

## Client Progress Report (ID: 10)

Name: Emily Davis

Email: emily.davis@example.com

Age: 22

Gender: Female

BMI: 21.5

Phone: N/A

Address: N/A

## Fitness Goals:

1. Lose 10kg - Sun Apr 20 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-08)
2. Lose 5kg - Fri May 30 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-08-28)
3. Lose belly fat - Tue Apr 29 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-14)
4. Lose belly fat - Wed Apr 23 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-07-11)
5. Gain strength - Tue May 27 2025 00:00:00 GMT+0600 (Bangladesh Standard Time)  
(Target: 2025-08-09)

## Daily Activities:

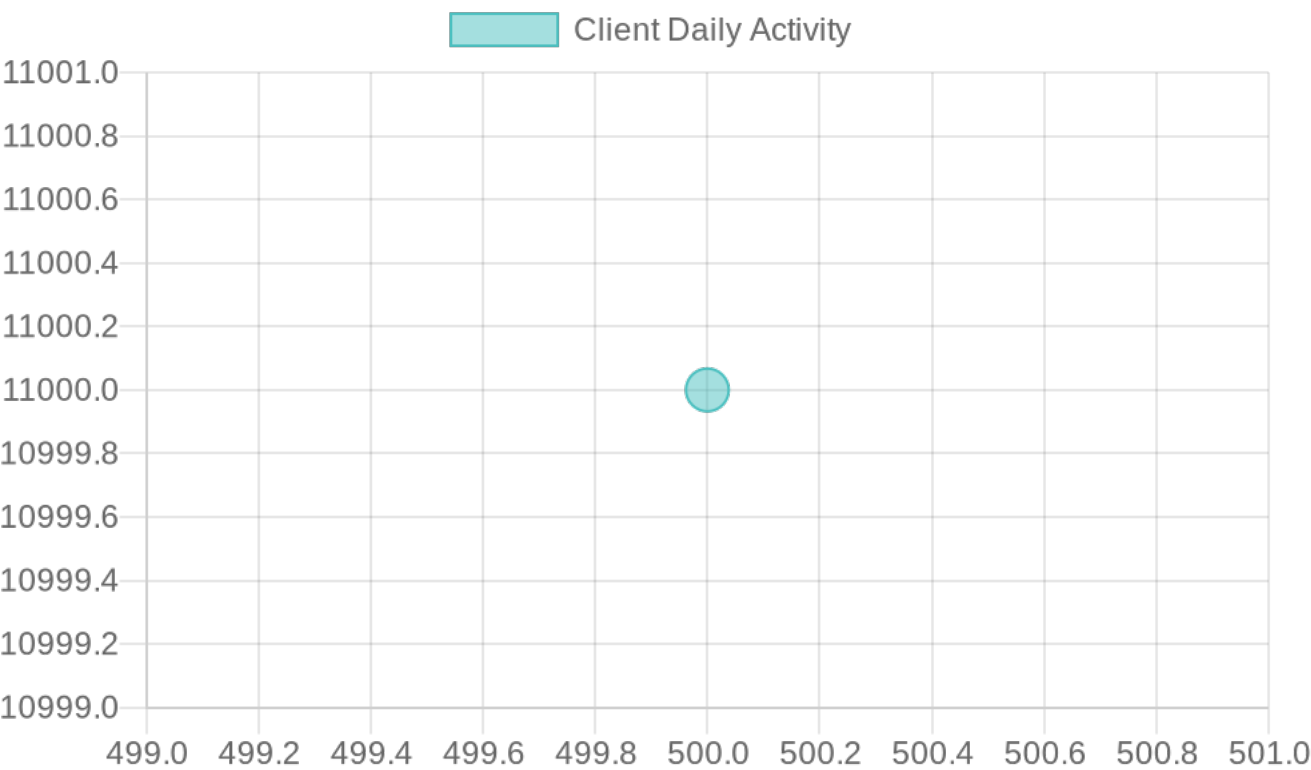
1. 2025-05-01 - Steps: 11000, Calories: 500, Sleep: 8h

