

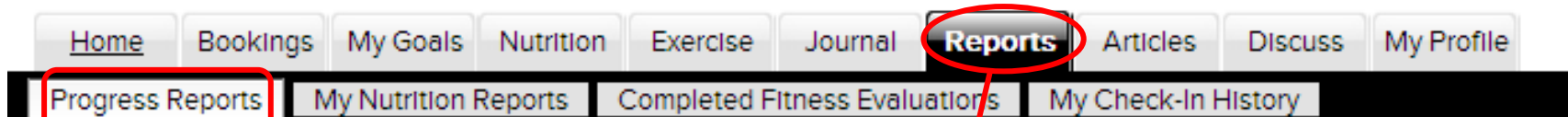
Reports

THE **MOTION** Fitness Studio ROOM



Reports

(Progress, Nutrition, Fitness Evaluations)



Reports
(Progress Reports)

Reports



Reports > Progress Reports

- * The system reports your Journal entries, fitness evaluation data and your nutrition data.
- * You have the option of reviewing and printing Completed Fitness Evaluations.
- * Charting options are from 7 days to your entire program duration.
- * Any target values entered in your Goals section are shown as reference.

Progress Reports | My Nutrition Reports | Completed Fitness Evaluations | My Check-In History

My Progress Reports

- My Weight
- Body Mass Index (BMI)
- My Stress
- My Energy
- My Motivation

Custom Journal Charts [HELP](#)

- Daily Morning Weight
- Morning waist measurement
- Target waist measurement
- Bicep measurement
- Hip measurement
- Hip measurement

Chart Past | 7 | 14 | 30 | 45 | 60 | 90 | ALL | Days

My Weight Change Summary

My Start Weight	192 lbs
My Current Weight	188 lbs
Total Weight Change	4 lbs LOSS
My Weight Target	185
How Far From Target ?	3 lbs To Go

My Weight Change Past 60 Days

Most Recent Day Is To The Right Of The Chart

Day	Weight (lbs)
0	192
1	191.5
2	191
3	190.5
4	190
5	189.5
6	189
7	188.5
8	188
9	187.5
10	187
11	186.5
12	186
13	185.5
14	185
15	184.5
16	184
17	183.5
18	183
19	182.5
20	182
21	181.5
22	181
23	180.5
24	180
25	179.5
26	179
27	178.5
28	178
29	177.5
30	177
31	176.5
32	176
33	175.5
34	175
35	174.5
36	174
37	173.5
38	173
39	172.5
40	172
41	171.5
42	171
43	170.5
44	170
45	169.5
46	169
47	168.5
48	168
49	167.5
50	167
51	166.5
52	166
53	165.5
54	165
55	164.5
56	164
57	163.5
58	163
59	162.5
60	162