Client Progress Report (ID: 4)

Name: Jacob ash
Email: client2@example.com
Age: N/A
Gender: N/A
BMI: 17.2
Phone: N/A
Address: N/A

Fitness Goals:

1. lose 5 kg - Sat Jan 25 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-02-25)
2. run 2km - Thu Mar 20 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-03-20)
3. Lose 3kg - Sat Apr 19 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-05-19)
4. Lower body fat - Mon Apr 28 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-11)
5. Get leaner - Fri May 23 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-20)
6. Get toned - Thu Jun 05 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-24)
7. Increase flexibility - Sun Apr 27 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-06-05)
8. Get toned - Fri Mar 28 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-05-15)

Daily Activities:

1. 2025-05-02 - Steps: 12000, Calories: 550, Sleep: 7h
2. 2025-05-02 - Steps: 13000, Calories: 600, Sleep: 6h
3. 2025-05-01 - Steps: 9000, Calories: 200, Sleep: 7h
4. 2025-05-01 - Steps: 10000, Calories: 231, Sleep: 4h
5. 2025-05-03 - Steps: 15000, Calories: 700, Sleep: 6h
6. 2025-05-04 - Steps: 16000, Calories: 750, Sleep: 7h
7. 2025-05-05 - Steps: 14000, Calories: 680, Sleep: 8h
8. 2025-05-06 - Steps: 15500, Calories: 720, Sleep: 6h
9. 2025-05-07 - Steps: 13500, Calories: 650, Sleep: 7h
10. 2025-05-08 - Steps: 17000, Calories: 800, Sleep: 5h
11. 2025-05-09 - Steps: 14500, Calories: 700, Sleep: 6h
12. 2025-05-10 - Steps: 17500, Calories: 850, Sleep: 7h
13. 2025-05-11 - Steps: 16000, Calories: 780, Sleep: 8h
14. 2025-05-12 - Steps: 18000, Calories: 900, Sleep: 6h
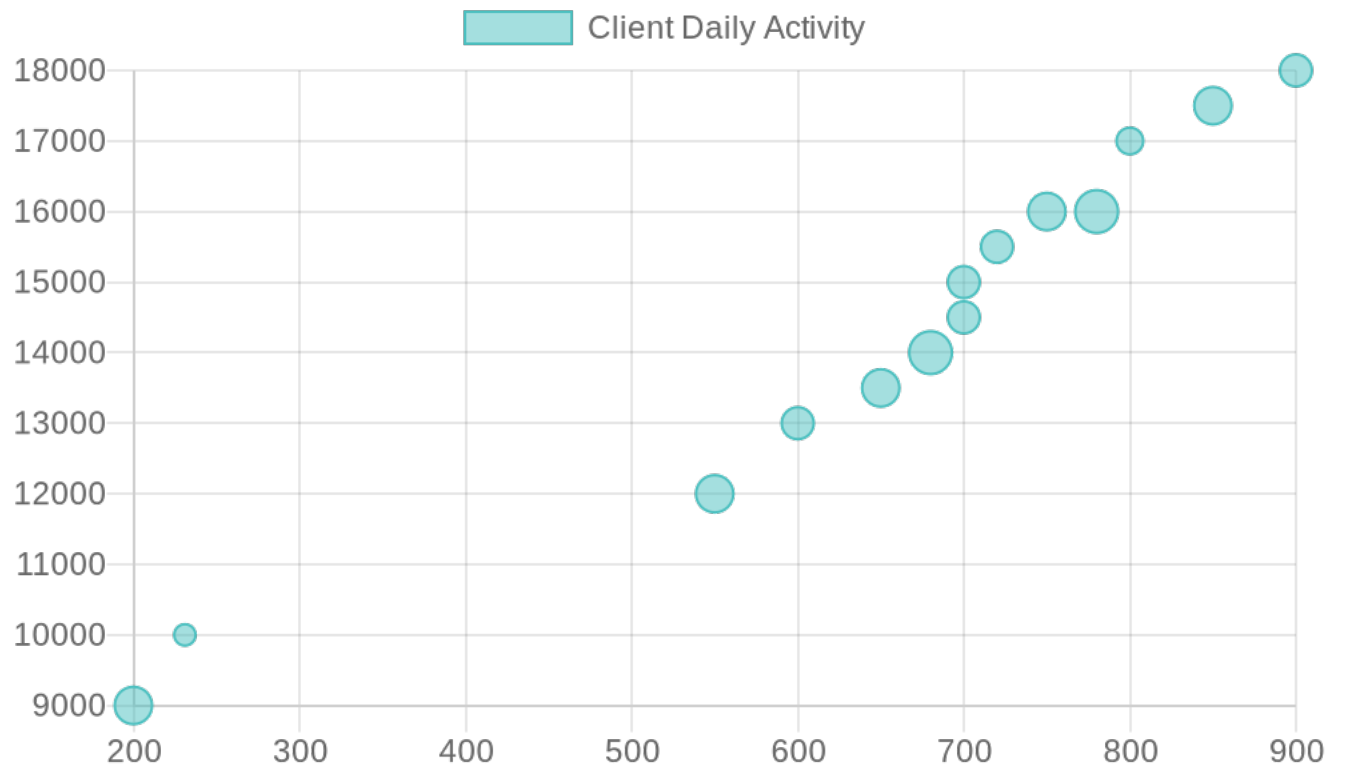
Workout & Diet Logs:

