



# Hello There


Created by Henry for Dave on 10/2/2020


These are intro comments


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 Your current weight is 190 lbs and your goal weight is 176 lbs.  
To meet this goal you must loose 14 lbs.


 Weightloss Rate: 4.3 lbs/week  
You are projected to reach your goal weight on 10/24/2020 in 23 days with an average deficit of 2150 calories/day.

 To reach your goal, the calories needed to be burned are equivalent to the collective hours from one activity below:  
Circuit training, including kettlebells, vigorous intensity, minimal rest for 70 hours.  
Home activity – cleaning, sweeping, moderate effort for 160 hours.  
Home activity – laundry – folding, putting away clothes (incl. walking) for 244 hours.  
Yardwork – mowing lawn, moderate-to-vigorous effort for 112 hours.

 BMI(Body Mass Index) : 29 (Overweight)  
Underweight: Less Than 18.5  
Normal or Healthy Weight: 18.5 - 24.9  
Overweight: 25 - 29.9  
Obese: 30 or More

 BMR/Calories Burned at Rest : 1796 calories/day

 AMR/Calories Burned Based on Activity :  
Sedentary (little or no exercise) : 2155 calories/day  
Lightly Active (light exercise/sports 1-3 days/week) : 2470 calories/day  
Moderately Active (moderate exercise/sports 3-5 days/week) : 2784 calories/day  
Very Active (hard exercise/sports 6-7 days a week) : 3098 calories/day  
Extra Active (very hard exercise/sports & physical job) : 3412 calories/day

 IBW(Ideal Body Weight) : 151 lbs  
Upper Range : 166 lbs  
Lower Range : 136 lbs

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