Weight Loss Chart (Metric)

Start Weight (kg):	84	Goal Weight:	76	Height (cm)	177
Start Date:	3/10/09	Goal Date:	6/1/09		
Start BMI:	26.81	Goal BMI:	24.26		

My Weight Loss Chart

Legend:
- ● Weight (kg)
- — ½ kg/wk
- — 1 kg/wk
- — BMI 19
- — BMI 25
- — BMI 30
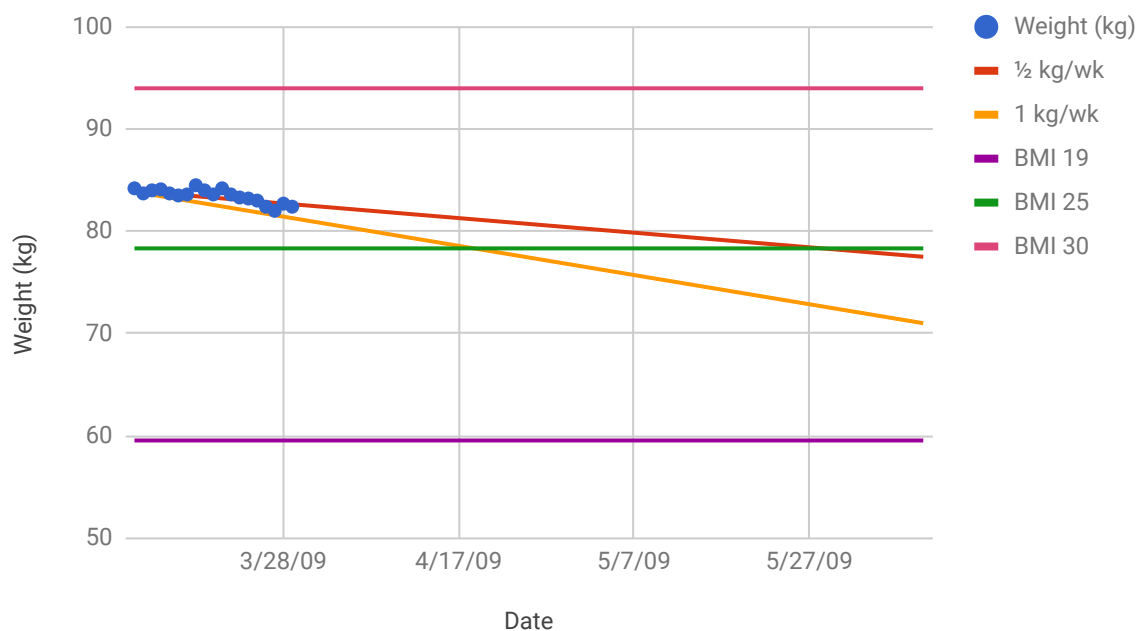
Date	Weight (kg)	+/-	BMI	½ kg/wk	1 kg/wk	BMI 19	BMI 25	BMI 30
3/11/09	84.2	0.20	26.88	83.93	83.86	59.53	78.32	93.99
3/12/09	83.7	-0.30	26.72	83.86	83.71	59.53	78.32	93.99
3/13/09	84	0.00	26.81	83.79	83.57	59.53	78.32	93.99
3/14/09	84.1	0.10	26.84	83.71	83.43	59.53	78.32	93.99
3/15/09	83.7	-0.30	26.72	83.64	83.29	59.53	78.32	93.99
3/16/09	83.5	-0.50	26.65	83.57	83.14	59.53	78.32	93.99
3/17/09	83.6	-0.40	26.68	83.50	83.00	59.53	78.32	93.99
3/18/09	84.5	0.50	26.97	83.43	82.86	59.53	78.32	93.99
3/19/09	84	0.00	26.81	83.36	82.71	59.53	78.32	93.99
3/20/09	83.6	-0.40	26.68	83.29	82.57	59.53	78.32	93.99
3/21/09	84.2	0.20	26.88	83.21	82.43	59.53	78.32	93.99
3/22/09	83.6	-0.40	26.68	83.14	82.29	59.53	78.32	93.99
3/23/09	83.3	-0.70	26.59	83.07	82.14	59.53	78.32	93.99
3/24/09	83.2	-0.80	26.56	83.00	82.00	59.53	78.32	93.99
3/25/09	83	-1.00	26.49	82.93	81.86	59.53	78.32	93.99
3/26/09	82.4	-1.60	26.30	82.86	81.71	59.53	78.32	93.99
3/27/09	82	-2.00	26.17	82.79	81.57	59.53	78.32	93.99

