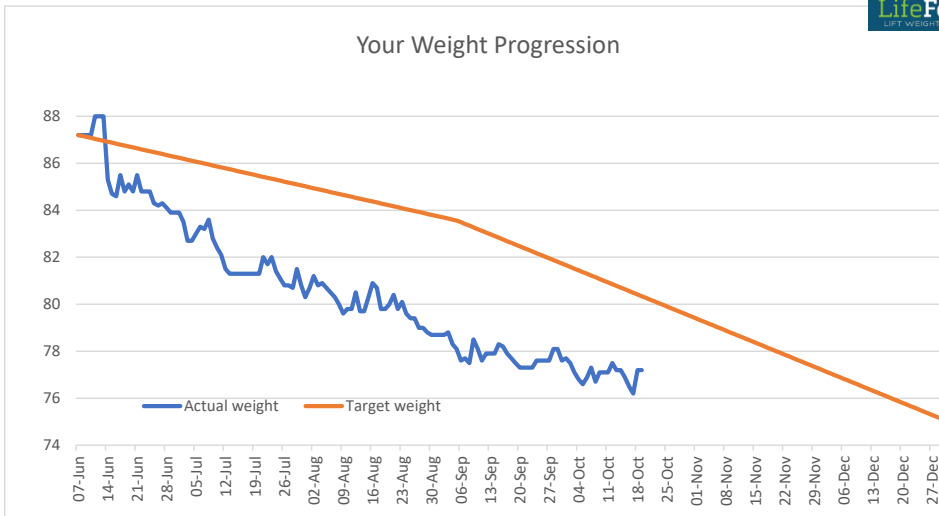


**Your weekly report for week ending:  
19 October**



**Your progress towards target**

**Well done! You are ON TRACK to reach your target**  
 You have lost 10.0 kg since 07 June  
 You have 2.2 kg left to lose (that's 0 St 5 lbs)  
 To achieve that, you need to lose 0.2 kg per week (0.5 lbs)

**Your calories**

You'll need to maintain a deficit of 233 calories per day  
 Your target intake from food and drink is 2187 calories per day

**This is your ideal meal breakdown**

Your meal grammes and calories				
	Fat	Carbohydrate	Protein	Calories
Meal 1	15	38	24	383
Meal 2	9	35	21	300
Meal 3	12	63	24	450
Meal 4	9	38	22	316
Workout	1	3	24	116
Meal 5	13	63	22	455
Meal 6	3	13	22	166
	61g	251g	159g	2,187 cal

**Priorities**

Achieve the target numbers in the priority shown. If you only hit one target, make it Calorie Total

3. Meal calories

4. Meal grammes

1. Calorie Total

2. Daily grammes