Client Progress Report (ID: 4)

Name: Jacob ash

Email: client2@example.com

Age: N/A Gender: N/A Height: N/A Weight: N/A

Medical History: 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

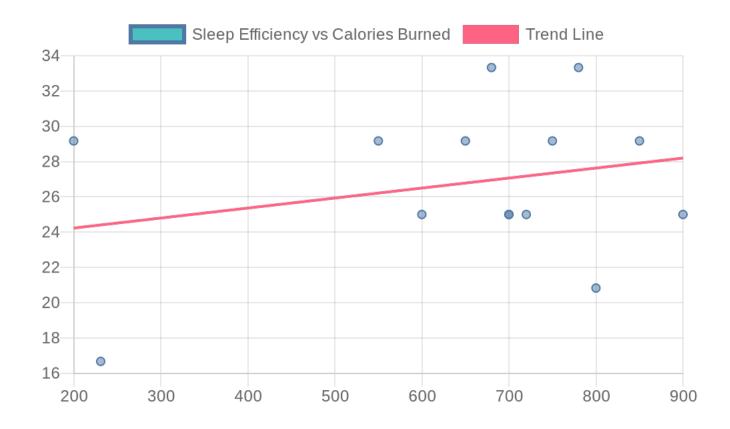
Diet: Low Carb Meal

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

Activity Bubble Chart:



Activity Sleep Efficiency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:

Client 4 - Sleep Hour



Activity Calories Burned Vs Step Count Scatter chart:

