Your Body Stats		
Your Starting Weight was	**190.0**	lbs
Your Current weight is	**190.0**	lbs
You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
You only have **20.0** lbs left to lose		

Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
What date (which Monday) did/will you start tracking?	4/11/2016

Each day enter your weight and the amount of calories you consumed on that day. (I enter my weight that morning and the amount of calories I ate the previous day, but I'm weird that way.) I recommend weighing yourself in the morning to get the most consistent weights

Your weight and caloric intake will be averaged, and your TDEE will be entered in the bottom right corner

You will not get an estimated TDEE the first week. Each week it will get more accurate, and at the end of each month it will all be averaged out to give you a very close estimation.

Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE
11-Apr-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
18-Apr-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
25-Apr-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
2-May-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
9-May-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
16-May-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
23-May-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
30-May-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
6-Jun-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
13-Jun-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
20-Jun-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
27-Jun-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
4-Jul-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
11-Jul-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
18-Jul-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
25-Jul-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
1-Aug-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
8-Aug-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
15-Aug-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
22-Aug-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
29-Aug-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
5-Sep-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
12-Sep-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
19-Sep-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
26-Sep-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
3-Oct-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
10-Oct-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
17-Oct-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
24-Oct-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
31-Oct-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
7-Nov-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
14-Nov-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
21-Nov-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
28-Nov-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
5-Dec-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
12-Dec-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
19-Dec-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
26-Dec-2016	Weight								190.0	0.0	
	Calories								0		**calculating**
2-Jan-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
9-Jan-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
16-Jan-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
23-Jan-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
30-Jan-2017	Weight								190.0	0.0	
	Calories								0		**calculating**

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
Your Current weight is	**190.0**	lbs
You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
You only have **20.0** lbs left to lose		

Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
What date (which Monday) did/will you start tracking?	4/11/2016

Each day enter your weight and the amount of calories you consumed on that day. (I enter my weight that morning and the amount of calories I ate the previous day, but I'm weird that way.) I recommend weighing yourself in the morning to get the most consistent weights

Your weight and caloric intake will be averaged, and your TDEE will be entered in the bottom right corner

You will not get an estimated TDEE the first week. Each week it will get more accurate, and at the end of each month it will all be averaged out to give you a very close estimation.

Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE
6-Feb-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
13-Feb-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
20-Feb-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
27-Feb-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
6-Mar-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
13-Mar-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
20-Mar-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
27-Mar-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
3-Apr-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**
10-Apr-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
17-Apr-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
24-Apr-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
1-May-2017	Weight								190.0	0.0	
	Calories								0		**calculating**
Average Weekly Weight Change						**0.0**	**TDEE Average**				**TDEE**

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
Your Current weight is	**190.0**	lbs
You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
You only have	20.0	lbs left to lose

Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
What date (which Monday) did/will you start tracking?	4/11/2016

Each day enter your weight and the amount of calories you consumed on that day. (I enter my weight that morning and the amount of calories I ate the previous day, but I'm weird that way.) I recommend weighing yourself in the morning to get the most consistent weights

Your weight and caloric intake will be averaged, and your TDEE will be entered in the bottom right corner

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Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
Your Current weight is	**190.0**	lbs
You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
You only have	20.0	lbs left to lose

Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
What date (which Monday) did/will you start tracking?	4/11/2016

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Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
Your Current weight is	**190.0**	lbs
You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
You only have	20.0	lbs left to lose

Your Current TDEE is	**TDEE**	cals/day
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You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
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Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
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You only have	20.0	lbs left to lose

Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
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Your Body Stats		
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You have maintained at	190.0	lbs
Your Goal Weight is	**170.0**	lbs
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Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
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At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
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Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
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What is your Goal Weight	170
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Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
What date (which Monday) did/will you start tracking?	4/11/2016

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Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE

Your Body Stats		
Your Starting Weight was	**190.0**	lbs
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Your Current TDEE is	**TDEE**	cals/day
If you eat	**#VALUE!**	calories per day
You will lose	1.0	lbs per week
At this rate you should reach your goal by:	28-Mar-25	

What was your Starting Weight	190
What is your Goal Weight	170
How much weight would you like to lose per week?	1
Do you track your weight in pounds (lbs) or kilograms (kgs)	lbs
Do you track your intake with Calories (Calories) or Kilojoules (kJ)?	Calories
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Date	Stats	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun	Avg.	Δ	TDEE