

## Weight Chart

Highest Weight (lbs)	346.0		
TDEE Factor (for equation)	13.00		
Default Calories per Day	2250		
Goal Date #1	December 17, 2021		
Goal Date #1 Goal (lbs)	289.9		< 290 lbs
Days Until Goal Date #1	73		
Scheduled Weight at Goal Date #1	289.6		
Goal Date #2	January 16, 2023		Latest allowable date is July 1, 2023
Goal Date #2 Goal (lbs)	199.9		< 200 lbs
Days Until Goal Date #2	468		
Weight at Goal Date #2	199.9		

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Shirt Size	Pant Size	Days From Today	Notes
1	Friday	October 1, 2021	329.6	4285	0.581	0.000	0.0	17.7	16.4	5XL	44	(4)	
2	Saturday	October 2, 2021	329.0	4277	0.579	0.581	0.6	17.7	17.0	5XL	44	(3)	
3	Sunday	October 3, 2021	327.4	4256	0.573	1.619	2.2	17.7	18.6	5XL	44	(2)	Actual measurement
4	Monday	October 4, 2021	326.6	4246	0.570	0.800	3.0	17.7	19.4	5XL	44	(1)	Actual measurement
5	Tuesday	October 5, 2021	326.0	4238	0.568	0.600	3.6	17.7	20.0	5XL	44	0	Actual measurement
6	Wednesday	October 6, 2021	325.4	4231	0.566	0.568	4.2	17.7	20.6	5XL	44	1	
7	Thursday	October 7, 2021	324.9	4223	0.564	0.566	4.7	17.7	21.1	5XL	44	2	
8	Friday	October 8, 2021	324.3	4216	0.562	0.564	5.3	17.7	21.7	5XL	44	3	
9	Saturday	October 9, 2021	323.7	4209	0.560	0.562	5.9	17.7	22.3	5XL	44	4	
10	Sunday	October 10, 2021	323.2	4201	0.558	0.560	6.4	17.7	22.8	5XL	44	5	
11	Monday	October 11, 2021	322.6	4194	0.555	0.558	7.0	17.7	23.4	5XL	44	6	
12	Tuesday	October 12, 2021	322.1	4187	0.553	0.555	7.5	17.7	23.9	5XL	44	7	
13	Wednesday	October 13, 2021	321.5	4180	0.551	0.553	8.1	17.7	24.5	5XL	44	8	
14	Thursday	October 14, 2021	321.0	4173	0.549	0.551	8.6	17.7	25.0	5XL	44	9	
15	Friday	October 15, 2021	320.4	4165	0.547	0.549	9.2	17.7	25.6	5XL	44	10	
16	Saturday	October 16, 2021	319.9	4158	0.545	0.547	9.7	17.7	26.1	5XL	44	11	
17	Sunday	October 17, 2021	319.3	4151	0.543	0.545	10.3	17.7	26.7	5XL	44	12	
18	Monday	October 18, 2021	318.8	4144	0.541	0.543	10.8	17.7	27.2	5XL	44	13	
19	Tuesday	October 19, 2021	318.2	4137	0.539	0.541	11.4	17.7	27.8	5XL	44	14	
20	Wednesday	October 20, 2021	317.7	4130	0.537	0.539	11.9	17.7	28.3	5XL	44	15	
21	Thursday	October 21, 2021	317.2	4123	0.535	0.537	12.4	17.7	28.8	5XL	44	16	
22	Friday	October 22, 2021	316.6	4116	0.533	0.535	13.0	17.7	29.4	5XL	44	17	
23	Saturday	October 23, 2021	316.1	4109	0.531	0.533	13.5	17.7	29.9	5XL	44	18	
24	Sunday	October 24, 2021	315.6	4102	0.529	0.531	14.0	17.7	30.4	5XL	44	19	
25	Monday	October 25, 2021	315.0	4095	0.527	0.529	14.6	17.7	31.0	5XL	44	20	
26	Tuesday	October 26, 2021	314.5	4089	0.525	0.527	15.1	17.7	31.5	5XL	44	21	
27	Wednesday	October 27, 2021	314.0	4082	0.523	0.525	15.6	17.7	32.0	5XL	44	22	
28	Thursday	October 28, 2021	313.5	4075	0.521	0.523	16.1	17.7	32.5	5XL	44	23	
29	Friday	October 29, 2021	312.9	4068	0.519	0.521	16.7	17.7	33.1	5XL	44	24	
30	Saturday	October 30, 2021	312.4	4061	0.518	0.519	17.2	17.7	33.6	5XL	44	25	
31	Sunday	October 31, 2021	311.9	4055	0.516	0.518	17.7	17.7	34.1	5XL	44	26	
32	Monday	November 1, 2021	311.4	4048	0.514	0.516	0.0	14.1	34.6	5XL	44	27	
33	Tuesday	November 2, 2021	310.9	4041	0.512	0.514	0.5	14.1	35.1	5XL	44	28	
34	Wednesday	November 3, 2021	310.4	4035	0.510	0.512	1.0	14.1	35.6	5XL	44	29	
35	Thursday	November 4, 2021	309.8	4028	0.508	0.510	1.5	14.1	36.2	5XL	44	30	
36	Friday	November 5, 2021	309.3	4021	0.506	0.508	2.0	14.1	36.7	5XL	44	31	
37	Saturday	November 6, 2021	308.8	4015	0.504	0.506	2.5	14.1	37.2	5XL	44	32	
38	Sunday	November 7, 2021	308.3	4008	0.502	0.504	3.1	14.1	37.7	5XL	44	33	
39	Monday	November 8, 2021	307.8	4002	0.500	0.502	3.6	14.1	38.2	5XL	44	34	
40	Tuesday	November 9, 2021	307.3	3995	0.499	0.500	4.1	14.1	38.7	5XL	44	35	
41	Wednesday	November 10, 2021	306.8	3989	0.497	0.499	4.6	14.1	39.2	5XL	44	36	
42	Thursday	November 11, 2021	306.3	3982	0.495	0.497	5.1	14.1	39.7	5XL	44	37	

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43	Friday	November 12, 2021	305.8	3976	0.493	0.495	5.5	14.1	40.2	5XL	44	38	
44	Saturday	November 13, 2021	305.3	3969	0.491	0.493	6.0	14.1	40.7	5XL	44	39	
45	Sunday	November 14, 2021	304.9	3963	0.489	0.491	6.5	14.1	41.1	5XL	44	40	
46	Monday	November 15, 2021	304.4	3957	0.488	0.489	7.0	14.1	41.6	5XL	44	41	
47	Tuesday	November 16, 2021	303.9	3950	0.486	0.488	7.5	14.1	42.1	5XL	44	42	
48	Wednesday	November 17, 2021	303.4	3944	0.484	0.486	8.0	14.1	42.6	5XL	44	43	
49	Thursday	November 18, 2021	302.9	3938	0.482	0.484	8.5	14.1	43.1	5XL	44	44	
50	Friday	November 19, 2021	302.4	3931	0.480	0.482	9.0	14.1	43.6	5XL	44	45	
51	Saturday	November 20, 2021	301.9	3925	0.479	0.480	9.4	14.1	44.1	5XL	44	46	
52	Sunday	November 21, 2021	301.5	3919	0.477	0.479	9.9	14.1	44.5	5XL	44	47	
53	Monday	November 22, 2021	301.0	3913	0.475	0.477	10.4	14.1	45.0	5XL	44	48	
54	Tuesday	November 23, 2021	300.5	3907	0.473	0.475	10.9	14.1	45.5	5XL	44	49	
55	Wednesday	November 24, 2021	300.0	3900	0.472	0.473	11.3	14.1	46.0	5XL	44	50	
56	Thursday	November 25, 2021	299.6	3894	0.470	0.472	11.8	14.1	46.4	5XL	42	51	
57	Friday	November 26, 2021	299.1	3888	0.468	0.470	12.3	14.1	46.9	5XL	42	52	
58	Saturday	November 27, 2021	298.6	3882	0.466	0.468	12.8	14.1	47.4	5XL	42	53	
59	Sunday	November 28, 2021	298.2	3876	0.465	0.466	13.2	14.1	47.8	5XL	42	54	
60	Monday	November 29, 2021	297.7	3870	0.463	0.465	13.7	14.1	48.3	5XL	42	55	
61	Tuesday	November 30, 2021	297.2	3864	0.461	0.463	14.1	14.1	48.8	5XL	42	56	
62	Wednesday	December 1, 2021	296.8	3858	0.459	0.461	0.0	13.1	49.2	5XL	42	57	
63	Thursday	December 2, 2021	296.3	3852	0.458	0.459	0.5	13.1	49.7	5XL	42	58	
64	Friday	December 3, 2021	295.9	3846	0.456	0.458	0.9	13.1	50.1	5XL	42	59	
65	Saturday	December 4, 2021	295.4	3840	0.454	0.456	1.4	13.1	50.6	5XL	42	60	
66	Sunday	December 5, 2021	294.9	3834	0.453	0.454	1.8	13.1	51.1	5XL	42	61	
67	Monday	December 6, 2021	294.5	3828	0.451	0.453	2.3	13.1	51.5	5XL	42	62	
68	Tuesday	December 7, 2021	294.0	3823	0.449	0.451	2.7	13.1	52.0	5XL	42	63	
69	Wednesday	December 8, 2021	293.6	3817	0.448	0.449	3.2	13.1	52.4	5XL	42	64	
70	Thursday	December 9, 2021	293.1	3811	0.446	0.448	3.6	13.1	52.9	5XL	42	65	
71	Friday	December 10, 2021	292.7	3805	0.444	0.446	4.1	13.1	53.3	5XL	42	66	
72	Saturday	December 11, 2021	292.3	3799	0.443	0.444	4.5	13.1	53.7	5XL	42	67	
73	Sunday	December 12, 2021	291.8	3794	0.441	0.443	5.0	13.1	54.2	5XL	42	68	
74	Monday	December 13, 2021	291.4	3788	0.439	0.441	5.4	13.1	54.6	5XL	42	69	
75	Tuesday	December 14, 2021	290.9	3782	0.438	0.439	5.8	13.1	55.1	5XL	42	70	
76	Wednesday	December 15, 2021	290.5	3776	0.436	0.438	6.3	13.1	55.5	5XL	42	71	
77	Thursday	December 16, 2021	290.1	3771	0.434	0.436	6.7	13.1	55.9	5XL	42	72	
78	Friday	December 17, 2021	289.6	3765	0.433	0.434	7.1	13.1	56.4	4XL	42	73	
79	Saturday	December 18, 2021	289.2	3759	0.431	0.433	7.6	13.1	56.8	4XL	42	74	
80	Sunday	December 19, 2021	288.8	3754	0.430	0.431	8.0	13.1	57.2	4XL	42	75	
81	Monday	December 20, 2021	288.3	3748	0.428	0.430	8.4	13.1	57.7	4XL	42	76	
82	Tuesday	December 21, 2021	287.9	3743	0.426	0.428	8.9	13.1	58.1	4XL	42	77	
83	Wednesday	December 22, 2021	287.5	3737	0.425	0.426	9.3	13.1	58.5	4XL	42	78	
84	Thursday	December 23, 2021	287.0	3732	0.423	0.425	9.7	13.1	59.0	4XL	42	79	
