

## Client Progress Report (ID: 25)

Name: Charlotte Walker

Email: charlotte.walker3@example.com

Age: 27

Gender: Female

Height: 5.4

Weight: 73

Medical History: No known medical conditions

BMI: 28.7

Phone: 987-654-3210

Address: 456 Oak Ave, Metropolis

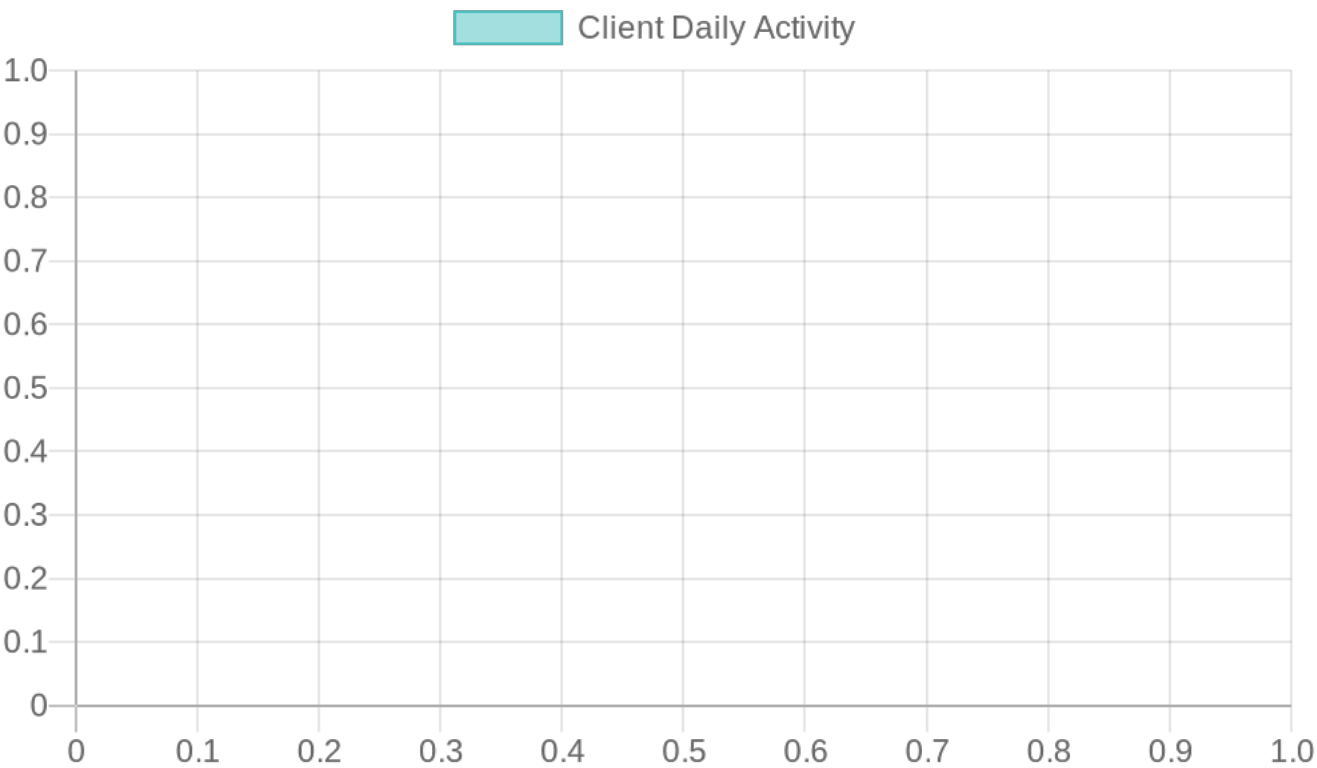
## Fitness Goals:

1. Improve stamina - Fri May 16 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-11)
2. Lose 10kg - Thu Apr 03 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-05-03)
3. Walk 10k steps/day - Sun May 25 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-18)
4. Increase flexibility - Tue May 20 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-18)
5. Walk 10k steps/day - Thu Apr 03 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-01)
6. Increase flexibility - Fri May 16 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-11)
7. Increase flexibility - Sun Jun 08 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-30)

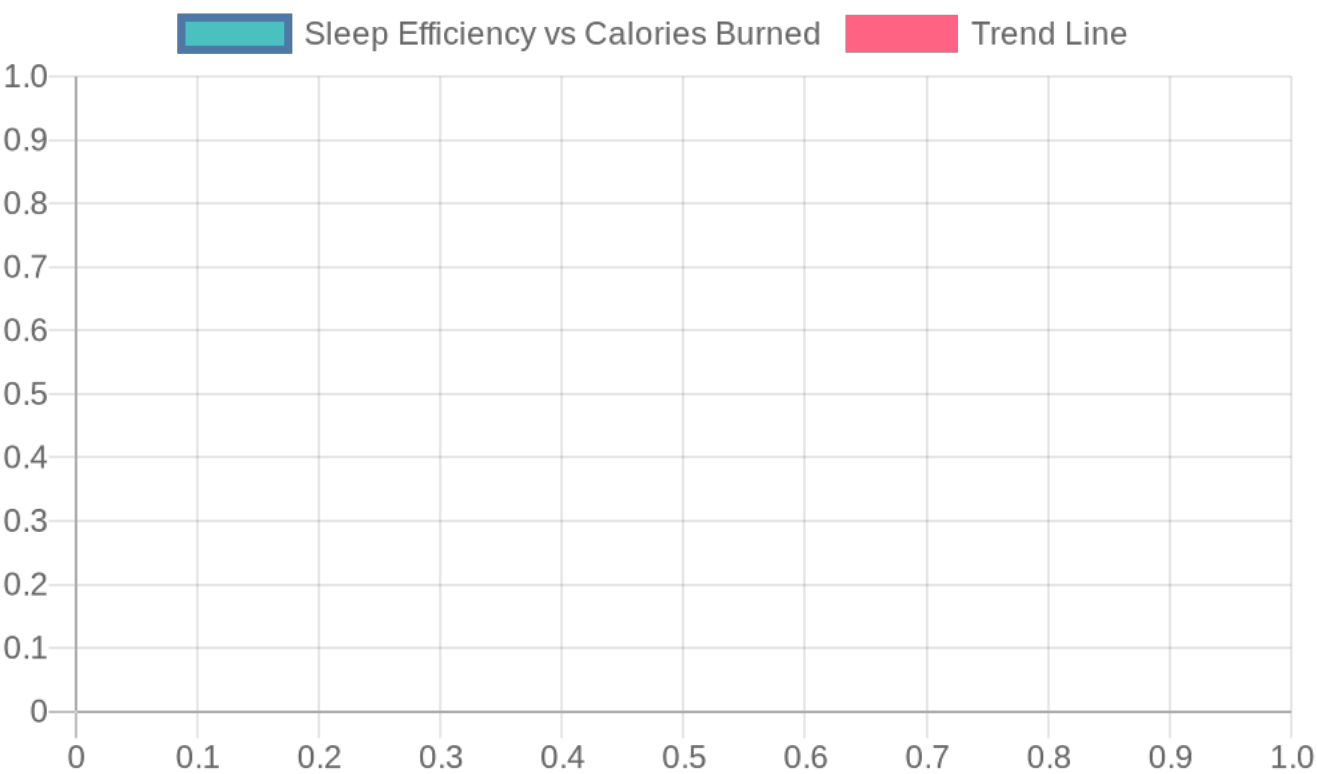
Daily Activities:

## Workout & Diet Logs:

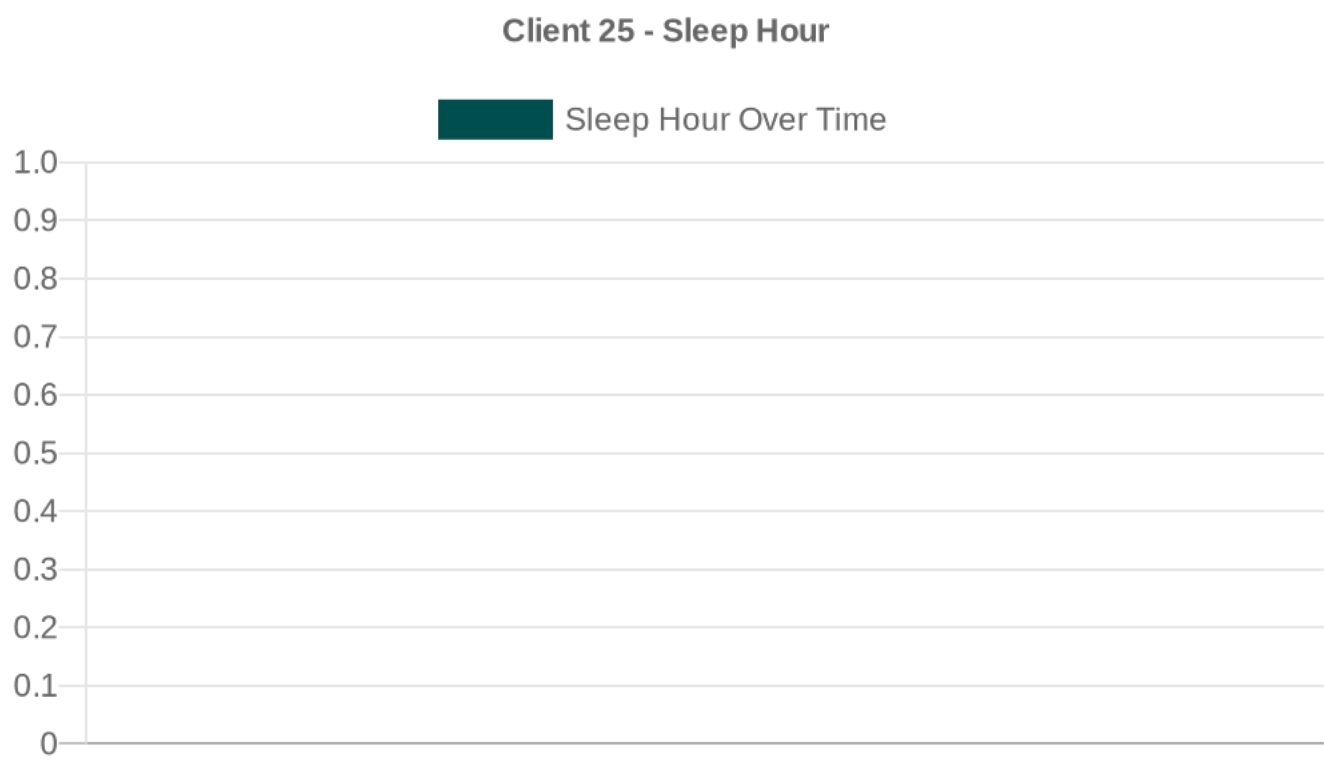
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

