

Week Starting Weight			165.0	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories			1815	Average Weekly Weight	164.3
Average Net Daily Calories			1814.5	Week Weight Loss	0.8
Week's Maintenance Weight			165.0	Total Weight Loss	193.8
Weekly Vegetables			26	Weekly Fruits	14.0
Total Weekly Exercise Calories			775	TTL Fruits & Veggies Combined:	40.0
BMI Index = Overweight				BMI	27.4