85	Friday	December 24, 2021	286.6	3726	0.422	0.423	10.1	13.1	59.4	4XL	42	80	
86	Saturday	December 25, 2021	286.2	3721	0.420	0.422	10.6	13.1	59.8	4XL	42	81	
87	Sunday	December 26, 2021	285.8	3715	0.419	0.420	11.0	13.1	60.2	4XL	42	82	
88	Monday	December 27, 2021	285.4	3710	0.417	0.419	11.4	13.1	60.6	4XL	42	83	
89	Tuesday	December 28, 2021	284.9	3704	0.416	0.417	11.8	13.1	61.1	4XL	42	84	
90	Wednesday	December 29, 2021	284.5	3699	0.414	0.416	12.2	13.1	61.5	4XL	42	85	Goal: 289.8 lbs
91	Thursday	December 30, 2021	284.1	3694	0.412	0.414	12.7	13.1	61.9	4XL	42	86	
92	Friday	December 31, 2021	283.7	3688	0.411	0.412	13.1	13.1	62.3	4XL	42	87	
93	Saturday	January 1, 2022	283.3	3683	0.409	0.411	0.0	11.6	62.7	4XL	42	88	
94	Sunday	January 2, 2022	282.9	3678	0.408	0.409	0.4	11.6	63.1	4XL	42	89	
95	Monday	January 3, 2022	282.5	3672	0.406	0.408	0.8	11.6	63.5	4XL	42	90	
96	Tuesday	January 4, 2022	282.1	3667	0.405	0.406	1.2	11.6	63.9	4XL	42	91	
97	Wednesday	January 5, 2022	281.7	3662	0.403	0.405	1.6	11.6	64.3	4XL	42	92	
98	Thursday	January 6, 2022	281.3	3656	0.402	0.403	2.0	11.6	64.7	4XL	42	93	

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99	Friday	January 7, 2022	280.9	3651	0.400	0.402	2.4	11.6	65.1	4XL	42	94	
100	Saturday	January 8, 2022	280.5	3646	0.399	0.400	2.8	11.6	65.5	4XL	42	95	
101	Sunday	January 9, 2022	280.1	3641	0.397	0.399	3.2	11.6	65.9	4XL	42	96	
102	Monday	January 10, 2022	279.7	3636	0.396	0.397	3.6	11.6	66.3	4XL	42	97	
103	Tuesday	January 11, 2022	279.3	3631	0.394	0.396	4.0	11.6	66.7	4XL	42	98	
104	Wednesday	January 12, 2022	278.9	3625	0.393	0.394	4.4	11.6	67.1	4XL	42	99	
105	Thursday	January 13, 2022	278.5	3620	0.392	0.393	4.8	11.6	67.5	4XL	42	100	
106	Friday	January 14, 2022	278.1	3615	0.390	0.392	5.2	11.6	67.9	4XL	42	101	
107	Saturday	January 15, 2022	277.7	3610	0.389	0.390	5.6	11.6	68.3	4XL	42	102	
108	Sunday	January 16, 2022	277.3	3605	0.387	0.389	6.0	11.6	68.7	4XL	42	103	
109	Monday	January 17, 2022	276.9	3600	0.386	0.387	6.4	11.6	69.1	4XL	42	104	
110	Tuesday	January 18, 2022	276.5	3595	0.384	0.386	6.8	11.6	69.5	4XL	42	105	
111	Wednesday	January 19, 2022	276.2	3590	0.383	0.384	7.1	11.6	69.8	4XL	42	106	
112	Thursday	January 20, 2022	275.8	3585	0.381	0.383	7.5	11.6	70.2	4XL	42	107	
113	Friday	January 21, 2022	275.4	3580	0.380	0.381	7.9	11.6	70.6	4XL	42	108	
114	Saturday	January 22, 2022	275.0	3575	0.379	0.380	8.3	11.6	71.0	4XL	42	109	
115	Sunday	January 23, 2022	274.6	3570	0.377	0.379	8.7	11.6	71.4	4XL	42	110	
116	Monday	January 24, 2022	274.3	3565	0.376	0.377	9.0	11.6	71.7	4XL	42	111	
117	Tuesday	January 25, 2022	273.9	3560	0.374	0.376	9.4	11.6	72.1	4XL	42	112	
118	Wednesday	January 26, 2022	273.5	3556	0.373	0.374	9.8	11.6	72.5	4XL	42	113	
119	Thursday	January 27, 2022	273.1	3551	0.372	0.373	10.2	11.6	72.9	4XL	42	114	
120	Friday	January 28, 2022	272.8	3546	0.370	0.372	10.5	11.6	73.2	4XL	42	115	
121	Saturday	January 29, 2022	272.4	3541	0.369	0.370	10.9	11.6	73.6	4XL	42	116	
122	Sunday	January 30, 2022	272.0	3536	0.368	0.369	11.3	11.6	74.0	4XL	42	117	
123	Monday	January 31, 2022	271.7	3531	0.366	0.368	11.6	11.6	74.3	4XL	42	118	
124	Tuesday	February 1, 2022	271.3	3527	0.365	0.366	0.0	9.4	74.7	4XL	42	119	
125	Wednesday	February 2, 2022	270.9	3522	0.363	0.365	0.4	9.4	75.1	4XL	42	120	
126	Thursday	February 3, 2022	270.6	3517	0.362	0.363	0.7	9.4	75.4	4XL	42	121	
127	Friday	February 4, 2022	270.2	3513	0.361	0.362	1.1	9.4	75.8	4XL	42	122	
128	Saturday	February 5, 2022	269.8	3508	0.359	0.361	1.5	9.4	76.2	4XL	40	123	
129	Sunday	February 6, 2022	269.5	3503	0.358	0.359	1.8	9.4	76.5	4XL	40	124	
130	Monday	February 7, 2022	269.1	3499	0.357	0.358	2.2	9.4	76.9	4XL	40	125	
131	Tuesday	February 8, 2022	268.8	3494	0.355	0.357	2.5	9.4	77.2	4XL	40	126	
132	Wednesday	February 9, 2022	268.4	3489	0.354	0.355	2.9	9.4	77.6	4XL	40	127	
133	Thursday	February 10, 2022	268.1	3485	0.353	0.354	3.2	9.4	77.9	4XL	40	128	
134	Friday	February 11, 2022	267.7	3480	0.351	0.353	3.6	9.4	78.3	4XL	40	129	
135	Saturday	February 12, 2022	267.3	3476	0.350	0.351	3.9	9.4	78.7	4XL	40	130	
136	Sunday	February 13, 2022	267.0	3471	0.349	0.350	4.3	9.4	79.0	4XL	40	131	
137	Monday	February 14, 2022	266.6	3466	0.348	0.349	4.6	9.4	79.4	4XL	40	132	
138	Tuesday	February 15, 2022	266.3	3462	0.346	0.348	5.0	9.4	79.7	4XL	40	133	
139	Wednesday	February 16, 2022	266.0	3457	0.345	0.346	5.3	9.4	80.0	4XL	40	134	
140	Thursday	February 17, 2022	265.6	3453	0.344	0.345	5.7	9.4	80.4	4XL	40	135	
141	Friday	February 18, 2022	265.3	3448	0.342	0.344	6.0	9.4	80.7	4XL	40	136	Dr. Lamb Appt.
142	Saturday	February 19, 2022	264.9	3444	0.341	0.342	6.4	9.4	81.1	4XL	40	137	
143	Sunday	February 20, 2022	264.6	3440	0.340	0.341	6.7	9.4	81.4	4XL	40	138	
144	Monday	February 21, 2022	264.2	3435	0.339	0.340	7.0	9.4	81.8	4XL	40	139	
145	Tuesday	February 22, 2022	263.9	3431	0.337	0.339	7.4	9.4	82.1	4XL	40	140	
146	Wednesday	February 23, 2022	263.6	3426	0.336	0.337	7.7	9.4	82.4	4XL	40	141	
147	Thursday	February 24, 2022	263.2	3422	0.335	0.336	8.1	9.4	82.8	4XL	40	142	
148	Friday	February 25, 2022	262.9	3418	0.334	0.335	8.4	9.4	83.1	4XL	40	143	
149	Saturday	February 26, 2022	262.6	3413	0.332	0.334	8.7	9.4	83.4	4XL	40	144	
150	Sunday	February 27, 2022	262.2	3409	0.331	0.332	9.1	9.4	83.8	4XL	40	145	
151	Monday	February 28, 2022	261.9	3405	0.330	0.331	9.4	9.4	84.1	4XL	40	146	
152	Tuesday	March 1, 2022	261.6	3400	0.329	0.330	0.0	9.3	84.4	4XL	40	147	
153	Wednesday	March 2, 2022	261.2	3396	0.327	0.329	0.3	9.3	84.8	4XL	40	148	
154	Thursday	March 3, 2022	260.9	3392	0.326	0.327	0.7	9.3	85.1	4XL	40	149	

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155	Friday	March 4, 2022	260.6	3388	0.325	0.326	1.0	9.3	85.4	4XL	40	150	
156	Saturday	March 5, 2022	260.3	3383	0.324	0.325	1.3	9.3	85.7	4XL	40	151	
157	Sunday	March 6, 2022	259.9	3379	0.323	0.324	1.6	9.3	86.1	3XL	40	152	
158	Monday	March 7, 2022	259.6	3375	0.321	0.323	2.0	9.3	86.4	3XL	40	153	
159	Tuesday	March 8, 2022	259.3	3371	0.320	0.321	2.3	9.3	86.7	3XL	40	154	
160	Wednesday	March 9, 2022	259.0	3367	0.319	0.320	2.6	9.3	87.0	3XL	40	155	
161	Thursday	March 10, 2022	258.7	3363	0.318	0.319	2.9	9.3	87.3	3XL	40	156	
162	Friday	March 11, 2022	258.3	3358	0.317	0.318	3.2	9.3	87.7	3XL	40	157	
163	Saturday	March 12, 2022	258.0	3354	0.316	0.317	3.5	9.3	88.0	3XL	40	158	
164	Sunday	March 13, 2022	257.7	3350	0.314	0.316	3.9	9.3	88.3	3XL	40	159	
165	Monday	March 14, 2022	257.4	3346	0.313	0.314	4.2	9.3	88.6	3XL	40	160	
166	Tuesday	March 15, 2022	257.1	3342	0.312	0.313	4.5	9.3	88.9	3XL	40	161	
167	Wednesday	March 16, 2022	256.8	3338	0.311	0.312	4.8	9.3	89.2	3XL	40	162	
168	Thursday	March 17, 2022	256.5	3334	0.310	0.311	5.1	9.3	89.5	3XL	40	163	
169	Friday	March 18, 2022	256.1	3330	0.309	0.310	5.4	9.3	89.9	3XL	40	164	
170	Saturday	March 19, 2022	255.8	3326	0.307	0.309	5.7	9.3	90.2	3XL	40	165	
171	Sunday	March 20, 2022	255.5	3322	0.306	0.307	6.0	9.3	90.5	3XL	40	166	
172	Monday	March 21, 2022	255.2	3318	0.305	0.306	6.3	9.3	90.8	3XL	40	167	
173	Tuesday	March 22, 2022	254.9	3314	0.304	0.305	6.7	9.3	91.1	3XL	40	168	
174	Wednesday	March 23, 2022	254.6	3310	0.303	0.304	7.0	9.3	91.4	3XL	40	169	
175	Thursday	March 24, 2022	254.3	3306	0.302	0.303	7.3	9.3	91.7	3XL	40	170	
