

Objectives Report

Objectif	Description	Weight	Height
lose weight	lose 15 kg by the end of the year	70.0	165.0
Walk 10,000 Steps Daily	Walk 10,000 steps each day to increase activity and improve heart health.	80.0	185.0
Weekly Meal Prep Mastery	Prepare your weekly meals every Sunday to maintain a healthy diet.	60.0	150.0