

Weight report

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Analysis

Starting weight: **60.80 kg**
Latest weight: **59.90 kg**
Change: **-0.90 kg**
Average weight: **60.08 kg**

Goal

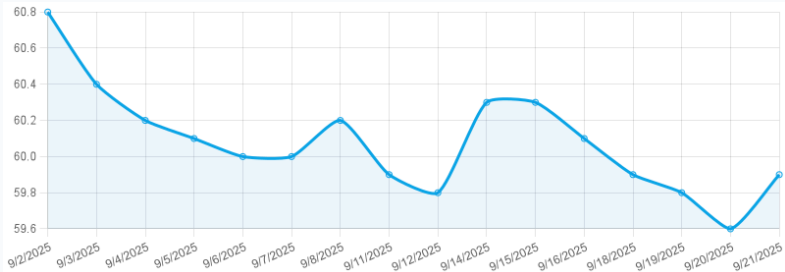
Latest BMI: **25.26** (Overweight)
To reach Normal BMI (≤ 24.9):
lose **0.85 kg** (target 59.1 kg).

Progress toward target: **52%**
Progress to ideal (BMI 22):
10%

General Advice

- Calories: To lose ~0.5 kg/week aim for ~500 kcal/day deficit; to gain aim for +500 kcal/day surplus.
- Protein: **72–108 g/day** (approx 1.2–1.8 g/kg of current weight).
- Exercise: Resistance training 2–3x/week + 150+ min/week cardio.
- Food choices: favor whole foods and limit sugary drinks.

Chart



BMI Scale