176	Friday	March 25, 2022	254.0	3302	0.301	0.302	7.6	9.3	92.0	3XL	40	171	
177	Saturday	March 26, 2022	253.7	3298	0.299	0.301	7.9	9.3	92.3	3XL	40	172	
178	Sunday	March 27, 2022	253.4	3294	0.298	0.299	8.2	9.3	92.6	3XL	40	173	
179	Monday	March 28, 2022	253.1	3290	0.297	0.298	8.5	9.3	92.9	3XL	40	174	
180	Tuesday	March 29, 2022	252.8	3287	0.296	0.297	8.8	9.3	93.2	3XL	40	175	
181	Wednesday	March 30, 2022	252.5	3283	0.295	0.296	9.1	9.3	93.5	3XL	40	176	
182	Thursday	March 31, 2022	252.2	3279	0.294	0.295	9.3	9.3	93.8	3XL	40	177	
183	Friday	April 1, 2022	251.9	3275	0.293	0.294	0.0	8.1	94.1	3XL	40	178	
184	Saturday	April 2, 2022	251.6	3271	0.292	0.293	0.3	8.1	94.4	3XL	40	179	
185	Sunday	April 3, 2022	251.3	3267	0.291	0.292	0.6	8.1	94.7	3XL	40	180	
186	Monday	April 4, 2022	251.1	3264	0.290	0.291	0.9	8.1	94.9	3XL	40	181	
187	Tuesday	April 5, 2022	250.8	3260	0.289	0.290	1.2	8.1	95.2	3XL	40	182	
188	Wednesday	April 6, 2022	250.5	3256	0.287	0.289	1.5	8.1	95.5	3XL	40	183	
189	Thursday	April 7, 2022	250.2	3252	0.286	0.287	1.7	8.1	95.8	3XL	40	184	
190	Friday	April 8, 2022	249.9	3249	0.285	0.286	2.0	8.1	96.1	3XL	40	185	
191	Saturday	April 9, 2022	249.6	3245	0.284	0.285	2.3	8.1	96.4	3XL	40	186	
192	Sunday	April 10, 2022	249.3	3241	0.283	0.284	2.6	8.1	96.7	3XL	40	187	
193	Monday	April 11, 2022	249.0	3238	0.282	0.283	2.9	8.1	97.0	3XL	40	188	
194	Tuesday	April 12, 2022	248.8	3234	0.281	0.282	3.2	8.1	97.2	3XL	40	189	
195	Wednesday	April 13, 2022	248.5	3230	0.280	0.281	3.4	8.1	97.5	3XL	40	190	
196	Thursday	April 14, 2022	248.2	3227	0.279	0.280	3.7	8.1	97.8	3XL	40	191	
197	Friday	April 15, 2022	247.9	3223	0.278	0.279	4.0	8.1	98.1	3XL	40	192	
198	Saturday	April 16, 2022	247.6	3219	0.277	0.278	4.3	8.1	98.4	3XL	40	193	
199	Sunday	April 17, 2022	247.4	3216	0.276	0.277	4.6	8.1	98.6	3XL	40	194	
200	Monday	April 18, 2022	247.1	3212	0.275	0.276	4.8	8.1	98.9	3XL	40	195	
201	Tuesday	April 19, 2022	246.8	3209	0.274	0.275	5.1	8.1	99.2	3XL	40	196	
202	Wednesday	April 20, 2022	246.5	3205	0.273	0.274	5.4	8.1	99.5	3XL	40	197	
203	Thursday	April 21, 2022	246.3	3202	0.272	0.273	5.7	8.1	99.7	3XL	40	198	
204	Friday	April 22, 2022	246.0	3198	0.271	0.272	5.9	8.1	100.0	3XL	40	199	
205	Saturday	April 23, 2022	245.7	3194	0.270	0.271	6.2	8.1	100.3	3XL	40	200	
206	Sunday	April 24, 2022	245.5	3191	0.269	0.270	6.5	8.1	100.5	3XL	40	201	
207	Monday	April 25, 2022	245.2	3187	0.268	0.269	6.7	8.1	100.8	3XL	40	202	
208	Tuesday	April 26, 2022	244.9	3184	0.267	0.268	7.0	8.1	101.1	3XL	40	203	
209	Wednesday	April 27, 2022	244.7	3181	0.266	0.267	7.3	8.1	101.3	3XL	40	204	
210	Thursday	April 28, 2022	244.4	3177	0.265	0.266	7.5	8.1	101.6	3XL	40	205	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
211	Friday	April 29, 2022	244.1	3174	0.264	0.265	7.8	8.1	101.9	3XL	40	206	
212	Saturday	April 30, 2022	243.9	3170	0.263	0.264	8.1	8.1	102.1	3XL	40	207	
213	Sunday	May 1, 2022	243.6	3167	0.262	0.263	0.0	7.4	102.4	3XL	40	208	
214	Monday	May 2, 2022	243.3	3163	0.261	0.262	0.3	7.4	102.7	3XL	40	209	
215	Tuesday	May 3, 2022	243.1	3160	0.260	0.261	0.5	7.4	102.9	3XL	40	210	
216	Wednesday	May 4, 2022	242.8	3157	0.259	0.260	0.8	7.4	103.2	3XL	40	211	
217	Thursday	May 5, 2022	242.6	3153	0.258	0.259	1.0	7.4	103.4	3XL	40	212	
218	Friday	May 6, 2022	242.3	3150	0.257	0.258	1.3	7.4	103.7	3XL	40	213	
219	Saturday	May 7, 2022	242.0	3147	0.256	0.257	1.6	7.4	104.0	3XL	40	214	
220	Sunday	May 8, 2022	241.8	3143	0.255	0.256	1.8	7.4	104.2	3XL	40	215	
221	Monday	May 9, 2022	241.5	3140	0.254	0.255	2.1	7.4	104.5	3XL	40	216	
222	Tuesday	May 10, 2022	241.3	3137	0.253	0.254	2.3	7.4	104.7	3XL	40	217	
223	Wednesday	May 11, 2022	241.0	3133	0.252	0.253	2.6	7.4	105.0	3XL	40	218	
224	Thursday	May 12, 2022	240.8	3130	0.251	0.252	2.8	7.4	105.2	3XL	40	219	
225	Friday	May 13, 2022	240.5	3127	0.250	0.251	3.1	7.4	105.5	3XL	40	220	
226	Saturday	May 14, 2022	240.3	3123	0.250	0.250	3.3	7.4	105.7	3XL	40	221	
227	Sunday	May 15, 2022	240.0	3120	0.249	0.250	3.6	7.4	106.0	3XL	40	222	
228	Monday	May 16, 2022	239.8	3117	0.248	0.249	3.8	7.4	106.2	3XL	38	223	
229	Tuesday	May 17, 2022	239.5	3114	0.247	0.248	4.1	7.4	106.5	3XL	38	224	
230	Wednesday	May 18, 2022	239.3	3111	0.246	0.247	4.3	7.4	106.7	3XL	38	225	
231	Thursday	May 19, 2022	239.0	3107	0.245	0.246	4.6	7.4	107.0	3XL	38	226	
232	Friday	May 20, 2022	238.8	3104	0.244	0.245	4.8	7.4	107.2	3XL	38	227	
233	Saturday	May 21, 2022	238.5	3101	0.243	0.244	5.1	7.4	107.5	3XL	38	228	
234	Sunday	May 22, 2022	238.3	3098	0.242	0.243	5.3	7.4	107.7	3XL	38	229	
235	Monday	May 23, 2022	238.1	3095	0.241	0.242	5.5	7.4	107.9	3XL	38	230	
236	Tuesday	May 24, 2022	237.8	3092	0.240	0.241	5.8	7.4	108.2	3XL	38	231	
237	Wednesday	May 25, 2022	237.6	3088	0.240	0.240	6.0	7.4	108.4	3XL	38	232	
238	Thursday	May 26, 2022	237.3	3085	0.239	0.240	6.3	7.4	108.7	3XL	38	233	
239	Friday	May 27, 2022	237.1	3082	0.238	0.239	6.5	7.4	108.9	3XL	38	234	
240	Saturday	May 28, 2022	236.9	3079	0.237	0.238	6.7	7.4	109.1	3XL	38	235	
241	Sunday	May 29, 2022	236.6	3076	0.236	0.237	7.0	7.4	109.4	3XL	38	236	
242	Monday	May 30, 2022	236.4	3073	0.235	0.236	7.2	7.4	109.6	3XL	38	237	
243	Tuesday	May 31, 2022	236.1	3070	0.234	0.235	7.4	7.4	109.9	3XL	38	238	
244	Wednesday	June 1, 2022	235.9	3067	0.233	0.234	0.0	6.4	110.1	3XL	38	239	
245	Thursday	June 2, 2022	235.7	3064	0.233	0.233	0.2	6.4	110.3	3XL	38	240	
246	Friday	June 3, 2022	235.4	3061	0.232	0.233	0.5	6.4	110.6	3XL	38	241	
247	Saturday	June 4, 2022	235.2	3058	0.231	0.232	0.7	6.4	110.8	3XL	38	242	
248	Sunday	June 5, 2022	235.0	3055	0.230	0.231	0.9	6.4	111.0	3XL	38	243	
249	Monday	June 6, 2022	234.8	3052	0.229	0.230	1.2	6.4	111.2	3XL	38	244	
250	Tuesday	June 7, 2022	234.5	3049	0.228	0.229	1.4	6.4	111.5	3XL	38	245	
251	Wednesday	June 8, 2022	234.3	3046	0.227	0.228	1.6	6.4	111.7	3XL	38	246	
252	Thursday	June 9, 2022	234.1	3043	0.227	0.227	1.8	6.4	111.9	3XL	38	247	
253	Friday	June 10, 2022	233.8	3040	0.226	0.227	2.1	6.4	112.2	3XL	38	248	
254	Saturday	June 11, 2022	233.6	3037	0.225	0.226	2.3	6.4	112.4	3XL	38	249	
255	Sunday	June 12, 2022	233.4	3034	0.224	0.225	2.5	6.4	112.6	3XL	38	250	
256	Monday	June 13, 2022	233.2	3031	0.223	0.224	2.7	6.4	112.8	3XL	38	251	
257	Tuesday	June 14, 2022	232.9	3028	0.222	0.223	3.0	6.4	113.1	3XL	38	252	
258	Wednesday	June 15, 2022	232.7	3025	0.222	0.222	3.2	6.4	113.3	3XL	38	253	
259	Thursday	June 16, 2022	232.5	3023	0.221	0.222	3.4	6.4	113.5	3XL	38	254	
260	Friday	June 17, 2022	232.3	3020	0.220	0.221	3.6	6.4	113.7	3XL	38	255	
261	Saturday	June 18, 2022	232.1	3017	0.219	0.220	3.9	6.4	113.9	3XL	38	256	
262	Sunday	June 19, 2022	231.8	3014	0.218	0.219	4.1	6.4	114.2	3XL	38	257	
263	Monday	June 20, 2022	231.6	3011	0.217	0.218	4.3	6.4	114.4	3XL	38	258	
264	Tuesday	June 21, 2022	231.4	3008	0.217	0.217	4.5	6.4	114.6	3XL	38	259	
265	Wednesday	June 22, 2022	231.2	3005	0.216	0.217	4.7	6.4	114.8	3XL	38	260	
266	Thursday	June 23, 2022	231.0	3003	0.215	0.216	4.9	6.4	115.0	3XL	38	261	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
267	Friday	June 24, 2022	230.8	3000	0.214	0.215	5.2	6.4	115.2	3XL	38	262	
268	Saturday	June 25, 2022	230.5	2997	0.213	0.214	5.4	6.4	115.5	3XL	38	263	
