

## Client Progress Report (ID: 5)

Name: Ashley Roff

Email: client3@example.com

Age: 28

Gender: Female

Height: N/A

Weight: N/A

Medical History: N/A

BMI: 17.9

Phone: N/A

Address: N/A

## Fitness Goals:

1. Lose belly fat - Wed Apr 23 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-06-15)
2. Lose 5kg - Mon Jun 09 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-08-20)
3. Lose 5kg - Wed Apr 09 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-06)
4. Get leaner - Mon Apr 21 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-06-21)
5. Lose 3kg - Mon Apr 28 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-06-15)

## Daily Activities:

1. 2025-05-01 - Steps: 6000, Calories: 250, Sleep: 6h

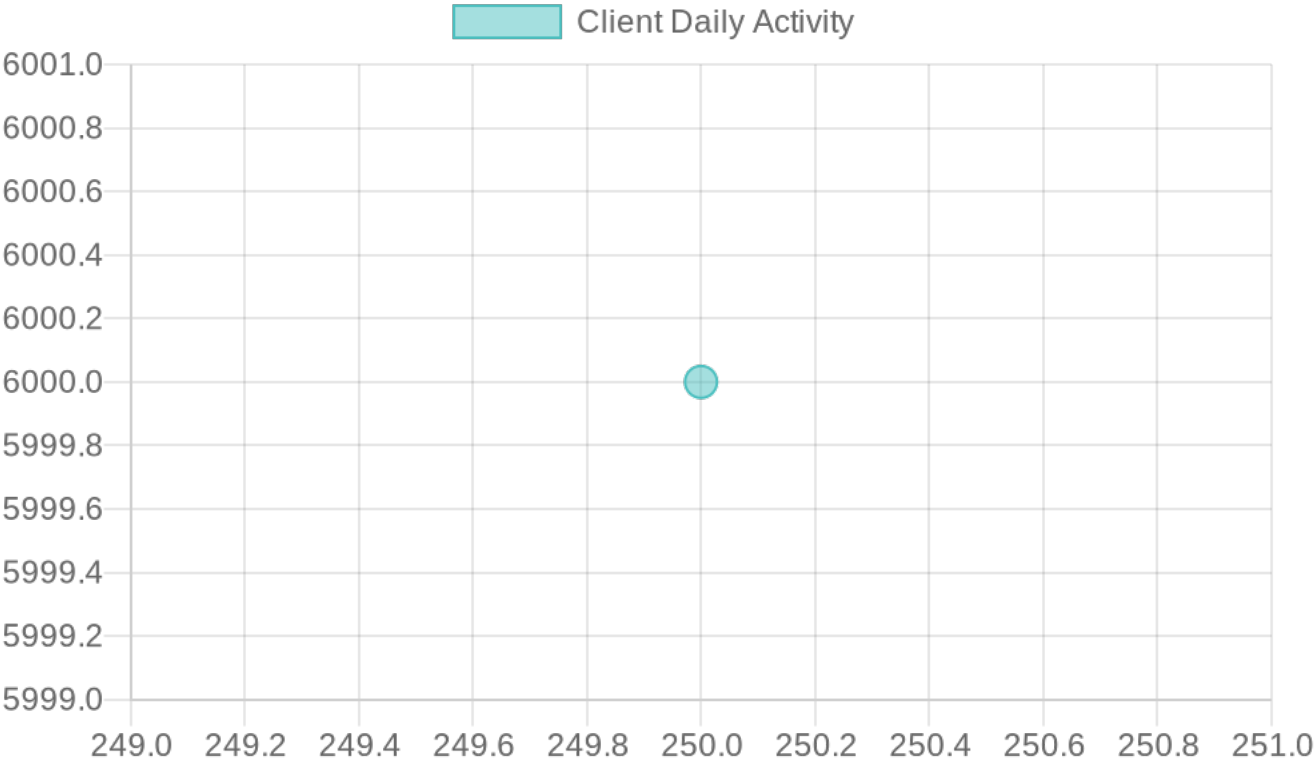
## Workout & Diet Logs:

