Lyle test

		week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	week 13	week 14	week 15	week 16
Peso attuale in lbs	183.5			**Peso finale in lbs**	165.5												
BF % attuale	14.6			**BF % finale**	5.3												
KCAL attuali	3200			**KCAL finali**	1812												
KCAL/week		2369			2204				2084				1950				1812
Peso in lbs	183.5	179.8	178.2	176.5	175.2	173.8	172.5	171.1	170.1	169.1	168.1	167.0	166.3	165.5	164.7	164.0	163.4
BF %	14.6	14.0	13.2	12.4	11.7	11.0	10.3	9.6	9.0	8.5	7.9	7.4	7.0	6.5	6.1	5.7	5.3
BF lbs	26.8	25.1	23.5	21.8	20.5	19.1	17.8	16.4	15.4	14.4	13.3	12.3	11.6	10.8	10.0	9.3	8.7
LBM	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7	156.7
-lb/week		-3.7	-1.7	-1.7	-1.4	-1.4	-1.4	-1.4	-1.0	-1.0	-1.0	-1.0	-0.8	-0.8	-0.8	-0.8	-0.6
Maximum daily caloric deficit (31kcal per lb)		831			676				508				382				287
Maximum lb fat losing per week		1.7			1.4				1.0				0.8				0.6
Differenza kcal week prima		-831			-166				-120				-133				-138
KCAL mantainance	3200	3200	3200	3200	2880	2880	2880	2880	2592	2592	2592	2592	2333	2333	2333	2333	2100
Mantainance (kcal per lbs)	17.4				16.4				15.2				14.0				12.8
	peso kg	83.2															
	bodyfat %	14.6															
	bodyfat kg	12.1															
	giorni allenamento	4															
	lbm	71.1															
	bmr	1905															
	tdee	2706															
													$				