269	Sunday	June 26, 2022	230.3	2994	0.213	0.213	5.6	6.4	115.7	3XL	38	264	
270	Monday	June 27, 2022	230.1	2992	0.212	0.213	5.8	6.4	115.9	3XL	38	265	
271	Tuesday	June 28, 2022	229.9	2989	0.211	0.212	6.0	6.4	116.1	2XL	38	266	
272	Wednesday	June 29, 2022	229.7	2986	0.210	0.211	6.2	6.4	116.3	2XL	38	267	
273	Thursday	June 30, 2022	229.5	2983	0.210	0.210	6.4	6.4	116.5	2XL	38	268	
274	Friday	July 1, 2022	229.3	2981	0.209	0.210	0.0	5.9	116.7	2XL	38	269	
275	Saturday	July 2, 2022	229.1	2978	0.208	0.209	0.2	5.9	116.9	2XL	38	270	
276	Sunday	July 3, 2022	228.9	2975	0.207	0.208	0.4	5.9	117.1	2XL	38	271	
277	Monday	July 4, 2022	228.7	2973	0.206	0.207	0.6	5.9	117.3	2XL	38	272	
278	Tuesday	July 5, 2022	228.4	2970	0.206	0.206	0.8	5.9	117.6	2XL	38	273	
279	Wednesday	July 6, 2022	228.2	2967	0.205	0.206	1.0	5.9	117.8	2XL	38	274	
280	Thursday	July 7, 2022	228.0	2964	0.204	0.205	1.2	5.9	118.0	2XL	38	275	
281	Friday	July 8, 2022	227.8	2962	0.203	0.204	1.4	5.9	118.2	2XL	38	276	
282	Saturday	July 9, 2022	227.6	2959	0.203	0.203	1.6	5.9	118.4	2XL	38	277	
283	Sunday	July 10, 2022	227.4	2957	0.202	0.203	1.9	5.9	118.6	2XL	38	278	
284	Monday	July 11, 2022	227.2	2954	0.201	0.202	2.1	5.9	118.8	2XL	38	279	
285	Tuesday	July 12, 2022	227.0	2951	0.200	0.201	2.3	5.9	119.0	2XL	38	280	
286	Wednesday	July 13, 2022	226.8	2949	0.200	0.200	2.5	5.9	119.2	2XL	38	281	
287	Thursday	July 14, 2022	226.6	2946	0.199	0.200	2.7	5.9	119.4	2XL	38	282	
288	Friday	July 15, 2022	226.4	2944	0.198	0.199	2.9	5.9	119.6	2XL	38	283	
289	Saturday	July 16, 2022	226.2	2941	0.197	0.198	3.1	5.9	119.8	2XL	38	284	
290	Sunday	July 17, 2022	226.0	2938	0.197	0.197	3.2	5.9	120.0	2XL	38	285	
291	Monday	July 18, 2022	225.8	2936	0.196	0.197	3.4	5.9	120.2	2XL	38	286	
292	Tuesday	July 19, 2022	225.6	2933	0.195	0.196	3.6	5.9	120.4	2XL	38	287	
293	Wednesday	July 20, 2022	225.4	2931	0.194	0.195	3.8	5.9	120.6	2XL	38	288	
294	Thursday	July 21, 2022	225.2	2928	0.194	0.194	4.0	5.9	120.8	2XL	38	289	
295	Friday	July 22, 2022	225.1	2926	0.193	0.194	4.2	5.9	120.9	2XL	38	290	
296	Saturday	July 23, 2022	224.9	2923	0.192	0.193	4.4	5.9	121.1	2XL	38	291	
297	Sunday	July 24, 2022	224.7	2921	0.192	0.192	4.6	5.9	121.3	2XL	38	292	
298	Monday	July 25, 2022	224.5	2918	0.191	0.192	4.8	5.9	121.5	2XL	38	293	
299	Tuesday	July 26, 2022	224.3	2916	0.190	0.191	5.0	5.9	121.7	2XL	38	294	
300	Wednesday	July 27, 2022	224.1	2913	0.189	0.190	5.2	5.9	121.9	2XL	38	295	
301	Thursday	July 28, 2022	223.9	2911	0.189	0.189	5.4	5.9	122.1	2XL	38	296	
302	Friday	July 29, 2022	223.7	2908	0.188	0.189	5.6	5.9	122.3	2XL	38	297	
303	Saturday	July 30, 2022	223.5	2906	0.187	0.188	5.7	5.9	122.5	2XL	38	298	
304	Sunday	July 31, 2022	223.3	2903	0.187	0.187	5.9	5.9	122.7	2XL	38	299	
305	Monday	August 1, 2022	223.2	2901	0.186	0.187	0.0	5.3	122.8	2XL	38	300	
306	Tuesday	August 2, 2022	223.0	2899	0.185	0.186	0.2	5.3	123.0	2XL	38	301	
307	Wednesday	August 3, 2022	222.8	2896	0.185	0.185	0.4	5.3	123.2	2XL	38	302	
308	Thursday	August 4, 2022	222.6	2894	0.184	0.185	0.6	5.3	123.4	2XL	38	303	
309	Friday	August 5, 2022	222.4	2891	0.183	0.184	0.7	5.3	123.6	2XL	38	304	
310	Saturday	August 6, 2022	222.2	2889	0.183	0.183	0.9	5.3	123.8	2XL	38	305	
311	Sunday	August 7, 2022	222.0	2887	0.182	0.183	1.1	5.3	124.0	2XL	38	306	
312	Monday	August 8, 2022	221.9	2884	0.181	0.182	1.3	5.3	124.1	2XL	38	307	
313	Tuesday	August 9, 2022	221.7	2882	0.181	0.181	1.5	5.3	124.3	2XL	38	308	
314	Wednesday	August 10, 2022	221.5	2880	0.180	0.181	1.6	5.3	124.5	2XL	38	309	
315	Thursday	August 11, 2022	221.3	2877	0.179	0.180	1.8	5.3	124.7	2XL	38	310	
316	Friday	August 12, 2022	221.1	2875	0.179	0.179	2.0	5.3	124.9	2XL	38	311	
317	Saturday	August 13, 2022	221.0	2873	0.178	0.179	2.2	5.3	125.0	2XL	38	312	
318	Sunday	August 14, 2022	220.8	2870	0.177	0.178	2.4	5.3	125.2	2XL	38	313	
319	Monday	August 15, 2022	220.6	2868	0.177	0.177	2.5	5.3	125.4	2XL	38	314	
320	Tuesday	August 16, 2022	220.4	2866	0.176	0.177	2.7	5.3	125.6	2XL	38	315	
321	Wednesday	August 17, 2022	220.3	2863	0.175	0.176	2.9	5.3	125.7	2XL	38	316	
322	Thursday	August 18, 2022	220.1	2861	0.175	0.175	3.1	5.3	125.9	2XL	38	317	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
323	Friday	August 19, 2022	219.9	2859	0.174	0.175	3.2	5.3	126.1	2XL	38	318	
324	Saturday	August 20, 2022	219.7	2857	0.173	0.174	3.4	5.3	126.3	2XL	38	319	
325	Sunday	August 21, 2022	219.6	2854	0.173	0.173	3.6	5.3	126.4	2XL	38	320	
326	Monday	August 22, 2022	219.4	2852	0.172	0.173	3.8	5.3	126.6	2XL	38	321	
327	Tuesday	August 23, 2022	219.2	2850	0.171	0.172	3.9	5.3	126.8	2XL	38	322	
328	Wednesday	August 24, 2022	219.0	2848	0.171	0.171	4.1	5.3	127.0	2XL	38	323	
329	Thursday	August 25, 2022	218.9	2845	0.170	0.171	4.3	5.3	127.1	2XL	38	324	
330	Friday	August 26, 2022	218.7	2843	0.169	0.170	4.4	5.3	127.3	2XL	38	325	
331	Saturday	August 27, 2022	218.5	2841	0.169	0.169	4.6	5.3	127.5	2XL	38	326	
332	Sunday	August 28, 2022	218.4	2839	0.168	0.169	4.8	5.3	127.6	2XL	38	327	
333	Monday	August 29, 2022	218.2	2837	0.168	0.168	5.0	5.3	127.8	2XL	38	328	
334	Tuesday	August 30, 2022	218.0	2834	0.167	0.168	5.1	5.3	128.0	2XL	38	329	
335	Wednesday	August 31, 2022	217.9	2832	0.166	0.167	5.3	5.3	128.1	2XL	38	330	
336	Thursday	September 1, 2022	217.7	2830	0.166	0.166	0.0	4.6	128.3	2XL	38	331	
337	Friday	September 2, 2022	217.5	2828	0.165	0.166	0.2	4.6	128.5	2XL	38	332	
338	Saturday	September 3, 2022	217.4	2826	0.165	0.165	0.3	4.6	128.6	2XL	38	333	
339	Sunday	September 4, 2022	217.2	2824	0.164	0.165	0.5	4.6	128.8	2XL	38	334	
340	Monday	September 5, 2022	217.0	2822	0.163	0.164	0.7	4.6	129.0	2XL	38	335	
341	Tuesday	September 6, 2022	216.9	2819	0.163	0.163	0.8	4.6	129.1	2XL	38	336	
342	Wednesday	September 7, 2022	216.7	2817	0.162	0.163	1.0	4.6	129.3	2XL	38	337	
343	Thursday	September 8, 2022	216.6	2815	0.161	0.162	1.1	4.6	129.4	2XL	38	338	
344	Friday	September 9, 2022	216.4	2813	0.161	0.161	1.3	4.6	129.6	2XL	38	339	
345	Saturday	#####	216.2	2811	0.160	0.161	1.5	4.6	129.8	2XL	38	340	
346	Sunday	#####	216.1	2809	0.160	0.160	1.6	4.6	129.9	2XL	38	341	
347	Monday	#####	215.9	2807	0.159	0.160	1.8	4.6	130.1	2XL	38	342	
348	Tuesday	#####	215.7	2805	0.158	0.159	1.9	4.6	130.3	2XL	38	343	
349	Wednesday	#####	215.6	2803	0.158	0.158	2.1	4.6	130.4	2XL	38	344	
350	Thursday	#####	215.4	2801	0.157	0.158	2.3	4.6	130.6	2XL	38	345	
351	Friday	#####	215.3	2799	0.157	0.157	2.4	4.6	130.7	2XL	38	346	
352	Saturday	#####	215.1	2797	0.156	0.157	2.6	4.6	130.9	2XL	38	347	
353	Sunday	#####	215.0	2795	0.156	0.156	2.7	4.6	131.0	2XL	38	348	
354	Monday	#####	214.8	2792	0.155	0.156	2.9	4.6	131.2	2XL	38	349	
355	Tuesday	#####	214.7	2790	0.154	0.155	3.0	4.6	131.3	2XL	38	350	
356	Wednesday	#####	214.5	2788	0.154	0.154	3.2	4.6	131.5	2XL	38	351	
357	Thursday	#####	214.3	2786	0.153	0.154	3.4	4.6	131.7	2XL	38	352	
358	Friday	#####	214.2	2784	0.153	0.153	3.5	4.6	131.8	2XL	38	353	
359	Saturday	#####	214.0	2782	0.152	0.153	3.7	4.6	132.0	2XL	38	354	
360	Sunday	#####	213.9	2781	0.152	0.152	3.8	4.6	132.1	2XL	38	355	
361	Monday	#####	213.7	2779	0.151	0.152	4.0	4.6	132.3	2XL	38	356	
362	Tuesday	#####	213.6	2777	0.150	0.151	4.1	4.6	132.4	2XL	38	357	
363	Wednesday	#####	213.4	2775	0.150	0.150	4.3	4.6	132.6	2XL	38	358	