1. 2025-05-01 - Workout: Strength Training
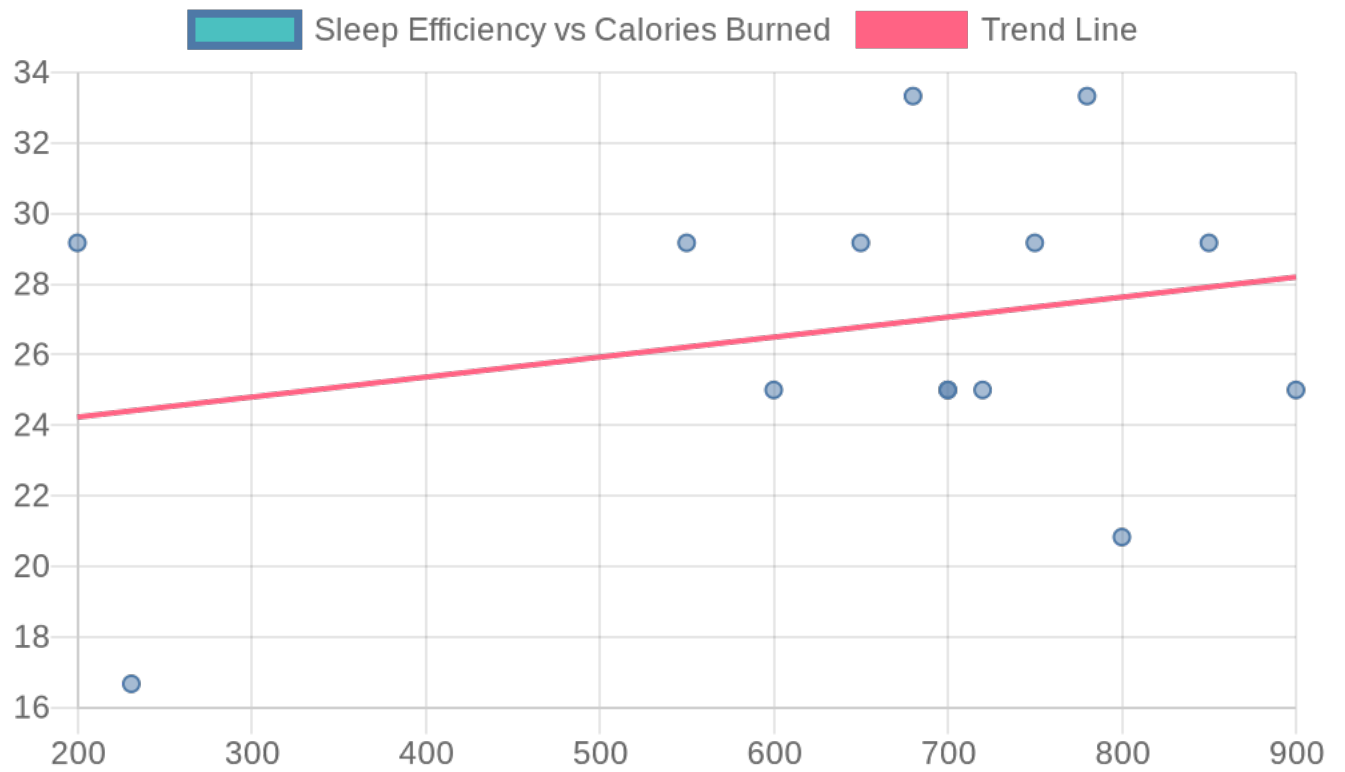Diet: High Protein Diet

2. 2025-05-02 - Workout: Cardio Session
Diet: Low Carb Meal

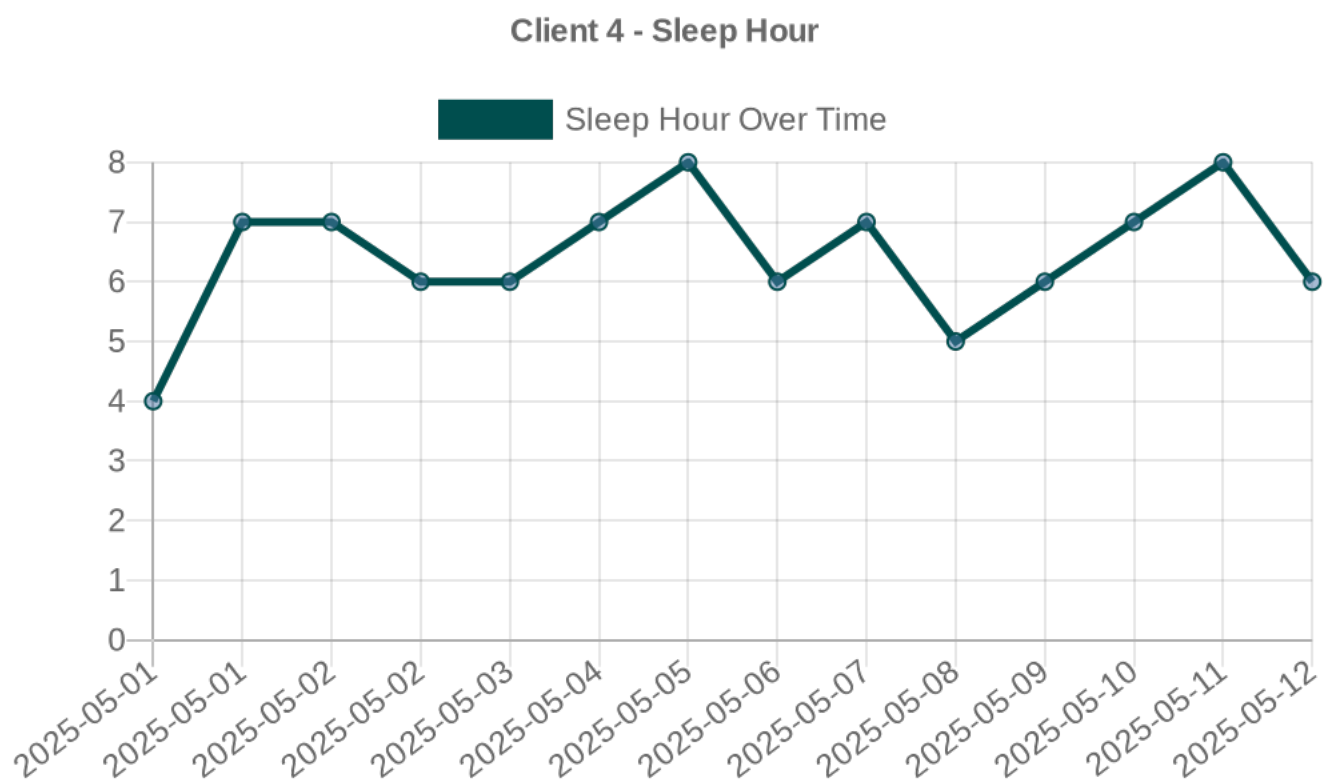3. 2025-05-03 - Workout: Stair Climbing
Diet: Vitamin Boost Meal

Activity Bubble Chart:

Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:

Activity Sleep Hours Over Time chart:

Client 4 - Sleep Hour

Activity Calories Burned Vs Step Count Scatter chart: