

Client Progress Report (ID: 9)

Name: Michael Johnson

Email: michael.johnson@example.com

Age: 27

Gender: Male

Height: 6.1

Weight: 80

Medical History: N/A

BMI: 20.7

Phone: N/A

Address: N/A

Fitness Goals:

1. Lower body fat - Wed Jun 11 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-15)
2. Lose 5kg - Wed May 14 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-26)
3. Gain muscle mass - Thu May 08 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-07-03)
4. Gain strength - Tue Jun 03 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-08-14)
5. Lose belly fat - Sun May 04 2025 00:00:00 GMT+0600 (Bangladesh Standard Time) (Target: 2025-06-29)

Daily Activities:

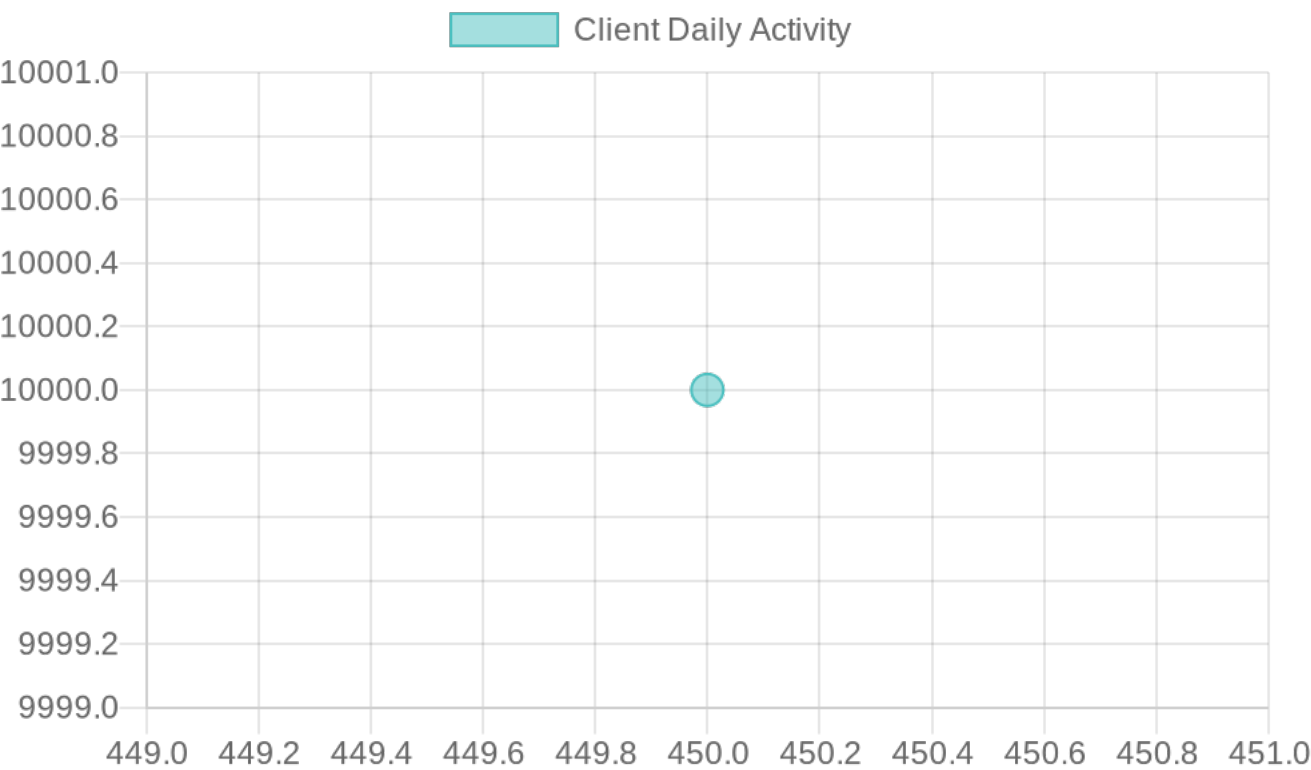
1. 2025-05-01 - Steps: 10000, Calories: 450, Sleep: 6h

Workout & Diet Logs:

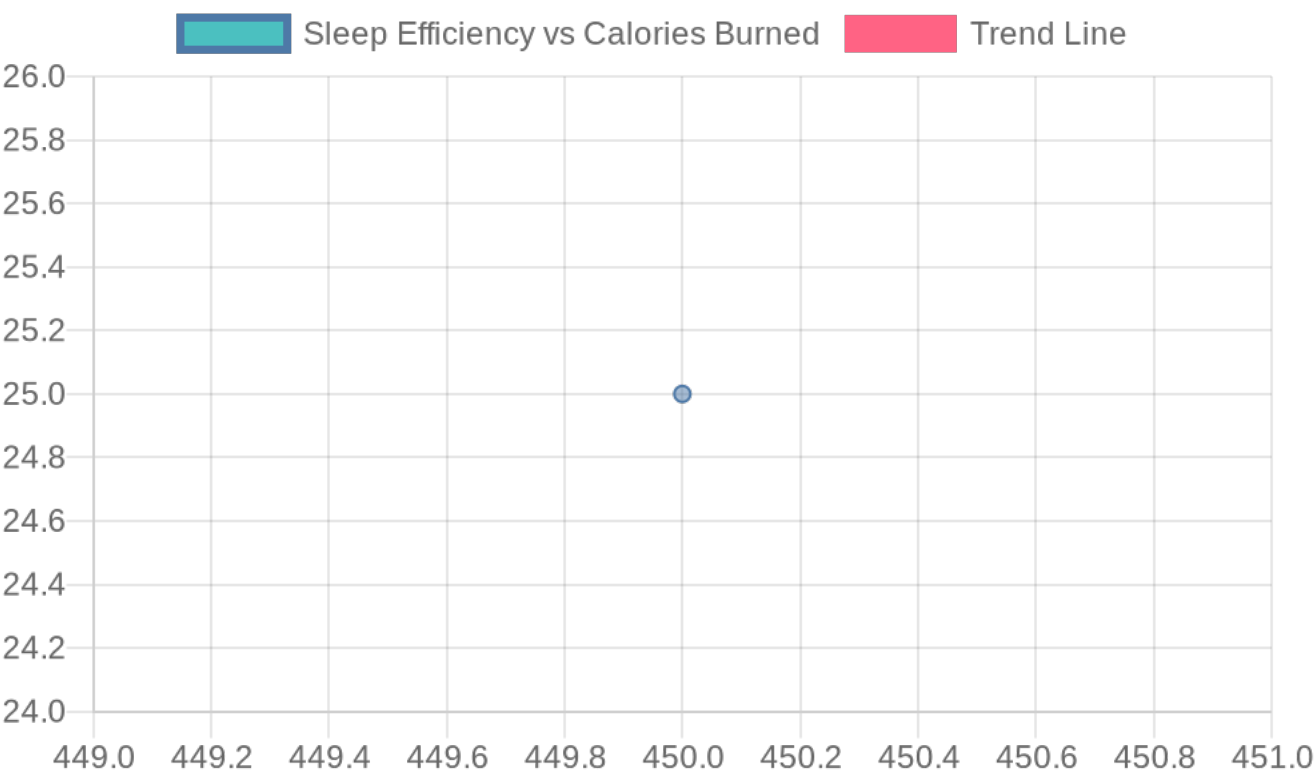
1. 2025-05-01 - Workout: Boxing Drills
Diet: Muscle Gain Diet

2. 2025-05-02 - Workout: Tai Chi
Diet: Whole Foods Diet

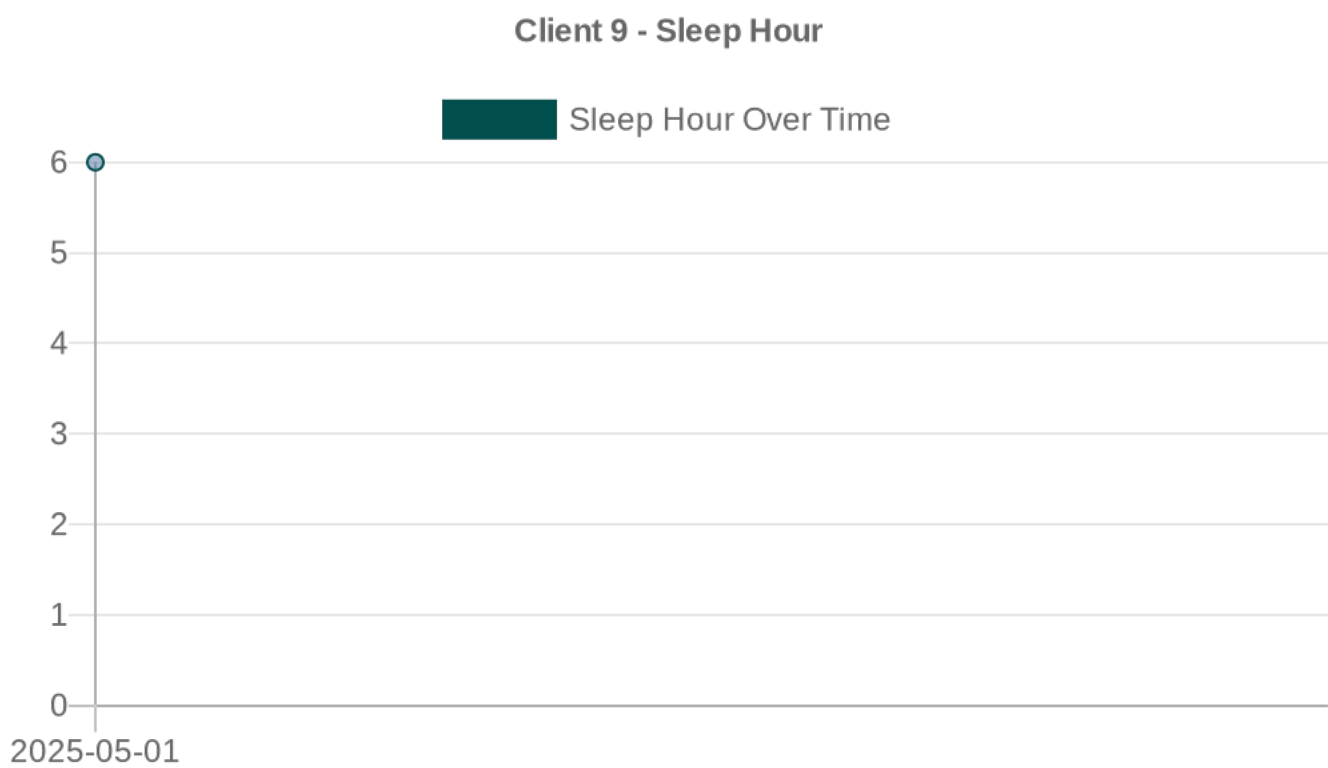
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