364	Thursday	#####	213.3	2773	0.149	0.150	4.4	4.6	132.7	2XL	38	359	
365	Friday	#####	213.1	2771	0.149	0.149	4.6	4.6	132.9	2XL	38	360	
366	Saturday	October 1, 2022	213.0	2769	0.148	0.149	0.0	4.2	133.0	2XL	38	361	
367	Sunday	October 2, 2022	212.8	2767	0.148	0.148	0.1	4.2	133.2	2XL	38	362	
368	Monday	October 3, 2022	212.7	2765	0.147	0.148	0.3	4.2	133.3	2XL	38	363	
369	Tuesday	October 4, 2022	212.5	2763	0.147	0.147	0.4	4.2	133.5	2XL	38	364	
370	Wednesday	October 5, 2022	212.4	2761	0.146	0.147	0.6	4.2	133.6	2XL	38	365	
371	Thursday	October 6, 2022	212.2	2759	0.145	0.146	0.7	4.2	133.8	2XL	38	366	
372	Friday	October 7, 2022	212.1	2757	0.145	0.145	0.9	4.2	133.9	2XL	38	367	
373	Saturday	October 8, 2022	212.0	2755	0.144	0.145	1.0	4.2	134.0	2XL	38	368	
374	Sunday	October 9, 2022	211.8	2754	0.144	0.144	1.2	4.2	134.2	2XL	38	369	
375	Monday	October 10, 2022	211.7	2752	0.143	0.144	1.3	4.2	134.3	2XL	38	370	
376	Tuesday	October 11, 2022	211.5	2750	0.143	0.143	1.5	4.2	134.5	2XL	38	371	
377	Wednesday	October 12, 2022	211.4	2748	0.142	0.143	1.6	4.2	134.6	2XL	38	372	
378	Thursday	October 13, 2022	211.2	2746	0.142	0.142	1.7	4.2	134.8	2XL	38	373	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
379	Friday	October 14, 2022	211.1	2744	0.141	0.142	1.9	4.2	134.9	2XL	38	374	
380	Saturday	October 15, 2022	211.0	2742	0.141	0.141	2.0	4.2	135.0	2XL	38	375	
381	Sunday	October 16, 2022	210.8	2741	0.140	0.141	2.2	4.2	135.2	2XL	38	376	
382	Monday	October 17, 2022	210.7	2739	0.140	0.140	2.3	4.2	135.3	2XL	38	377	
383	Tuesday	October 18, 2022	210.5	2737	0.139	0.140	2.4	4.2	135.5	2XL	38	378	
384	Wednesday	October 19, 2022	210.4	2735	0.139	0.139	2.6	4.2	135.6	2XL	38	379	
385	Thursday	October 20, 2022	210.3	2733	0.138	0.139	2.7	4.2	135.7	2XL	38	380	
386	Friday	October 21, 2022	210.1	2732	0.138	0.138	2.9	4.2	135.9	2XL	38	381	
387	Saturday	October 22, 2022	210.0	2730	0.137	0.138	3.0	4.2	136.0	2XL	36	382	
388	Sunday	October 23, 2022	209.8	2728	0.137	0.137	3.1	4.2	136.2	2XL	36	383	
389	Monday	October 24, 2022	209.7	2726	0.136	0.137	3.3	4.2	136.3	2XL	36	384	
390	Tuesday	October 25, 2022	209.6	2724	0.136	0.136	3.4	4.2	136.4	2XL	36	385	
391	Wednesday	October 26, 2022	209.4	2723	0.135	0.136	3.5	4.2	136.6	2XL	36	386	
392	Thursday	October 27, 2022	209.3	2721	0.135	0.135	3.7	4.2	136.7	2XL	36	387	
393	Friday	October 28, 2022	209.2	2719	0.134	0.135	3.8	4.2	136.8	2XL	36	388	
394	Saturday	October 29, 2022	209.0	2717	0.134	0.134	3.9	4.2	137.0	2XL	36	389	
395	Sunday	October 30, 2022	208.9	2716	0.133	0.134	4.1	4.2	137.1	2XL	36	390	
396	Monday	October 31, 2022	208.8	2714	0.133	0.133	4.2	4.2	137.2	2XL	36	391	
397	Tuesday	November 1, 2022	208.6	2712	0.132	0.133	0.0	3.6	137.4	2XL	36	392	
398	Wednesday	November 2, 2022	208.5	2711	0.132	0.132	0.1	3.6	137.5	2XL	36	393	
399	Thursday	November 3, 2022	208.4	2709	0.131	0.132	0.3	3.6	137.6	2XL	36	394	
400	Friday	November 4, 2022	208.2	2707	0.131	0.131	0.4	3.6	137.8	2XL	36	395	
401	Saturday	November 5, 2022	208.1	2705	0.130	0.131	0.5	3.6	137.9	2XL	36	396	
402	Sunday	November 6, 2022	208.0	2704	0.130	0.130	0.7	3.6	138.0	2XL	36	397	
403	Monday	November 7, 2022	207.9	2702	0.129	0.130	0.8	3.6	138.1	2XL	36	398	
404	Tuesday	November 8, 2022	207.7	2700	0.129	0.129	0.9	3.6	138.3	2XL	36	399	
405	Wednesday	November 9, 2022	207.6	2699	0.128	0.129	1.0	3.6	138.4	2XL	36	400	
406	Thursday	November 10, 2022	207.5	2697	0.128	0.128	1.2	3.6	138.5	2XL	36	401	
407	Friday	November 11, 2022	207.3	2695	0.127	0.128	1.3	3.6	138.7	2XL	36	402	
408	Saturday	November 12, 2022	207.2	2694	0.127	0.127	1.4	3.6	138.8	2XL	36	403	
409	Sunday	November 13, 2022	207.1	2692	0.126	0.127	1.6	3.6	138.9	2XL	36	404	
410	Monday	November 14, 2022	207.0	2690	0.126	0.126	1.7	3.6	139.0	2XL	36	405	
411	Tuesday	November 15, 2022	206.8	2689	0.125	0.126	1.8	3.6	139.2	2XL	36	406	
412	Wednesday	November 16, 2022	206.7	2687	0.125	0.125	1.9	3.6	139.3	2XL	36	407	
413	Thursday	November 17, 2022	206.6	2686	0.124	0.125	2.1	3.6	139.4	2XL	36	408	
414	Friday	November 18, 2022	206.5	2684	0.124	0.124	2.2	3.6	139.5	2XL	36	409	
415	Saturday	November 19, 2022	206.3	2682	0.124	0.124	2.3	3.6	139.7	2XL	36	410	
416	Sunday	November 20, 2022	206.2	2681	0.123	0.124	2.4	3.6	139.8	2XL	36	411	
417	Monday	November 21, 2022	206.1	2679	0.123	0.123	2.6	3.6	139.9	2XL	36	412	
418	Tuesday	November 22, 2022	206.0	2678	0.122	0.123	2.7	3.6	140.0	2XL	36	413	
419	Wednesday	November 23, 2022	205.8	2676	0.122	0.122	2.8	3.6	140.2	2XL	36	414	
420	Thursday	November 24, 2022	205.7	2674	0.121	0.122	2.9	3.6	140.3	2XL	36	415	
421	Friday	November 25, 2022	205.6	2673	0.121	0.121	3.0	3.6	140.4	2XL	36	416	
422	Saturday	November 26, 2022	205.5	2671	0.120	0.121	3.2	3.6	140.5	2XL	36	417	
423	Sunday	November 27, 2022	205.4	2670	0.120	0.120	3.3	3.6	140.6	2XL	36	418	
424	Monday	November 28, 2022	205.2	2668	0.119	0.120	3.4	3.6	140.8	2XL	36	419	
425	Tuesday	November 29, 2022	205.1	2667	0.119	0.119	3.5	3.6	140.9	2XL	36	420	
426	Wednesday	November 30, 2022	205.0	2665	0.119	0.119	3.6	3.6	141.0	2XL	36	421	
427	Thursday	December 1, 2022	204.9	2663	0.118	0.119	0.0	3.4	141.1	2XL	36	422	
428	Friday	December 2, 2022	204.8	2662	0.118	0.118	0.1	3.4	141.2	2XL	36	423	
429	Saturday	December 3, 2022	204.6	2660	0.117	0.118	0.2	3.4	141.4	2XL	36	424	
430	Sunday	December 4, 2022	204.5	2659	0.117	0.117	0.4	3.4	141.5	2XL	36	425	
431	Monday	December 5, 2022	204.4	2657	0.116	0.117	0.5	3.4	141.6	2XL	36	426	
432	Tuesday	December 6, 2022	204.3	2656	0.116	0.116	0.6	3.4	141.7	2XL	36	427	
433	Wednesday	December 7, 2022	204.2	2654	0.116	0.116	0.7	3.4	141.8	2XL	36	428	
434	Thursday	December 8, 2022	204.1	2653	0.115	0.116	0.8	3.4	141.9	2XL	36	429	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
435	Friday	December 9, 2022	203.9	2651	0.115	0.115	0.9	3.4	142.1	2XL	36	430	
436	Saturday	December 10, 2022	203.8	2650	0.114	0.115	1.0	3.4	142.2	2XL	36	431	
437	Sunday	December 11, 2022	203.7	2648	0.114	0.114	1.2	3.4	142.3	2XL	36	432	
438	Monday	December 12, 2022	203.6	2647	0.113	0.114	1.3	3.4	142.4	2XL	36	433	
439	Tuesday	December 13, 2022	203.5	2645	0.113	0.113	1.4	3.4	142.5	2XL	36	434	
440	Wednesday	December 14, 2022	203.4	2644	0.113	0.113	1.5	3.4	142.6	2XL	36	435	
441	Thursday	December 15, 2022	203.3	2642	0.112	0.113	1.6	3.4	142.7	2XL	36	436	
442	Friday	December 16, 2022	203.2	2641	0.112	0.112	1.7	3.4	142.8	2XL	36	437	
443	Saturday	December 17, 2022	203.0	2640	0.111	0.112	1.8	3.4	143.0	2XL	36	438	
444	Sunday	December 18, 2022	202.9	2638	0.111	0.111	1.9	3.4	143.1	2XL	36	439	
445	Monday	December 19, 2022	202.8	2637	0.110	0.111	2.1	3.4	143.2	2XL	36	440	
446	Tuesday	December 20, 2022	202.7	2635	0.110	0.110	2.2	3.4	143.3	2XL	36	441	
447	Wednesday	December 21, 2022	202.6	2634	0.110	0.110	2.3	3.4	143.4	2XL	36	442	
448	Thursday	December 22, 2022	202.5	2632	0.109	0.110	2.4	3.4	143.5	2XL	36	443	
449	Friday	December 23, 2022	202.4	2631	0.109	0.109	2.5	3.4	143.6	2XL	36	444	
450	Saturday	December 24, 2022	202.3	2630	0.108	0.109	2.6	3.4	143.7	2XL	36	445	
451	Sunday	December 25, 2022	202.2	2628	0.108	0.108	2.7	3.4	143.8	2XL	36	446	
452	Monday	December 26, 2022	202.1	2627	0.108	0.108	2.8	3.4	143.9	2XL	36	447	
453	Tuesday	December 27, 2022	201.9	2625	0.107	0.108	2.9	3.4	144.1	2XL	36	448	
454	Wednesday	December 28, 2022	201.8	2624	0.107	0.107	3.0	3.4	144.2	2XL	36	449	
455	Thursday	December 29, 2022	201.7	2623	0.106	0.107	3.1	3.4	144.3	2XL	36	450	
456	Friday	December 30, 2022	201.6	2621	0.106	0.106	3.3	3.4	144.4	2XL	36	451	
457	Saturday	December 31, 2022	201.5	2620	0.106	0.106	3.4	3.4	144.5	2XL	36	452	
458	Sunday	January 1, 2023	201.4	2618	0.105	0.106	0.0	3.0	144.6	2XL	36	453	
459	Monday	January 2, 2023	201.3	2617	0.105	0.105	0.1	3.0	144.7	2XL	36	454	
460	Tuesday	January 3, 2023	201.2	2616	0.104	0.105	0.2	3.0	144.8	2XL	36	455	
461	Wednesday	January 4, 2023	201.1	2614	0.104	0.104	0.3	3.0	144.9	2XL	36	456	
462	Thursday	January 5, 2023	201.0	2613	0.104	0.104	0.4	3.0	145.0	2XL	36	457	
463	Friday	January 6, 2023	200.9	2612	0.103	0.104	0.5	3.0	145.1	2XL	36	458	
464	Saturday	January 7, 2023	200.8	2610	0.103	0.103	0.6	3.0	145.2	2XL	36	459	
465	Sunday	January 8, 2023	200.7	2609	0.103	0.103	0.7	3.0	145.3	2XL	36	460	
466	Monday	January 9, 2023	200.6	2608	0.102	0.103	0.8	3.0	145.4	2XL	36	461	
467	Tuesday	January 10, 2023	200.5	2606	0.102	0.102	0.9	3.0	145.5	2XL	36	462	
468	Wednesday	January 11, 2023	200.4	2605	0.101	0.102	1.0	3.0	145.6	2XL	36	463	
469	Thursday	January 12, 2023	200.3	2604	0.101	0.101	1.1	3.0	145.7	2XL	36	464	
470	Friday	January 13, 2023	200.2	2602	0.101	0.101	1.2	3.0	145.8	2XL	36	465	
471	Saturday	January 14, 2023	200.1	2601	0.100	0.101	1.3	3.0	145.9	2XL	36	466	
472	Sunday	January 15, 2023	200.0	2600	0.100	0.100	1.4	3.0	146.0	XL	36	467	
473	Monday	January 16, 2023	199.9	2598	0.100	0.100	1.5	3.0	146.1	XL	36	468	
474	Tuesday	January 17, 2023	199.8	2597	0.099	0.100	1.6	3.0	146.2	XL	36	469	
475	Wednesday	January 18, 2023	199.7	2596	0.099	0.099	1.7	3.0	146.3	XL	36	470	
476	Thursday	January 19, 2023	199.6	2595	0.098	0.099	1.8	3.0	146.4	XL	36	471	
477	Friday	January 20, 2023	199.5	2593	0.098	0.098	1.9	3.0	146.5	XL	36	472	
478	Saturday	January 21, 2023	199.4	2592	0.098	0.098	2.0	3.0	146.6	XL	36	473	
479	Sunday	January 22, 2023	199.3	2591	0.097	0.098	2.1	3.0	146.7	XL	36	474	
480	Monday	January 23, 2023	199.2	2589	0.097	0.097	2.2	3.0	146.8	XL	36	475	
481	Tuesday	January 24, 2023	199.1	2588	0.097	0.097	2.3	3.0	146.9	XL	36	476	
482	Wednesday	January 25, 2023	199.0	2587	0.096	0.097	2.4	3.0	147.0	XL	36	477	
483	Thursday	January 26, 2023	198.9	2586	0.096	0.096	2.5	3.0	147.1	XL	36	478	
484	Friday	January 27, 2023	198.8	2584	0.096	0.096	2.6	3.0	147.2	XL	36	479	
485	Saturday	January 28, 2023	198.7	2583	0.095	0.096	2.7	3.0	147.3	XL	36	480	
486	Sunday	January 29, 2023	198.6	2582	0.095	0.095	2.8	3.0	147.4	XL	36	481	
487	Monday	January 30, 2023	198.5	2581	0.094	0.095	2.9	3.0	147.5	XL	36	482	
488	Tuesday	January 31, 2023	198.4	2579	0.094	0.094	3.0	3.0	147.6	XL	36	483	
489	Wednesday	February 1, 2023	198.3	2578	0.094	0.094	0.0	2.4	147.7	XL	36	484	
490	Thursday	February 2, 2023	198.2	2577	0.093	0.094	0.1	2.4	147.8	XL	36	485	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
491	Friday	February 3, 2023	198.1	2576	0.093	0.093	0.2	2.4	147.9	XL	36	486	
492	Saturday	February 4, 2023	198.0	2575	0.093	0.093	0.3	2.4	148.0	XL	36	487	
493	Sunday	February 5, 2023	198.0	2573	0.092	0.093	0.4	2.4	148.0	XL	36	488	
494	Monday	February 6, 2023	197.9	2572	0.092	0.092	0.5	2.4	148.1	XL	36	489	
495	Tuesday	February 7, 2023	197.8	2571	0.092	0.092	0.6	2.4	148.2	XL	36	490	
496	Wednesday	February 8, 2023	197.7	2570	0.091	0.092	0.6	2.4	148.3	XL	36	491	
497	Thursday	February 9, 2023	197.6	2569	0.091	0.091	0.7	2.4	148.4	XL	36	492	
498	Friday	February 10, 2023	197.5	2567	0.091	0.091	0.8	2.4	148.5	XL	36	493	
499	Saturday	February 11, 2023	197.4	2566	0.090	0.091	0.9	2.4	148.6	XL	36	494	
500	Sunday	February 12, 2023	197.3	2565	0.090	0.090	1.0	2.4	148.7	XL	36	495	
501	Monday	February 13, 2023	197.2	2564	0.090	0.090	1.1	2.4	148.8	XL	36	496	
502	Tuesday	February 14, 2023	197.1	2563	0.089	0.090	1.2	2.4	148.9	XL	36	497	
503	Wednesday	February 15, 2023	197.0	2562	0.089	0.089	1.3	2.4	149.0	XL	36	498	
504	Thursday	February 16, 2023	197.0	2560	0.089	0.089	1.4	2.4	149.0	XL	36	499	
505	Friday	February 17, 2023	196.9	2559	0.088	0.089	1.5	2.4	149.1	XL	36	500	
506	Saturday	February 18, 2023	196.8	2558	0.088	0.088	1.5	2.4	149.2	XL	36	501	
507	Sunday	February 19, 2023	196.7	2557	0.088	0.088	1.6	2.4	149.3	XL	36	502	
508	Monday	February 20, 2023	196.6	2556	0.087	0.088	1.7	2.4	149.4	XL	36	503	
509	Tuesday	February 21, 2023	196.5	2555	0.087	0.087	1.8	2.4	149.5	XL	36	504	
510	Wednesday	February 22, 2023	196.4	2554	0.087	0.087	1.9	2.4	149.6	XL	36	505	
511	Thursday	February 23, 2023	196.3	2552	0.086	0.087	2.0	2.4	149.7	XL	36	506	
512	Friday	February 24, 2023	196.3	2551	0.086	0.086	2.1	2.4	149.7	XL	36	507	
513	Saturday	February 25, 2023	196.2	2550	0.086	0.086	2.2	2.4	149.8	XL	36	508	
514	Sunday	February 26, 2023	196.1	2549	0.085	0.086	2.2	2.4	149.9	XL	36	509	
515	Monday	February 27, 2023	196.0	2548	0.085	0.085	2.3	2.4	150.0	XL	36	510	
516	Tuesday	February 28, 2023	195.9	2547	0.085	0.085	2.4	2.4	150.1	XL	36	511	
517	Wednesday	March 1, 2023	195.8	2546	0.085	0.085	0.0	2.4	150.2	XL	36	512	
518	Thursday	March 2, 2023	195.7	2545	0.084	0.085	0.1	2.4	150.3	XL	36	513	
519	Friday	March 3, 2023	195.7	2544	0.084	0.084	0.2	2.4	150.3	XL	36	514	
520	Saturday	March 4, 2023	195.6	2543	0.084	0.084	0.3	2.4	150.4	XL	36	515	
521	Sunday	March 5, 2023	195.5	2541	0.083	0.084	0.3	2.4	150.5	XL	36	516	
522	Monday	March 6, 2023	195.4	2540	0.083	0.083	0.4	2.4	150.6	XL	36	517	
523	Tuesday	March 7, 2023	195.3	2539	0.083	0.083	0.5	2.4	150.7	XL	36	518	
524	Wednesday	March 8, 2023	195.2	2538	0.082	0.083	0.6	2.4	150.8	XL	36	519	
525	Thursday	March 9, 2023	195.2	2537	0.082	0.082	0.7	2.4	150.8	XL	36	520	
526	Friday	March 10, 2023	195.1	2536	0.082	0.082	0.7	2.4	150.9	XL	36	521	
527	Saturday	March 11, 2023	195.0	2535	0.081	0.082	0.8	2.4	151.0	XL	36	522	
528	Sunday	March 12, 2023	194.9	2534	0.081	0.081	0.9	2.4	151.1	XL	36	523	
529	Monday	March 13, 2023	194.8	2533	0.081	0.081	1.0	2.4	151.2	XL	36	524	
530	Tuesday	March 14, 2023	194.8	2532	0.081	0.081	1.1	2.4	151.2	XL	36	525	
531	Wednesday	March 15, 2023	194.7	2531	0.080	0.081	1.2	2.4	151.3	XL	36	526	
532	Thursday	March 16, 2023	194.6	2530	0.080	0.080	1.2	2.4	151.4	XL	36	527	
533	Friday	March 17, 2023	194.5	2529	0.080	0.080	1.3	2.4	151.5	XL	36	528	
534	Saturday	March 18, 2023	194.4	2528	0.079	0.080	1.4	2.4	151.6	XL	36	529	
535	Sunday	March 19, 2023	194.4	2527	0.079	0.079	1.5	2.4	151.6	XL	36	530	
536	Monday	March 20, 2023	194.3	2526	0.079	0.079	1.6	2.4	151.7	XL	36	531	
537	Tuesday	March 21, 2023	194.2	2525	0.078	0.079	1.6	2.4	151.8	XL	36	532	
538	Wednesday	March 22, 2023	194.1	2524	0.078	0.078	1.7	2.4	151.9	XL	36	533	
539	Thursday	March 23, 2023	194.0	2523	0.078	0.078	1.8	2.4	152.0	XL	36	534	
540	Friday	March 24, 2023	194.0	2522	0.078	0.078	1.9	2.4	152.0	XL	36	535	
541	Saturday	March 25, 2023	193.9	2521	0.077	0.078	1.9	2.4	152.1	XL	36	536	
542	Sunday	March 26, 2023	193.8	2520	0.077	0.077	2.0	2.4	152.2	XL	36	537	
543	Monday	March 27, 2023	193.7	2519	0.077	0.077	2.1	2.4	152.3	XL	36	538	
544	Tuesday	March 28, 2023	193.7	2518	0.076	0.077	2.2	2.4	152.3	XL	36	539	
545	Wednesday	March 29, 2023	193.6	2517	0.076	0.076	2.3	2.4	152.4	XL	36	540	
546	Thursday	March 30, 2023	193.5	2516	0.076	0.076	2.3	2.4	152.5	XL	36	541	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
547	Friday	March 31, 2023	193.4	2515	0.076	0.076	2.4	2.4	152.6	XL	36	542	
548	Saturday	April 1, 2023	193.4	2514	0.075	0.076	0.0	2.1	152.6	XL	36	543	
549	Sunday	April 2, 2023	193.3	2513	0.075	0.075	0.1	2.1	152.7	XL	36	544	
550	Monday	April 3, 2023	193.2	2512	0.075	0.075	0.2	2.1	152.8	XL	36	545	
551	Tuesday	April 4, 2023	193.1	2511	0.074	0.075	0.2	2.1	152.9	XL	36	546	
552	Wednesday	April 5, 2023	193.1	2510	0.074	0.074	0.3	2.1	152.9	XL	36	547	
553	Thursday	April 6, 2023	193.0	2509	0.074	0.074	0.4	2.1	153.0	XL	36	548	
554	Friday	April 7, 2023	192.9	2508	0.074	0.074	0.4	2.1	153.1	XL	36	549	
555	Saturday	April 8, 2023	192.8	2507	0.073	0.074	0.5	2.1	153.2	XL	36	550	
556	Sunday	April 9, 2023	192.8	2506	0.073	0.073	0.6	2.1	153.2	XL	36	551	
557	Monday	April 10, 2023	192.7	2505	0.073	0.073	0.7	2.1	153.3	XL	36	552	
558	Tuesday	April 11, 2023	192.6	2504	0.073	0.073	0.7	2.1	153.4	XL	36	553	
559	Wednesday	April 12, 2023	192.5	2503	0.072	0.073	0.8	2.1	153.5	XL	36	554	
560	Thursday	April 13, 2023	192.5	2502	0.072	0.072	0.9	2.1	153.5	XL	36	555	
561	Friday	April 14, 2023	192.4	2501	0.072	0.072	1.0	2.1	153.6	XL	36	556	
562	Saturday	April 15, 2023	192.3	2500	0.071	0.072	1.0	2.1	153.7	XL	36	557	
563	Sunday	April 16, 2023	192.2	2499	0.071	0.071	1.1	2.1	153.8	XL	36	558	
564	Monday	April 17, 2023	192.2	2498	0.071	0.071	1.2	2.1	153.8	XL	36	559	
565	Tuesday	April 18, 2023	192.1	2497	0.071	0.071	1.2	2.1	153.9	XL	36	560	
566	Wednesday	April 19, 2023	192.0	2496	0.070	0.071	1.3	2.1	154.0	XL	36	561	
567	Thursday	April 20, 2023	192.0	2496	0.070	0.070	1.4	2.1	154.0	XL	36	562	
568	Friday	April 21, 2023	191.9	2495	0.070	0.070	1.5	2.1	154.1	XL	36	563	
569	Saturday	April 22, 2023	191.8	2494	0.070	0.070	1.5	2.1	154.2	XL	36	564	
570	Sunday	April 23, 2023	191.8	2493	0.069	0.070	1.6	2.1	154.2	XL	36	565	
571	Monday	April 24, 2023	191.7	2492	0.069	0.069	1.7	2.1	154.3	XL	36	566	
572	Tuesday	April 25, 2023	191.6	2491	0.069	0.069	1.7	2.1	154.4	XL	36	567	
573	Wednesday	April 26, 2023	191.5	2490	0.069	0.069	1.8	2.1	154.5	XL	36	568	
574	Thursday	April 27, 2023	191.5	2489	0.068	0.069	1.9	2.1	154.5	XL	36	569	
575	Friday	April 28, 2023	191.4	2488	0.068	0.068	1.9	2.1	154.6	XL	36	570	
576	Saturday	April 29, 2023	191.3	2487	0.068	0.068	2.0	2.1	154.7	XL	36	571	
577	Sunday	April 30, 2023	191.3	2487	0.068	0.068	2.1	2.1	154.7	XL	36	572	
578	Monday	May 1, 2023	191.2	2486	0.067	0.068	0.0	1.9	154.8	XL	36	573	
579	Tuesday	May 2, 2023	191.1	2485	0.067	0.067	0.1	1.9	154.9	XL	36	574	
580	Wednesday	May 3, 2023	191.1	2484	0.067	0.067	0.1	1.9	154.9	XL	36	575	
581	Thursday	May 4, 2023	191.0	2483	0.067	0.067	0.2	1.9	155.0	XL	36	576	
582	Friday	May 5, 2023	190.9	2482	0.066	0.067	0.3	1.9	155.1	XL	36	577	
583	Saturday	May 6, 2023	190.9	2481	0.066	0.066	0.3	1.9	155.1	XL	36	578	
584	Sunday	May 7, 2023	190.8	2481	0.066	0.066	0.4	1.9	155.2	XL	36	579	
585	Monday	May 8, 2023	190.7	2480	0.066	0.066	0.5	1.9	155.3	XL	36	580	
586	Tuesday	May 9, 2023	190.7	2479	0.065	0.066	0.5	1.9	155.3	XL	36	581	
587	Wednesday	May 10, 2023	190.6	2478	0.065	0.065	0.6	1.9	155.4	XL	36	582	
588	Thursday	May 11, 2023	190.5	2477	0.065	0.065	0.7	1.9	155.5	XL	36	583	
589	Friday	May 12, 2023	190.5	2476	0.065	0.065	0.7	1.9	155.5	XL	36	584	
590	Saturday	May 13, 2023	190.4	2475	0.064	0.065	0.8	1.9	155.6	XL	36	585	
591	Sunday	May 14, 2023	190.4	2475	0.064	0.064	0.9	1.9	155.6	XL	36	586	
592	Monday	May 15, 2023	190.3	2474	0.064	0.064	0.9	1.9	155.7	XL	36	587	
593	Tuesday	May 16, 2023	190.2	2473	0.064	0.064	1.0	1.9	155.8	XL	36	588	
594	Wednesday	May 17, 2023	190.2	2472	0.063	0.064	1.0	1.9	155.8	XL	36	589	
595	Thursday	May 18, 2023	190.1	2471	0.063	0.063	1.1	1.9	155.9	XL	36	590	
596	Friday	May 19, 2023	190.0	2470	0.063	0.063	1.2	1.9	156.0	XL	36	591	
597	Saturday	May 20, 2023	190.0	2470	0.063	0.063	1.2	1.9	156.0	XL	36	592	
598	Sunday	May 21, 2023	189.9	2469	0.063	0.063	1.3	1.9	156.1	XL	36	593	
599	Monday	May 22, 2023	189.8	2468	0.062	0.063	1.4	1.9	156.2	XL	36	594	
600	Tuesday	May 23, 2023	189.8	2467	0.062	0.062	1.4	1.9	156.2	XL	36	595	
601	Wednesday	May 24, 2023	189.7	2466	0.062	0.062	1.5	1.9	156.3	XL	36	596	
602	Thursday	May 25, 2023	189.7	2466	0.062	0.062	1.5	1.9	156.3	XL	36	597	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
603	Friday	May 26, 2023	189.6	2465	0.061	0.062	1.6	1.9	156.4	XL	36	598	
604	Saturday	May 27, 2023	189.5	2464	0.061	0.061	1.7	1.9	156.5	XL	36	599	
605	Sunday	May 28, 2023	189.5	2463	0.061	0.061	1.7	1.9	156.5	XL	36	600	
606	Monday	May 29, 2023	189.4	2462	0.061	0.061	1.8	1.9	156.6	XL	36	601	
607	Tuesday	May 30, 2023	189.4	2462	0.060	0.061	1.9	1.9	156.6	XL	36	602	
608	Wednesday	May 31, 2023	189.3	2461	0.060	0.060	1.9	1.9	156.7	XL	36	603	
609	Thursday	June 1, 2023	189.2	2460	0.060	0.060	0.0	1.7	156.8	XL	36	604	
610	Friday	June 2, 2023	189.2	2459	0.060	0.060	0.1	1.7	156.8	XL	36	605	
611	Saturday	June 3, 2023	189.1	2458	0.060	0.060	0.1	1.7	156.9	XL	36	606	
612	Sunday	June 4, 2023	189.1	2458	0.059	0.060	0.2	1.7	156.9	XL	36	607	
613	Monday	June 5, 2023	189.0	2457	0.059	0.059	0.2	1.7	157.0	XL	36	608	
614	Tuesday	June 6, 2023	188.9	2456	0.059	0.059	0.3	1.7	157.1	XL	36	609	
615	Wednesday	June 7, 2023	188.9	2455	0.059	0.059	0.4	1.7	157.1	XL	36	610	
616	Thursday	June 8, 2023	188.8	2455	0.058	0.059	0.4	1.7	157.2	XL	36	611	
617	Friday	June 9, 2023	188.8	2454	0.058	0.058	0.5	1.7	157.2	XL	36	612	
618	Saturday	June 10, 2023	188.7	2453	0.058	0.058	0.5	1.7	157.3	XL	36	613	
619	Sunday	June 11, 2023	188.6	2452	0.058	0.058	0.6	1.7	157.4	XL	36	614	
620	Monday	June 12, 2023	188.6	2452	0.058	0.058	0.6	1.7	157.4	XL	36	615	
621	Tuesday	June 13, 2023	188.5	2451	0.057	0.058	0.7	1.7	157.5	XL	36	616	
622	Wednesday	June 14, 2023	188.5	2450	0.057	0.057	0.8	1.7	157.5	XL	36	617	
623	Thursday	June 15, 2023	188.4	2449	0.057	0.057	0.8	1.7	157.6	XL	36	618	
624	Friday	June 16, 2023	188.4	2449	0.057	0.057	0.9	1.7	157.6	XL	36	619	
625	Saturday	June 17, 2023	188.3	2448	0.057	0.057	0.9	1.7	157.7	XL	36	620	
626	Sunday	June 18, 2023	188.2	2447	0.056	0.057	1.0	1.7	157.8	XL	36	621	
627	Monday	June 19, 2023	188.2	2446	0.056	0.056	1.0	1.7	157.8	XL	36	622	
628	Tuesday	June 20, 2023	188.1	2446	0.056	0.056	1.1	1.7	157.9	XL	36	623	
629	Wednesday	June 21, 2023	188.1	2445	0.056	0.056	1.2	1.7	157.9	XL	36	624	
630	Thursday	June 22, 2023	188.0	2444	0.055	0.056	1.2	1.7	158.0	XL	36	625	
631	Friday	June 23, 2023	188.0	2444	0.055	0.055	1.3	1.7	158.0	XL	36	626	
632	Saturday	June 24, 2023	187.9	2443	0.055	0.055	1.3	1.7	158.1	XL	36	627	
633	Sunday	June 25, 2023	187.9	2442	0.055	0.055	1.4	1.7	158.1	XL	36	628	
634	Monday	June 26, 2023	187.8	2441	0.055	0.055	1.4	1.7	158.2	XL	36	629	
635	Tuesday	June 27, 2023	187.7	2441	0.054	0.055	1.5	1.7	158.3	XL	36	630	
636	Wednesday	June 28, 2023	187.7	2440	0.054	0.054	1.5	1.7	158.3	XL	36	631	
637	Thursday	June 29, 2023	187.6	2439	0.054	0.054	1.6	1.7	158.4	XL	36	632	
638	Friday	June 30, 2023	187.6	2439	0.054	0.054	1.7	1.7	158.4	XL	36	633	
639	Saturday	July 1, 2023	187.5	2438	0.054	0.054	0.0	1.5	158.5	XL	36	634	
640	Sunday	July 2, 2023	187.5	2437	0.053	0.054	0.1	1.5	158.5	XL	36	635	
641	Monday	July 3, 2023	187.4	2436	0.053	0.053	0.1	1.5	158.6	XL	36	636	
642	Tuesday	July 4, 2023	187.4	2436	0.053	0.053	0.2	1.5	158.6	XL	36	637	
643	Wednesday	July 5, 2023	187.3	2435	0.053	0.053	0.2	1.5	158.7	XL	36	638	
644	Thursday	July 6, 2023	187.3	2434	0.053	0.053	0.3	1.5	158.7	XL	36	639	
645	Friday	July 7, 2023	187.2	2434	0.052	0.053	0.3	1.5	158.8	XL	36	640	
646	Saturday	July 8, 2023	187.2	2433	0.052	0.052	0.4	1.5	158.8	XL	36	641	
647	Sunday	July 9, 2023	187.1	2432	0.052	0.052	0.4	1.5	158.9	XL	36	642	
648	Monday	July 10, 2023	187.1	2432	0.052	0.052	0.5	1.5	158.9	XL	36	643	
649	Tuesday	July 11, 2023	187.0	2431	0.052	0.052	0.5	1.5	159.0	XL	36	644	
650	Wednesday	July 12, 2023	186.9	2430	0.052	0.052	0.6	1.5	159.1	XL	36	645	
651	Thursday	July 13, 2023	186.9	2430	0.051	0.052	0.6	1.5	159.1	XL	36	646	
652	Friday	July 14, 2023	186.8	2429	0.051	0.051	0.7	1.5	159.2	XL	36	647	
653	Saturday	July 15, 2023	186.8	2428	0.051	0.051	0.7	1.5	159.2	XL	36	648	
654	Sunday	July 16, 2023	186.7	2428	0.051	0.051	0.8	1.5	159.3	XL	36	649	
655	Monday	July 17, 2023	186.7	2427	0.051	0.051	0.8	1.5	159.3	XL	36	650	
656	Tuesday	July 18, 2023	186.6	2426	0.050	0.051	0.9	1.5	159.4	XL	36	651	
657	Wednesday	July 19, 2023	186.6	2426	0.050	0.050	0.9	1.5	159.4	XL	36	652	
658	Thursday	July 20, 2023	186.5	2425	0.050	0.050	1.0	1.5	159.5	XL	36	653	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
659	Friday	July 21, 2023	186.5	2424	0.050	0.050	1.0	1.5	159.5	XL	36	654	
660	Saturday	July 22, 2023	186.4	2424	0.050	0.050	1.1	1.5	159.6	XL	36	655	
661	Sunday	July 23, 2023	186.4	2423	0.049	0.050	1.1	1.5	159.6	XL	36	656	
662	Monday	July 24, 2023	186.3	2422	0.049	0.049	1.2	1.5	159.7	XL	36	657	
663	Tuesday	July 25, 2023	186.3	2422	0.049	0.049	1.2	1.5	159.7	XL	36	658	
664	Wednesday	July 26, 2023	186.2	2421	0.049	0.049	1.3	1.5	159.8	XL	36	659	
665	Thursday	July 27, 2023	186.2	2421	0.049	0.049	1.3	1.5	159.8	XL	36	660	
666	Friday	July 28, 2023	186.1	2420	0.049	0.049	1.4	1.5	159.9	XL	36	661	
667	Saturday	July 29, 2023	186.1	2419	0.048	0.049	1.4	1.5	159.9	XL	36	662	
668	Sunday	July 30, 2023	186.0	2419	0.048	0.048	1.5	1.5	160.0	XL	36	663	
669	Monday	July 31, 2023	186.0	2418	0.048	0.048	1.5	1.5	160.0	XL	36	664	
670	Tuesday	August 1, 2023	186.0	2417	0.048	0.048	0.0	1.4	160.0	XL	36	665	
671	Wednesday	August 2, 2023	185.9	2417	0.048	0.048	0.0	1.4	160.1	XL	36	666	
672	Thursday	August 3, 2023	185.9	2416	0.047	0.048	0.1	1.4	160.1	XL	36	667	
673	Friday	August 4, 2023	185.8	2416	0.047	0.047	0.1	1.4	160.2	XL	36	668	
674	Saturday	August 5, 2023	185.8	2415	0.047	0.047	0.2	1.4	160.2	XL	36	669	
675	Sunday	August 6, 2023	185.7	2414	0.047	0.047	0.2	1.4	160.3	XL	36	670	
676	Monday	August 7, 2023	185.7	2414	0.047	0.047	0.3	1.4	160.3	XL	36	671	
677	Tuesday	August 8, 2023	185.6	2413	0.047	0.047	0.3	1.4	160.4	XL	36	672	
678	Wednesday	August 9, 2023	185.6	2412	0.046	0.047	0.4	1.4	160.4	XL	36	673	
679	Thursday	August 10, 2023	185.5	2412	0.046	0.046	0.4	1.4	160.5	XL	36	674	
680	Friday	August 11, 2023	185.5	2411	0.046	0.046	0.5	1.4	160.5	XL	36	675	
681	Saturday	August 12, 2023	185.4	2411	0.046	0.046	0.5	1.4	160.6	XL	36	676	
682	Sunday	August 13, 2023	185.4	2410	0.046	0.046	0.6	1.4	160.6	XL	36	677	
683	Monday	August 14, 2023	185.3	2409	0.046	0.046	0.6	1.4	160.7	XL	36	678	
684	Tuesday	August 15, 2023	185.3	2409	0.045	0.046	0.7	1.4	160.7	XL	36	679	
685	Wednesday	August 16, 2023	185.3	2408	0.045	0.045	0.7	1.4	160.7	XL	36	680	
686	Thursday	August 17, 2023	185.2	2408	0.045	0.045	0.7	1.4	160.8	XL	36	681	
687	Friday	August 18, 2023	185.2	2407	0.045	0.045	0.8	1.4	160.8	XL	36	682	
688	Saturday	August 19, 2023	185.1	2407	0.045	0.045	0.8	1.4	160.9	XL	36	683	
689	Sunday	August 20, 2023	185.1	2406	0.045	0.045	0.9	1.4	160.9	XL	36	684	
690	Monday	August 21, 2023	185.0	2405	0.044	0.045	0.9	1.4	161.0	XL	36	685	
691	Tuesday	August 22, 2023	185.0	2405	0.044	0.044	1.0	1.4	161.0	XL	36	686	
692	Wednesday	August 23, 2023	184.9	2404	0.044	0.044	1.0	1.4	161.1	XL	36	687	
693	Thursday	August 24, 2023	184.9	2404	0.044	0.044	1.1	1.4	161.1	XL	36	688	
694	Friday	August 25, 2023	184.9	2403	0.044	0.044	1.1	1.4	161.1	XL	36	689	
695	Saturday	August 26, 2023	184.8	2403	0.044	0.044	1.1	1.4	161.2	XL	36	690	
696	Sunday	August 27, 2023	184.8	2402	0.043	0.044	1.2	1.4	161.2	XL	36	691	
697	Monday	August 28, 2023	184.7	2401	0.043	0.043	1.2	1.4	161.3	XL	36	692	
698	Tuesday	August 29, 2023	184.7	2401	0.043	0.043	1.3	1.4	161.3	XL	36	693	
699	Wednesday	August 30, 2023	184.6	2400	0.043	0.043	1.3	1.4	161.4	XL	36	694	
700	Thursday	August 31, 2023	184.6	2400	0.043	0.043	1.4	1.4	161.4	XL	36	695	
701	Friday	September 1, 2023	184.5	2399	0.043	0.043	0.0	1.2	161.5	XL	36	696	
702	Saturday	September 2, 2023	184.5	2399	0.042	0.043	0.0	1.2	161.5	XL	36	697	
703	Sunday	September 3, 2023	184.5	2398	0.042	0.042	0.1	1.2	161.5	XL	36	698	
704	Monday	September 4, 2023	184.4	2397	0.042	0.042	0.1	1.2	161.6	XL	36	699	
705	Tuesday	September 5, 2023	184.4	2397	0.042	0.042	0.2	1.2	161.6	XL	36	700	
706	Wednesday	September 6, 2023	184.3	2396	0.042	0.042	0.2	1.2	161.7	XL	36	701	
707	Thursday	September 7, 2023	184.3	2396	0.042	0.042	0.3	1.2	161.7	XL	36	702	
708	Friday	September 8, 2023	184.3	2395	0.042	0.042	0.3	1.2	161.7	XL	36	703	
709	Saturday	September 9, 2023	184.2	2395	0.041	0.042	0.3	1.2	161.8	XL	36	704	
710	Sunday	#####	184.2	2394	0.041	0.041	0.4	1.2	161.8	XL	36	705	
711	Monday	#####	184.1	2394	0.041	0.041	0.4	1.2	161.9	XL	36	706	
712	Tuesday	#####	184.1	2393	0.041	0.041	0.5	1.2	161.9	XL	36	707	
713	Wednesday	#####	184.0	2393	0.041	0.041	0.5	1.2	162.0	XL	36	708	
714	Thursday	#####	184.0	2392	0.041	0.041	0.5	1.2	162.0	XL	36	709	

Day No.	DOW	Date	Weight (lbs)	TDEE (Cals)	Calc'd Day Loss (lbs)	Actual Day Loss (lbs)	Cum. Monthly Loss (lbs)	Projected Monthly Loss (lbs)	Total Loss (lbs)	Calc'd Shirt Size	Calc'd Pant Size	Days From Today	Notes
715	Friday	#####	184.0	2392	0.040	0.041	0.6	1.2	162.0	XL	36	710	
716	Saturday	#####	183.9	2391	0.040	0.040	0.6	1.2	162.1	XL	36	711	
717	Sunday	#####	183.9	2391	0.040	0.040	0.7	1.2	162.1	XL	36	712	
718	Monday	#####	183.8	2390	0.040	0.040	0.7	1.2	162.2	XL	36	713	
719	Tuesday	#####	183.8	2389	0.040	0.040	0.7	1.2	162.2	XL	36	714	
720	Wednesday	#####	183.8	2389	0.040	0.040	0.8	1.2	162.2	XL	36	715	
721	Thursday	#####	183.7	2388	0.040	0.040	0.8	1.2	162.3	XL	36	716	
722	Friday	#####	183.7	2388	0.039	0.040	0.9	1.2	162.3	XL	36	717	
723	Saturday	#####	183.6	2387	0.039	0.039	0.9	1.2	162.4	XL	36	718	
724	Sunday	#####	183.6	2387	0.039	0.039	0.9	1.2	162.4	XL	36	719	
725	Monday	#####	183.6	2386	0.039	0.039	1.0	1.2	162.4	XL	36	720	
726	Tuesday	#####	183.5	2386	0.039	0.039	1.0	1.2	162.5	XL	36	721	
727	Wednesday	#####	183.5	2385	0.039	0.039	1.1	1.2	162.5	XL	36	722	
728	Thursday	#####	183.5	2385	0.039	0.039	1.1	1.2	162.5	XL	36	723	
729	Friday	#####	183.4	2384	0.038	0.039	1.1	1.2	162.6	XL	36	724	
730	Saturday	#####	183.4	2384	0.038	0.038	1.2	1.2	162.6	XL	36	725	
731	Sunday	October 1, 2023	183.3	2383	0.038	0.038	0.0	0.0	162.7	XL	36	726	