## Workout & Diet Logs:

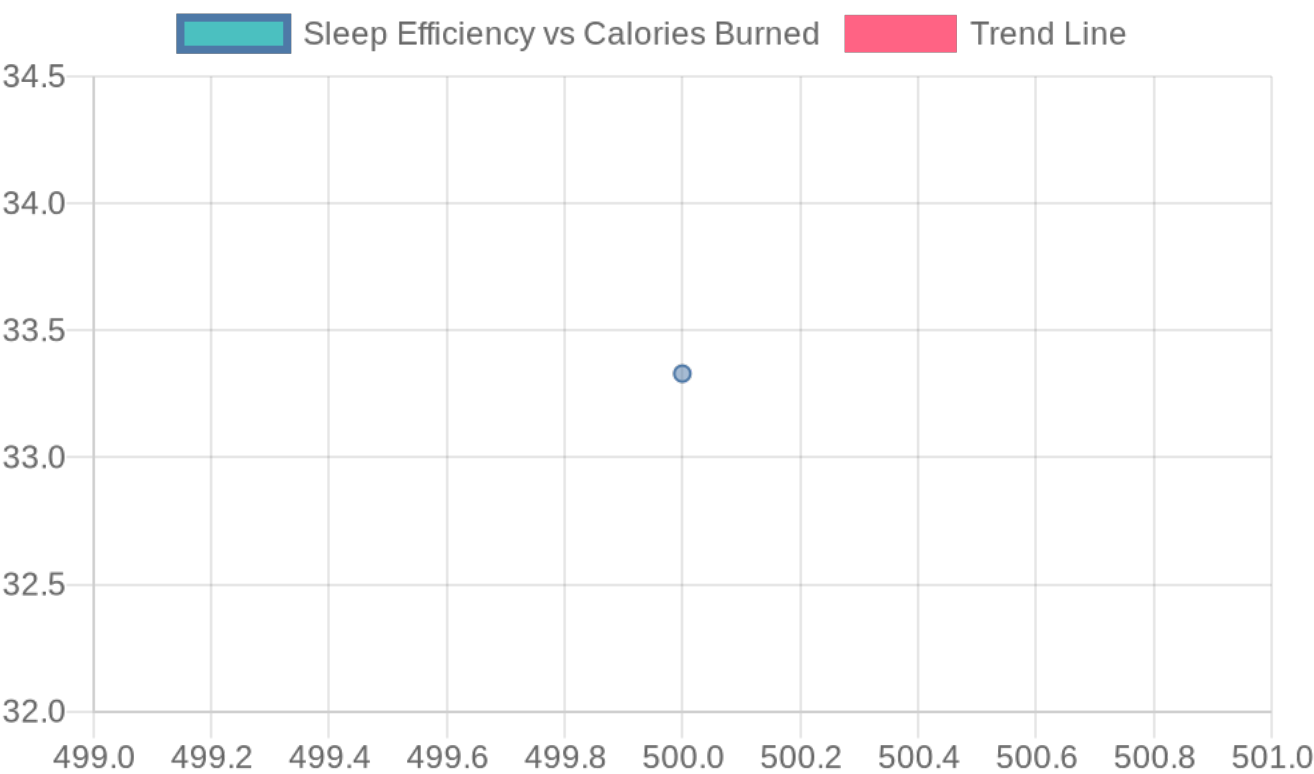
1. 2025-05-01 - Workout: Dance Workout  
Diet: Dairy-Free Diet

2. 2025-05-02 - Workout: Rowing  
Diet: Caloric Surplus for Bulking

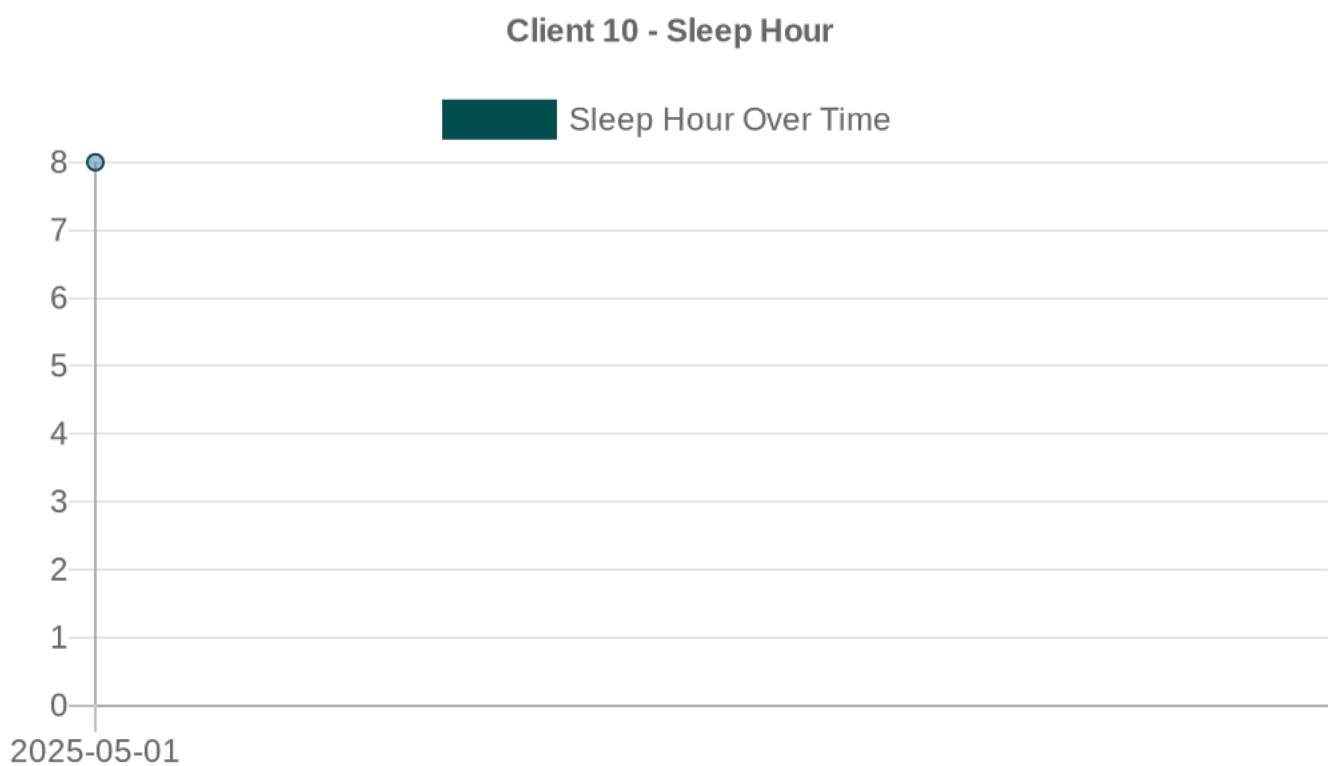
Activity Bubble Chart:



Activity Sleep Effieciency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

