

# of Years	# of Weeks	# of Days	Date	Pounds	Week Change	Total Change	Week % Diff	Total % Diff	6 week AVG change	6 week AVG % change	Activity Notes
			2/20/20	345							
0.02	1	7	2/27/20	339	-6	-6	-1.74%	-1.74%			Sitting in a chair all day
0.04	2	14	3/5/20	334	-5	-11	-1.47%	-3.19%			weighing in Thursdays noon
0.06	3	21	3/12/20	328	-6	-17	-1.80%	-4.93%			
0.08	4	28	3/19/20	323	-5	-22	-1.52%	-6.38%			
0.10	5	35	3/26/20	317	-6	-28	-1.86%	-8.12%			
0.12	6	42	4/2/20	312	-5	-33	-1.58%	-9.57%	-5.50	-1.66%	Started OMAD most days (one meal a day)
0.13	7	49	4/9/20	308	-4	-37	-1.28%	-10.72%	-5.17	-1.59%	Started walking daily
0.15	8	56	4/16/20	303	-5	-42	-1.62%	-12.17%	-5.17	-1.61%	
0.17	9	63	4/23/20	299	-4	-46	-1.32%	-13.33%	-4.83	-1.53%	
0.20	10	73	5/3/20	295.4	-3.6	-49.6	-1.20%	-14.38%	-4.60	-1.48%	moved weigh in to Sunday AM
0.22	11	80	5/10/20	292.6	-2.8	-52.4	-0.95%	-15.19%	-4.07	-1.33%	
0.24	12	87	5/17/20	290	-2.6	-55	-0.89%	-15.94%	-3.67	-1.21%	
0.26	13	94	5/24/20	284	-6	-61	-2.07%	-17.68%	-4.00	-1.34%	
0.28	14	101	5/31/20	284.2	0.2	-60.8	0.07%	-17.62%	-3.13	-1.06%	
0.30	15	108	6/7/20	280.4	-3.8	-64.6	-1.34%	-18.72%	-3.10	-1.06%	
0.32	16	115	6/14/20	277.8	-2.6	-67.2	-0.93%	-19.48%	-2.93	-1.02%	
0.33	17	122	6/21/20	274.6	-3.2	-70.4	-1.15%	-20.41%	-3.00	-1.05%	
0.35	18	129	6/28/20	269.8	-4.8	-75.2	-1.75%	-21.80%	-3.37	-1.19%	
0.37	19	136	7/5/20	264.8	-5	-80.2	-1.85%	-23.25%	-3.20	-1.16%	
0.39	20	143	7/12/20	262.2	-2.6	-82.8	-0.98%	-24.00%	-3.67	-1.33%	
0.41	21	150	7/19/20	258	-4.2	-87	-1.60%	-25.22%	-3.73	-1.38%	
0.43	22	157	7/26/20	253.6	-4.4	-91.4	-1.71%	-26.49%	-4.03	-1.51%	
0.45	23	164	8/2/20	251.6	-2	-93.4	-0.79%	-27.07%	-3.83	-1.45%	
0.47	24	171	8/9/20	250	-1.6	-95	-0.64%	-27.64%	-3.30	-1.26%	
0.49	25	178	8/16/20	246.2	-3.8	-98.8	-1.52%	-28.64%	-3.10	-1.21%	
0.51	26	185	8/23/20	240.4	-5.8	-104.6	-2.36%	-30.32%	-3.63	-1.43%	
0.53	27	192	8/30/20	242.2	1.8	-102.8	0.75%	-29.80%	-2.63	-1.04%	
0.55	28	199	9/6/20	238	-4.2	-107	-1.73%	-31.01%	-2.60	-1.05%	
0.56	29	206	9/13/20	234.6	-3.4	-110.4	-1.43%	-32.00%	-2.83	-1.15%	Lifting weights 3x week ~25min
0.58	30	213	9/20/20	232.2	-2.4	-112.8	-1.02%	-32.70%	-2.97	-1.22%	
0.60	31	220	9/27/20	227.8	-4.4	-117.2	-1.89%	-33.97%	-3.07	-1.28%	
0.62	32	227	10/4/20	227	-0.8	-118	-0.35%	-34.20%	-2.23	-0.95%	
0.64	33	234	10/11/20	225.4	-1.6	-119.6	-0.70%	-34.67%	-2.80	-1.19%	
0.66	34	241	10/18/20	220.4	-5	-124.6	-2.22%	-36.12%	-2.93	-1.27%	
0.68	35	248	10/25/20	217.8	-2.6	-127.2	-1.18%	-36.87%	-2.80	-1.23%	
0.70	36	255	11/1/20	214.2	-3.6	-130.8	-1.65%	-37.91%	-3.00	-1.33%	
0.72	37	262	11/8/20	213.6	-0.6	-131.4	-0.28%	-38.09%	-2.37	-1.06%	
0.74	38	269	11/15/20	213.2	-0.4	-131.8	-0.19%	-38.20%	-2.30	-1.04%	Intermittent light jogging during walks
0.76	39	276	11/22/20	211.2	-2	-133.8	-0.94%	-38.78%	-2.37	-1.08%	
0.78	40	283	11/29/20	207.2	-4	-137.8	-1.89%	-39.94%	-2.20	-1.02%	
0.79	41	290	12/6/20	200.6	-6.6	-144.4	-3.19%	-41.86%	-2.87	-1.36%	
0.81	42	297	12/13/20	195.8	-4.8	-149.2	-2.39%	-43.25%	-3.07	-1.48%	
0.83	43	304	12/20/20	195	-0.8	-150	-0.41%	-43.48%	-3.10	-1.50%	
0.85	44	311	12/27/20	195.2	0.2	-149.8	0.10%	-43.42%	-3.00	-1.45%	
0.87	45	318	1/3/21	194.2	-1	-150.8	-0.51%	-43.71%	-2.83	-1.38%	
0.89	46	325	1/10/21	192.6	-1.6	-152.4	-0.82%	-44.17%	-2.43	-1.20%	Lifting weights 3x week ~45min
0.91	47	332	1/17/21	190.8	-1.8	-154.2	-0.93%	-44.70%	-1.63	-0.83%	
0.93	48	339	1/24/21	183.8	-7	-161.2	-3.67%	-46.72%	-2.00	-1.04%	
0.95	49	346	1/31/21	182.6	-1.2	-162.4	-0.65%	-47.07%	-2.07	-1.08%	DEXA Scan: 32.8% Body Fat
0.97	50	353	2/7/21	180.8	-1.8	-164.2	-0.99%	-47.59%	-2.40	-1.26%	
0.99	51	360	2/14/21	179.4	-1.4	-165.6	-0.77%	-48.00%	-2.47	-1.31%	
1.01	52	367	2/21/21	177.8	-1.6	-167.2	-0.89%	-48.46%	-2.47	-1.32%	
1.02	53	374	2/28/21	174.2	-3.6	-170.8	-2.02%	-49.51%	-2.77	-1.50%	
1.04	54	381	3/7/21	171	-3.2	-174	-1.84%	-50.43%	-2.13	-1.19%	Able to jog 5K no walking
1.06	55	388	3/14/21	169.8	-1.2	-175.2	-0.70%	-50.78%	-2.13	-1.20%	
1.08	56	395	3/21/21	168.8	-1	-176.2	-0.59%	-51.07%	-2.00	-1.14%	
1.10	57	402	3/28/21	173.3	4.5	-171.7	2.67%	-49.77%	-1.02	-0.56%	
1.12	58	409	4/4/21	170.2	-3.1	-174.8	-1.79%	-50.67%	-1.27	-0.71%	
1.14	59	416	4/11/21	172.8	2.6	-172.2	1.53%	-49.91%	-0.23	-0.12%	
1.16	60	423	4/18/21	174.6	1.8	-170.4	1.04%	-49.39%	0.60	0.36%	
1.18	61	430	4/25/21	176	1.4	-169	0.80%	-48.99%	1.03	0.61%	Ran 5K in 45 minutes
1.20	62	437	5/2/21	176	0	-169	0.00%	-48.99%	1.20	0.71%	
1.22	63	444	5/9/21	177.4	1.4	-167.6	0.80%	-48.58%	0.68	0.40%	
1.24	64	451	5/16/21	178.8	1.4	-166.2	0.79%	-48.17%	1.43	0.83%	
1.25	65	458	5/23/21	178.6	-0.2	-166.4	-0.11%	-48.23%	0.97	0.55%	
1.27	66	465	5/30/21	185.2	6.6	-159.8	3.70%	-46.32%	1.77	1.00%	
1.29	67	472	6/6/21	179.8	-5.4	-165.2	-2.92%	-47.88%	0.63	0.38%	Changed lifting routine about 10 minutes 3x a week progressive overload focus
1.31	68	479	6/13/21	177.6	-2.2	-167.4	-1.22%	-48.52%	0.27	0.17%	
1.33	69	486	6/20/21	175.2	-2.4	-169.8	-1.35%	-49.22%	-0.37	-0.19%	
1.35	70	493	6/27/21	174	-1.2	-171	-0.68%	-49.57%	-0.80	-0.43%	
1.37	71	500	7/4/21	174	0	-171	0.00%	-49.57%	-0.77	-0.41%	
1.39	72	507	7/11/21	173.2	-0.8	-171.8	-0.46%	-49.80%	-2.00	-1.11%	
1.41	73	514	7/18/21	173.6	0.4	-171.4	0.23%	-49.68%	-1.03	-0.58%	
1.43	74	521	7/25/21	173.6	0	-171.4	0.00%	-49.68%	-0.67	-0.38%	
1.45	75	528	8/1/21	173.8	0.2	-171.2	0.12%	-49.62%	-0.23	-0.13%	Ran 5K in 33 minutes
1.47	76	535	8/8/21	173.8	0	-171.2	0.00%	-49.62%	-0.03	-0.02%	
1.48	77	542	8/15/21	178.3	4.5	-166.7	2.59%	-48.32%	0.72	0.41%	
1.50	78	549	8/22/21	177.4	-0.9	-167.6	-0.50%	-48.58%	0.70	0.41%	
1.52	79	556	8/29/21	175.6	-1.8	-169.4	-1.01%	-49.10%	0.33	0.20%	
1.54	80	563	9/5/21	173.8	-1.8	-171.2	-1.03%	-49.62%	0.03	0.03%	
1.56	81	570	9/12/21	173.4	-0.4	-171.6	-0.23%	-49.74%	-0.07	-0.03%	
1.58	82	577	9/19/21	173.8	0.4	-171.2	0.23%	-49.62%	0.00	0.01%	
1.60	83	584	9/26/21	178.4	4.6	-166.6	2.65%	-48.29%	0.02	0.02%	
1.62	84	591	10/3/21	174.8	-3.6	-170.2	-2.02%	-49.33%	-0.43	-0.24%	
1.64	85	598	10/10/21	177.4	2.6	-167.6	1.49%	-48.58%	0.30	0.18%	
1.66	86	605	10/17/21	165	-7.6	-160	-4.28%	-46.38%	1.87	1.07%	
1.68	87	612	10/24/21	179.8	-5.2	-165.2	-2.81%	-47.88%	1.07	0.64%	
1.70	88	619	10/31/21	184.2	4.4	-160.8	2.45%	-46.61%	1.73	1.01%	
1.72	89	626	11/7/21	189.8	5.6	-155.2	3.04%	-44.99%	1.90	1.07%	
1.73	90	633	11/14/21	187.8	-2	-157.2	-1.05%	-45.57%	2.17	1.23%	
1.75	91	640	11/21/21	187.8	0	-157.2	0.00%	-45.57%	1.73	0.98%	
1.77	92	647	11/28/21	187.2	-0.6	-157.8	-0.32%	-45.74%	0.37	0.22%	
1.79	93	654	12/5/21	190.6	3.4	-154.4	1.82%	-44.75%	1.80	0.99%	
1.81	94	661	12/12/21	190.4	-0.2	-154.6	-0.10%	-44.81%	1.03	0.56%	
1.83	95	668	12/19/21	190.2	-0.2	-154.8	-0.11%	-44.87%	0.07	0.04%	
1.85	96	675	12/26/21	190.8	0.6	-154.2	0.32%	-44.70%	0.50	0.27%	
1.87	97	682	1/2/22	190.2	-0.6	-154.8	-0.31%	-44.87%	0.40	0.21%	