3/28/09	82.7	-1.30	26.40	82.71	81.43	59.53	78.32	93.99
3/29/09	82.4	-1.60	26.30	82.64	81.29	59.53	78.32	93.99
3/30/09				82.57	81.14	59.53	78.32	93.99
3/31/09				82.50	81.00	59.53	78.32	93.99
4/1/09				82.43	80.86	59.53	78.32	93.99
4/2/09				82.36	80.71	59.53	78.32	93.99
4/3/09				82.29	80.57	59.53	78.32	93.99
4/4/09				82.21	80.43	59.53	78.32	93.99
4/5/09				82.14	80.29	59.53	78.32	93.99
4/6/09				82.07	80.14	59.53	78.32	93.99
4/7/09				82.00	80.00	59.53	78.32	93.99
4/8/09				81.93	79.86	59.53	78.32	93.99
4/9/09				81.86	79.71	59.53	78.32	93.99
4/10/09				81.79	79.57	59.53	78.32	93.99
4/11/09				81.71	79.43	59.53	78.32	93.99
4/12/09				81.64	79.29	59.53	78.32	93.99
4/13/09				81.57	79.14	59.53	78.32	93.99
4/14/09				81.50	79.00	59.53	78.32	93.99
4/15/09				81.43	78.86	59.53	78.32	93.99
4/16/09				81.36	78.71	59.53	78.32	93.99
4/17/09				81.29	78.57	59.53	78.32	93.99
4/18/09				81.21	78.43	59.53	78.32	93.99
4/19/09				81.14	78.29	59.53	78.32	93.99
4/20/09				81.07	78.14	59.53	78.32	93.99
4/21/09				81.00	78.00	59.53	78.32	93.99
4/22/09				80.93	77.86	59.53	78.32	93.99
4/23/09				80.86	77.71	59.53	78.32	93.99
4/24/09				80.79	77.57	59.53	78.32	93.99
4/25/09				80.71	77.43	59.53	78.32	93.99
4/26/09				80.64	77.29	59.53	78.32	93.99
4/27/09				80.57	77.14	59.53	78.32	93.99
4/28/09				80.50	77.00	59.53	78.32	93.99
4/29/09				80.43	76.86	59.53	78.32	93.99
4/30/09				80.36	76.71	59.53	78.32	93.99
5/1/09				80.29	76.57	59.53	78.32	93.99
5/2/09				80.21	76.43	59.53	78.32	93.99
5/3/09				80.14	76.29	59.53	78.32	93.99
5/4/09				80.07	76.14	59.53	78.32	93.99
5/5/09				80.00	76.00	59.53	78.32	93.99
5/6/09				79.93	75.86	59.53	78.32	93.99
5/7/09				79.86	75.71	59.53	78.32	93.99
5/8/09				79.79	75.57	59.53	78.32	93.99

5/9/09	79.71	75.43	59.53	78.32	93.99
5/10/09	79.64	75.29	59.53	78.32	93.99
5/11/09	79.57	75.14	59.53	78.32	93.99
5/12/09	79.50	75.00	59.53	78.32	93.99
5/13/09	79.43	74.86	59.53	78.32	93.99
5/14/09	79.36	74.71	59.53	78.32	93.99
5/15/09	79.29	74.57	59.53	78.32	93.99
5/16/09	79.21	74.43	59.53	78.32	93.99
5/17/09	79.14	74.29	59.53	78.32	93.99
5/18/09	79.07	74.14	59.53	78.32	93.99
5/19/09	79.00	74.00	59.53	78.32	93.99
5/20/09	78.93	73.86	59.53	78.32	93.99
5/21/09	78.86	73.71	59.53	78.32	93.99
5/22/09	78.79	73.57	59.53	78.32	93.99
5/23/09	78.71	73.43	59.53	78.32	93.99
5/24/09	78.64	73.29	59.53	78.32	93.99
5/25/09	78.57	73.14	59.53	78.32	93.99
5/26/09	78.50	73.00	59.53	78.32	93.99
5/27/09	78.43	72.86	59.53	78.32	93.99
5/28/09	78.36	72.71	59.53	78.32	93.99
5/29/09	78.29	72.57	59.53	78.32	93.99
5/30/09	78.21	72.43	59.53	78.32	93.99
5/31/09	78.14	72.29	59.53	78.32	93.99
6/1/09	78.07	72.14	59.53	78.32	93.99
6/2/09	78.00	72.00	59.53	78.32	93.99
6/3/09	77.93	71.86	59.53	78.32	93.99
6/4/09	77.86	71.71	59.53	78.32	93.99
6/5/09	77.79	71.57	59.53	78.32	93.99
6/6/09	77.71	71.43	59.53	78.32	93.99
6/7/09	77.64	71.29	59.53	78.32	93.99
6/8/09	77.57	71.14	59.53	78.32	93.99
6/9/09	77.50	71.00	59.53	78.32	93.99

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