

Client Progress Report (ID: 4)

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)

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

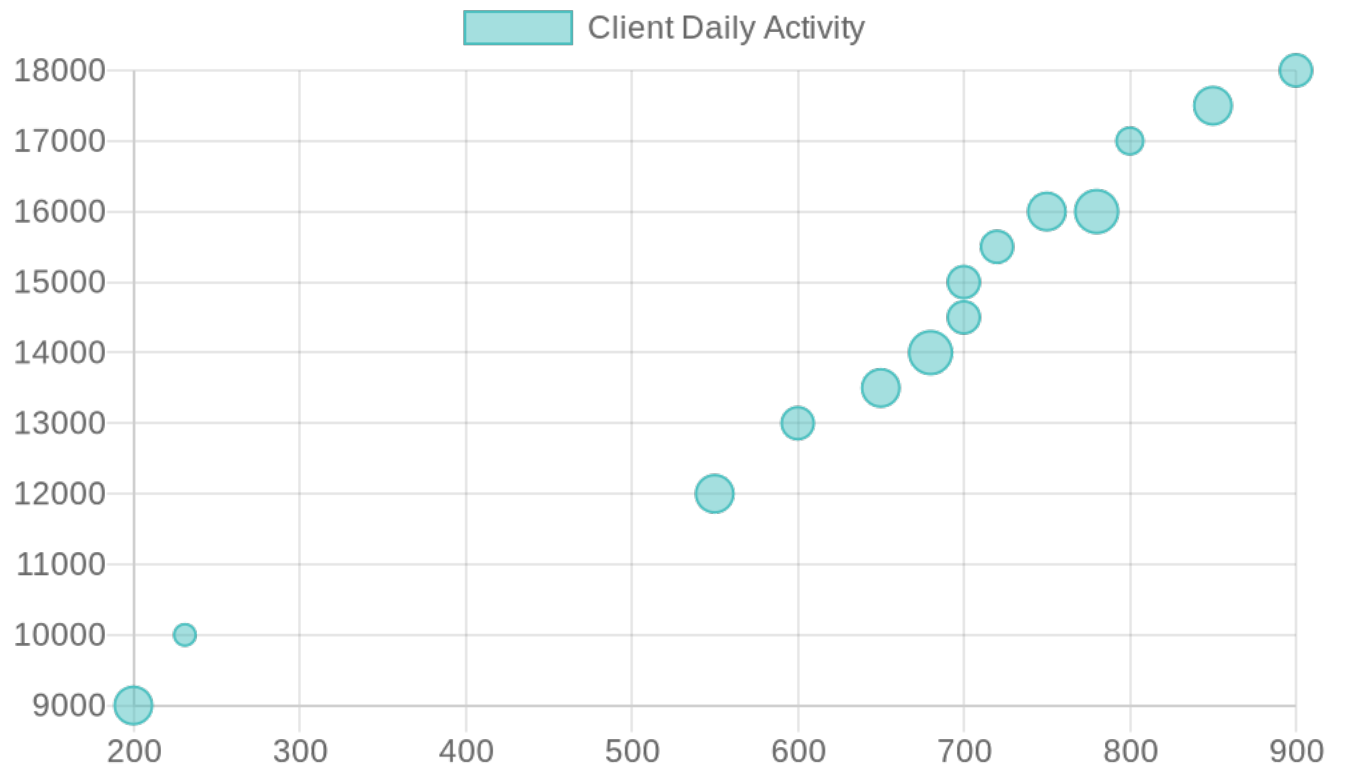
Workout & Diet Logs:

1. 2025-05-01 - Workout: Strength Training
Diet: High Protein Diet

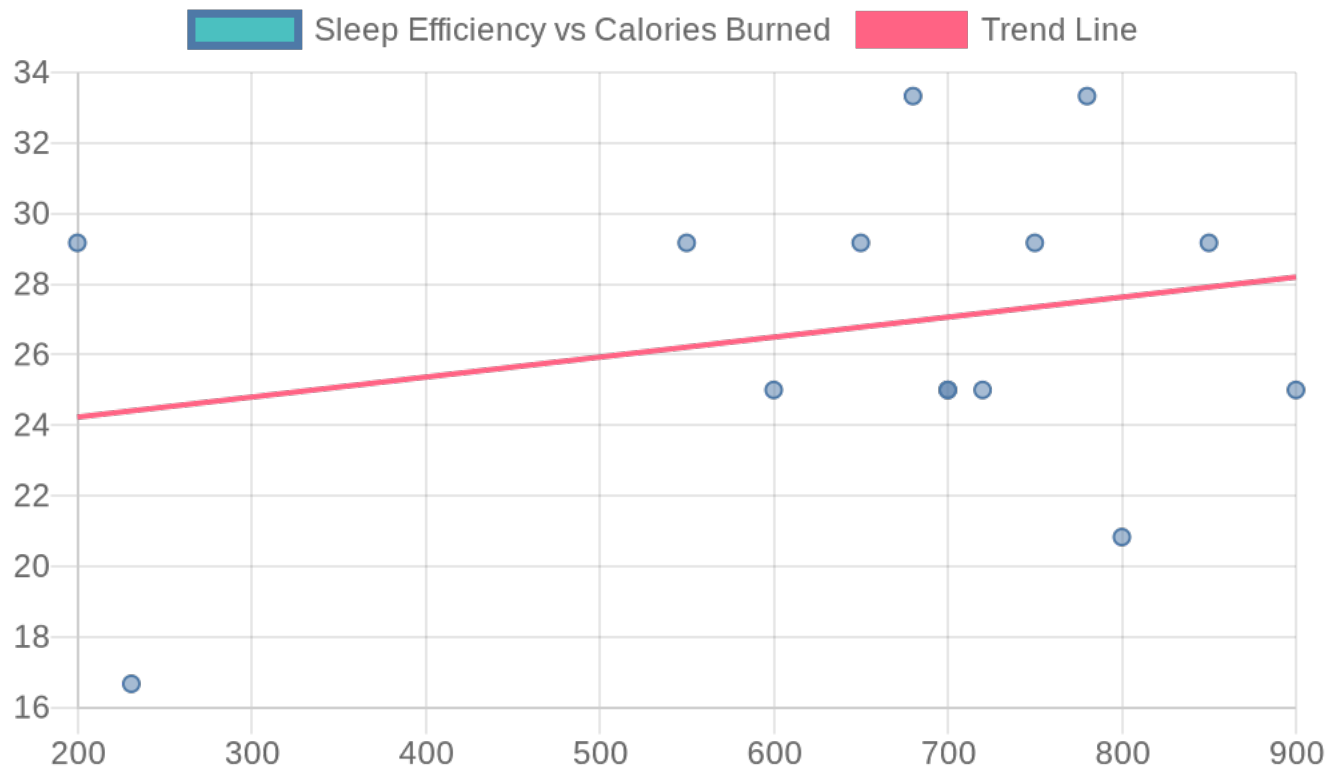
2. 2025-05-02 - Workout: Cardio Session
Diet: Low Carb Meal

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

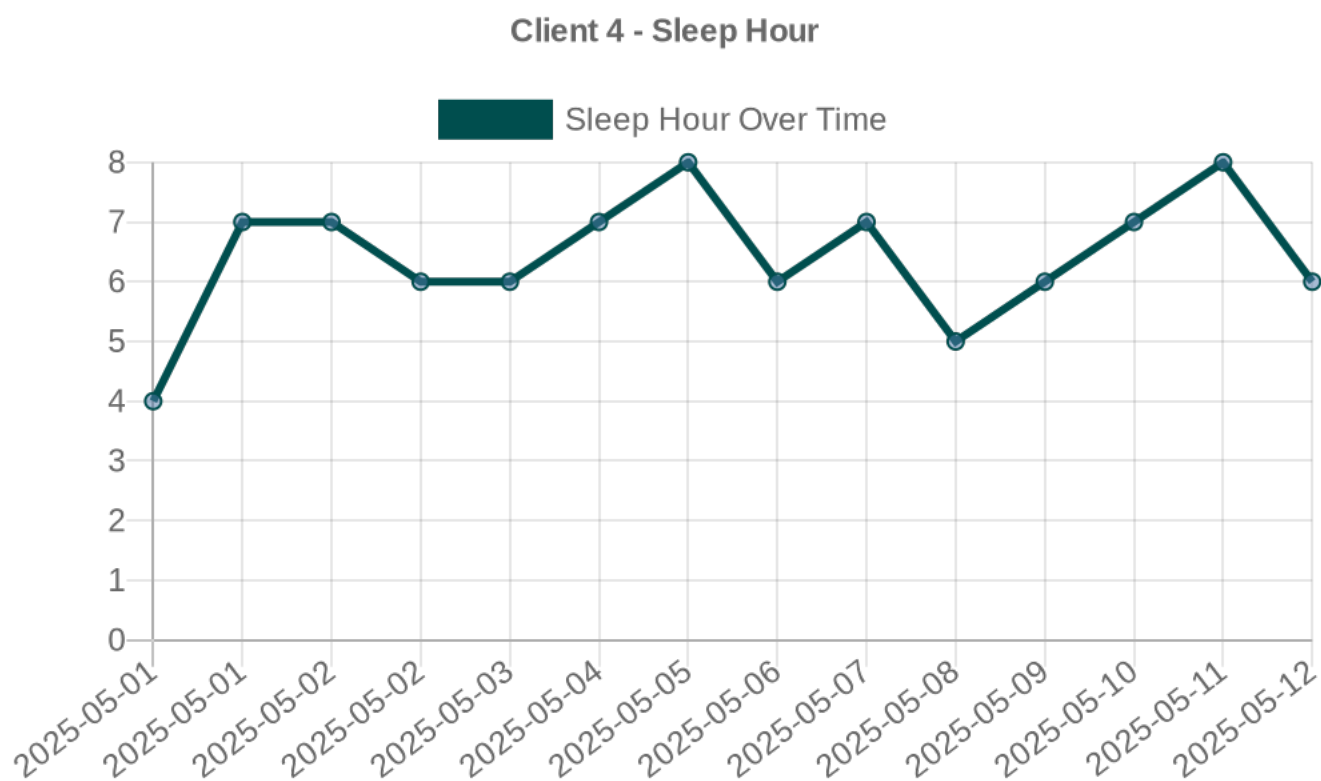
Activity Bubble Chart:



Activity Sleep Efficiency vs Calories Burned Scatter Plot chart:



Activity Sleep Hours Over Time chart:



Activity Calories Burned Vs Step Count Scatter chart:

