

## Client Progress Report (ID: 8)

Name: Jane Smith

Email: jane.smith@example.com

Age: 30

Gender: Female

Height: 5.4

Weight: 60

Medical History: N/A

BMI: 19.2

Phone: N/A

Address: N/A

## Fitness Goals:

1. Get leaner - Tue Apr 15 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-03)
2. Lose 5kg - Mon Apr 07 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-06-26)
3. Get toned - Mon Jun 09 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-12)
4. Lose belly fat - Sun Apr 20 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-06-28)
5. Walk 10k steps/day - Mon Jun 02 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-08-15)

## Daily Activities:

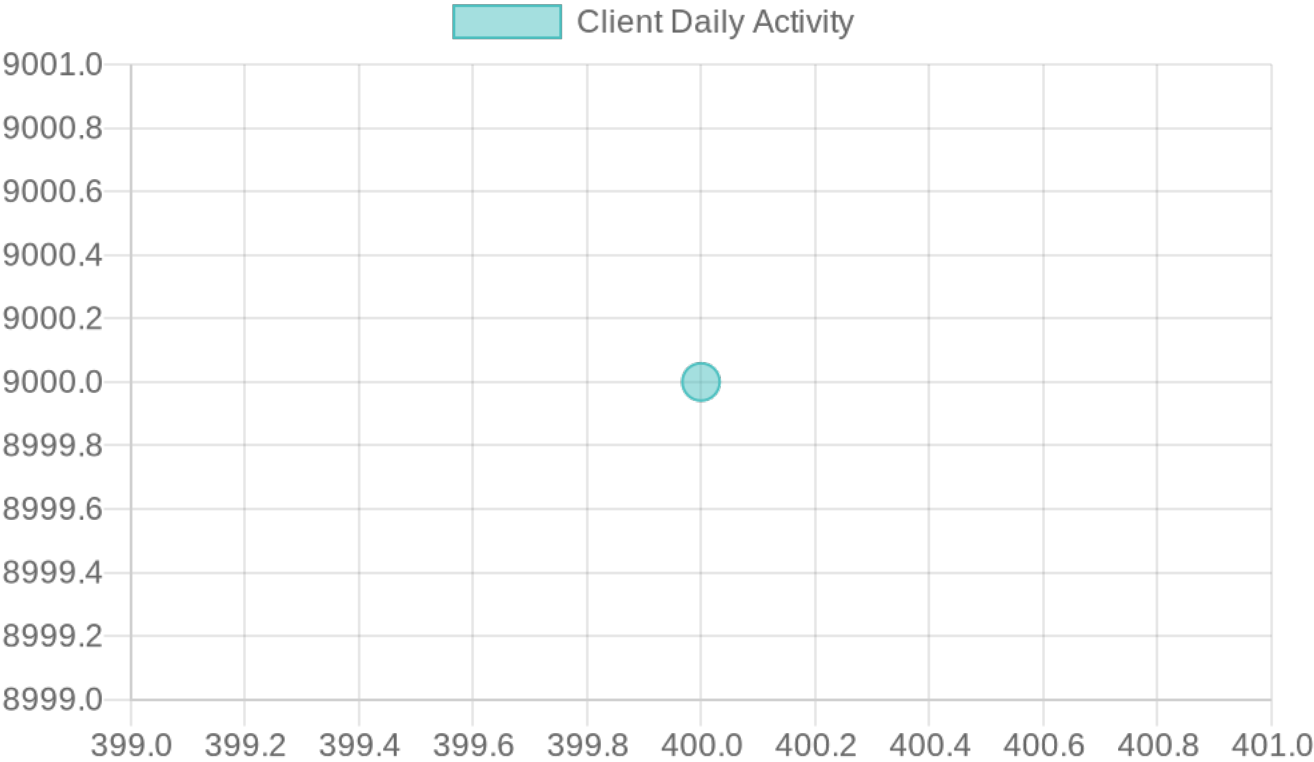
1. 2025-05-01 - Steps: 9000, Calories: 400, Sleep: 7h

## Workout & Diet Logs:

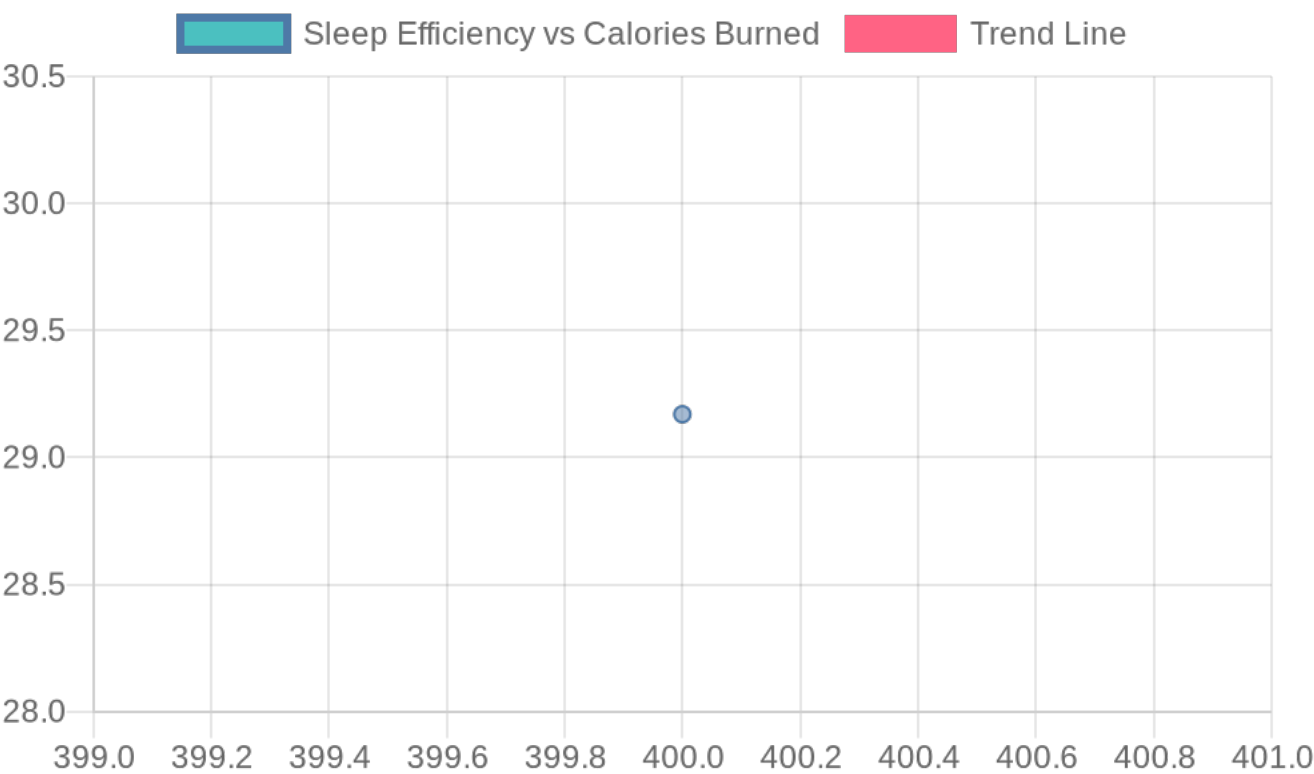
1. 2025-05-01 - Workout: Jogging  
Diet: Paleo Diet

2. 2025-05-02 - Workout: CrossFit Session  
Diet: Intermittent Fasting

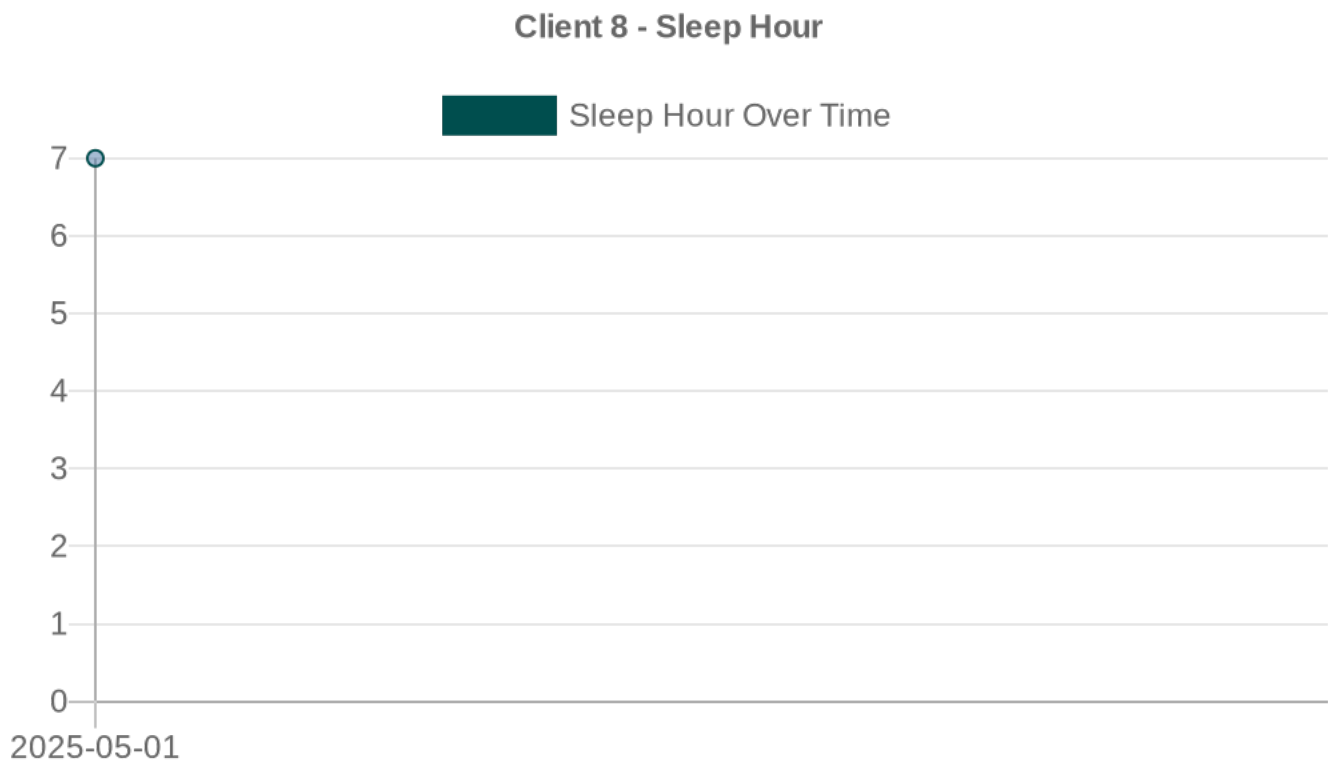
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