1. 2025-05-01 - Workout: Yoga & Stretching  
Diet: Vegetarian Diet

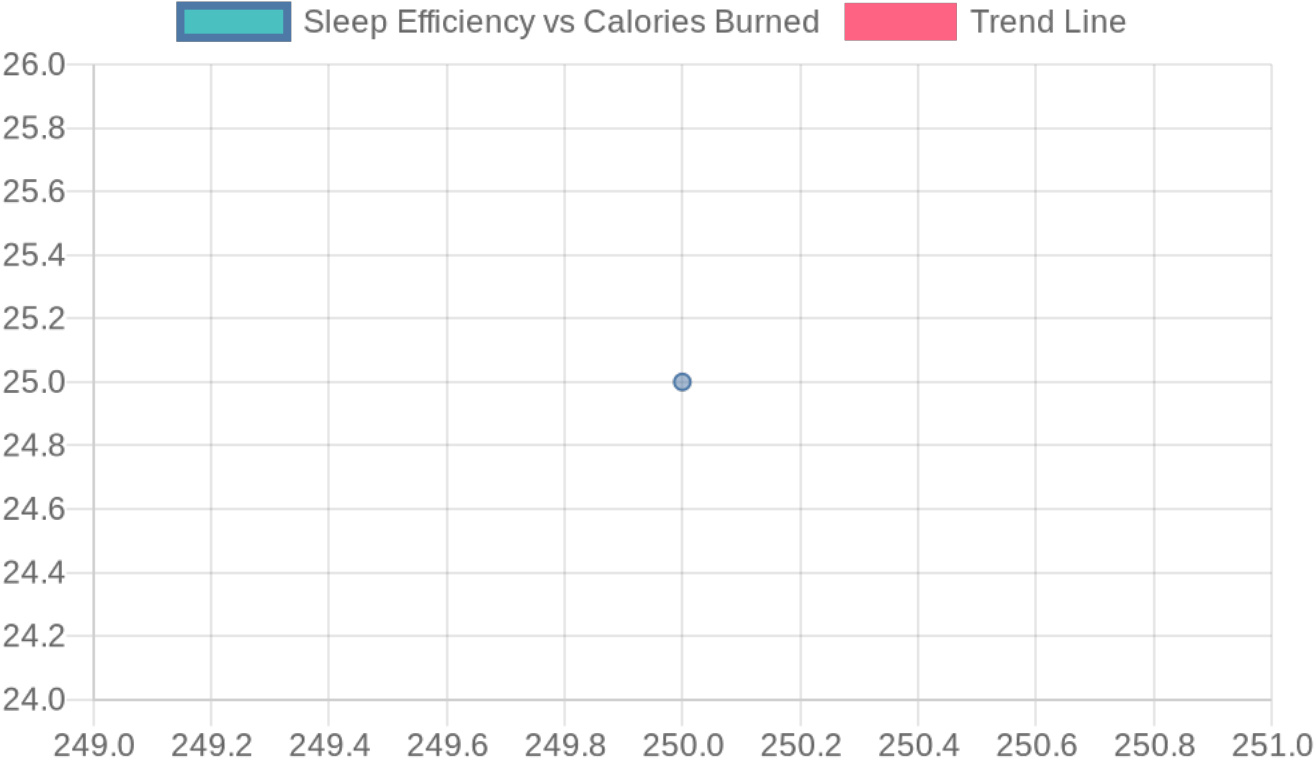
2. 2025-05-02 - Workout: HIIT Workout  
Diet: Keto Diet

3. 2025-05-03 - Workout: Sprint Intervals  
Diet: Lean Protein Intake

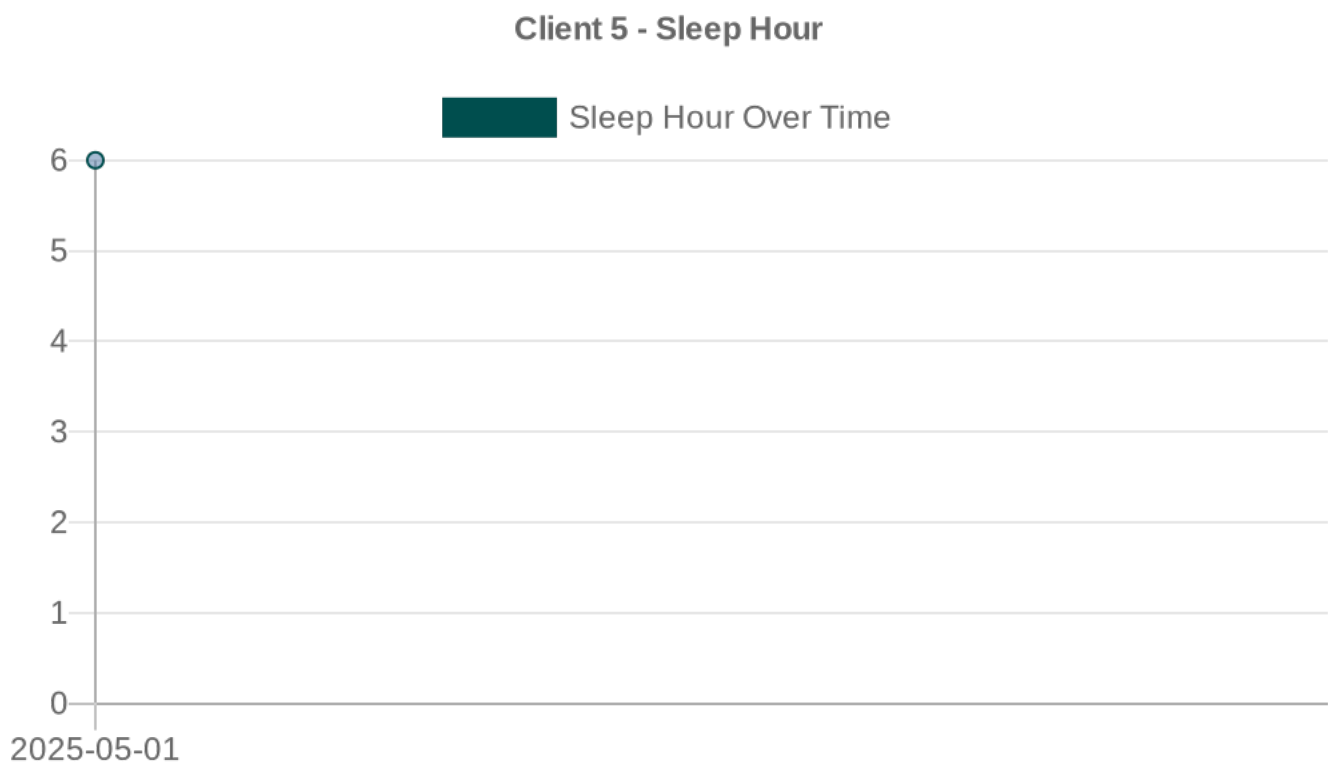
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



## Activity Calories Burned Vs Step Count Scatter chart:

