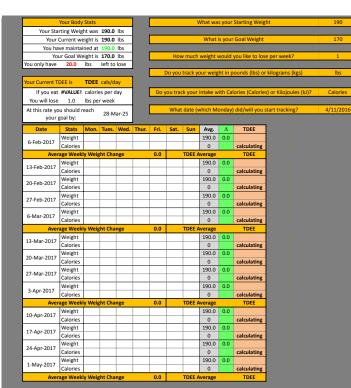
Each day enter your weight and the amount of calories you consumed on that day. (I enter my weight that morning and the amount of calories I ate the previous day, but I'm weird that way.) I recommend weighing yourself in the morning to get the most consistent weights. Your Starting Weight was 190.0 lbs Your Current weight is 190.0 lbs You have maintained at 190.0 lbs Your Goal Weight is 170.0 lbs Your weight and caloric intake will be averaged, and your TDEE will be entered in the bottom right corner our Current TDEE is TDEE cals/day 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. 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 your goal by: Avg. Δ 190.0 0.0 TDEE 11-Apr-2016 Weight calculating 190.0 0.0 18-Apr-2016 0 190.0 0.0 Weight 25-Apr-2016 calculating Weight 2-May-2016 0 calculating 190.0 0.0 Weight 9-May-2016 calculating 190.0 0.0 16-May-2016 Weight 190.0 0.0 23-May-2016 calculating 190.0 0.0 Weight Calories 30-May-2016 0 calculating 190.0 0.0 Weight 6-Jun-2016 calculating 190.0 0.0 13-Jun-2016 Calories calculating Weight 190.0 0.0 20-Jun-2016 0 190.0 **0.0** Weight 27-Jun-2016 0 calculating 190.0 **0.0** Weight 4-Jul-2016 calculating Weight 11-Jul-2016 calculating 190.0 0.0 Weight 18-Jul-2016 0 190.0 0.0 Weight 25-Jul-2016 190.0 Weight 1-Aug-2016 calculating 190.0 Weight 8-Aug-2016 calculating 190.0 0.0 15-Aug-2016 0 Weight 22-Aug-2016 0 calculating Weight 190.0 0.0 29-Aug-2016 190.0 Weight 5-Sep-2016 calculating 190.0 **0.0** 12-Sep-2016 190.0 0.0 Weight 19-Sep-2016 Weight 190.0 26-Sep-2016 0 190.0 0.0 Weight 3-Oct-2016 calculating Weight 190.0 0.0 10-Oct-2016 0 190.0 0.0 Weight Calories 17-Oct-2016 190.0 0.0 24-Oct-2016 190.0 Weight 31-Oct-2016 calculating 7-Nov-2016 Weight Calories calculating 190.0 0.0 Weight 14-Nov-2016 190.0 0.0 21-Nov-2016 190.0 0.0 Weight 28-Nov-2016 0 190.0 calculating Weight 5-Dec-2016 calculating 190.0 0.0 12-Dec-2016 190.0 0.0 19-Dec-2016 calculating alories Weight 190.0 0.0 26-Dec-2016 calculating 190.0 0.0 Weight calculating Weight Calories 190.0 0.0 9-Jan-2017 Weight 16-Jan-2017 calculating 190.0 0.0 Weight 23-Jan-2017 Laiories Weight 30-Jan-2017



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