

	Week 1	Week 2	week 3	week 4	week 5
Weight	219	218	217	215.4	209.5
LBM	171.25	170	171	165.5	163
Bodyfat %	21.8	22	21.2	23	22
*24hr bf%					19
waist					35.75

week 6

208.8

21.80%

35.75