0 lb weight loss, representing 8% of their target goal of 275 lbs.

Their macro adherence over the past 30 days has averaged 14%, 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