

## Client Progress Report (ID: 7)

Name: John Doe

Email: john.doe@example.com

Age: 25

Gender: Male

Height: 5.9

Weight: 75

Medical History: N/A

BMI: 18.4

Phone: N/A

Address: N/A

## Fitness Goals:

1. Gain strength - Tue May 27 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-16)
2. Build endurance - Mon May 12 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-19)
3. Get leaner - Tue May 13 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-06-30)
4. Get toned - Sun Jun 01 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-14)
5. Gain muscle mass - Mon Apr 21 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-25)
6. Walk 10k steps/day - Fri May 16 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-18)

## Daily Activities:

1. 2025-05-01 - Steps: 8000, Calories: 350, Sleep: 5h

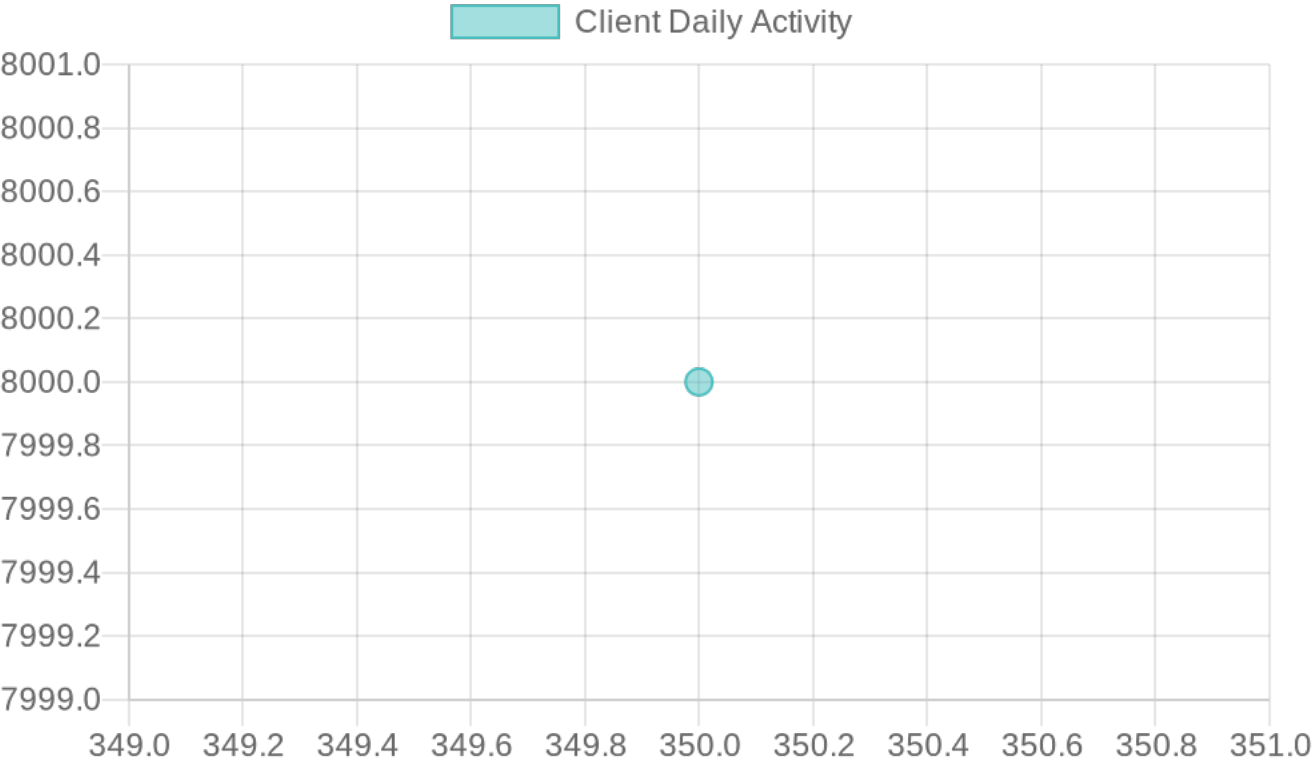
## Workout & Diet Logs:

1. 2025-05-01 - Workout: Cycling  
Diet: Mediterranean Diet

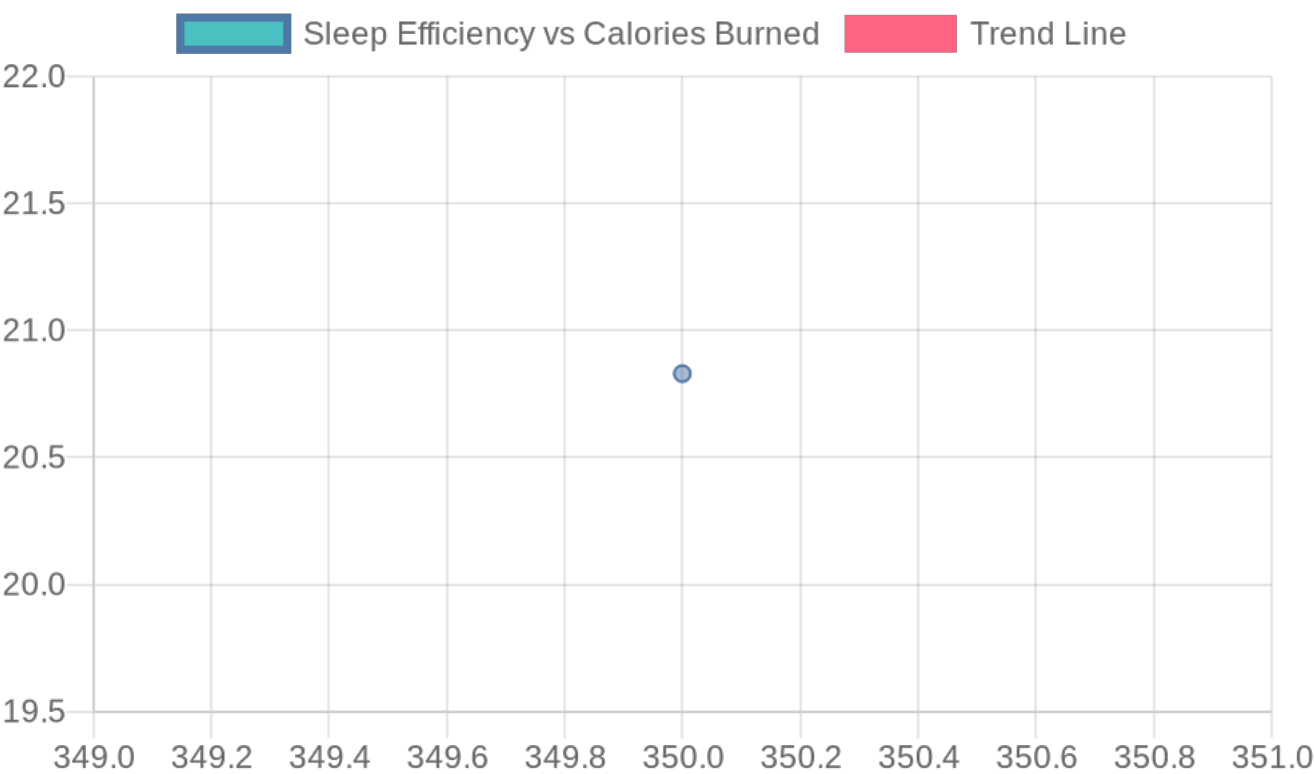
2. 2025-05-02 - Workout: Pilates  
Diet: Gluten-Free Diet

3. 2025-05-03 - Workout: Resistance Band Training  
Diet: Anti-Inflammatory Diet

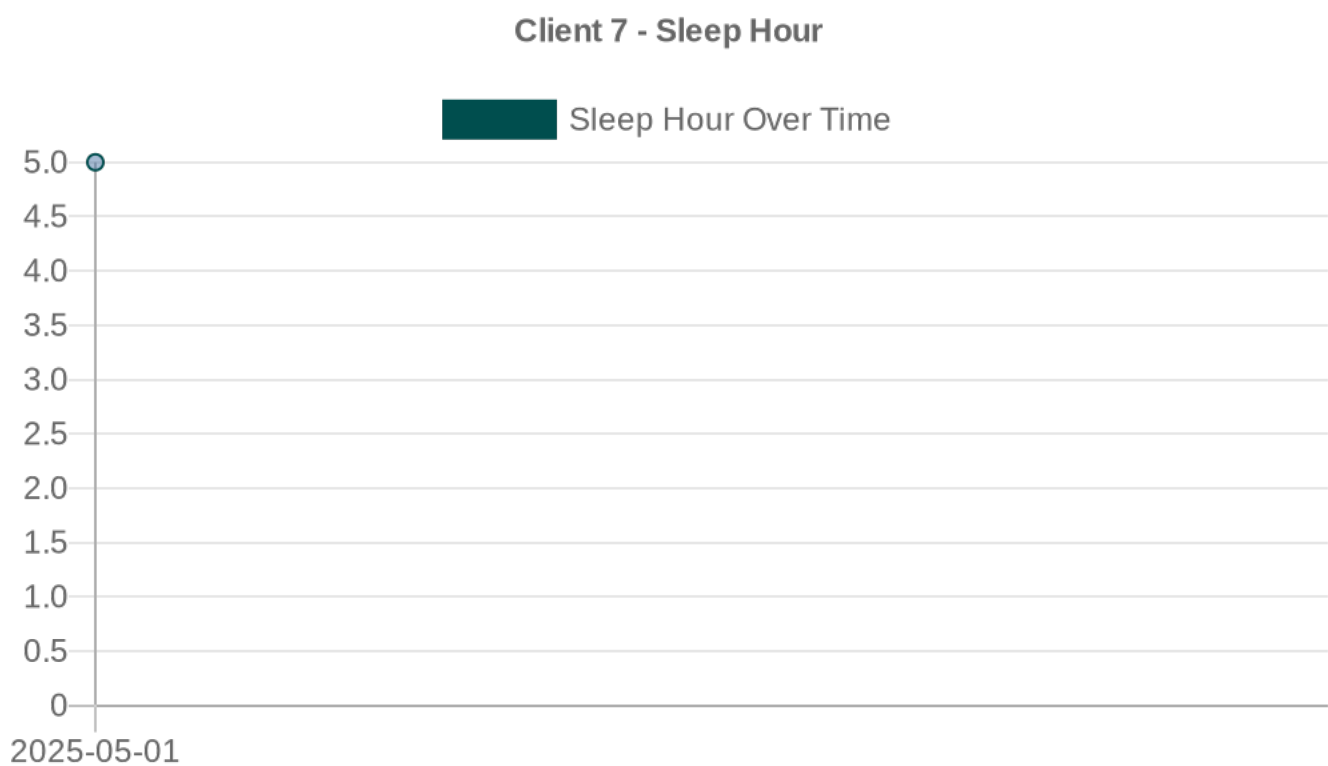
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

