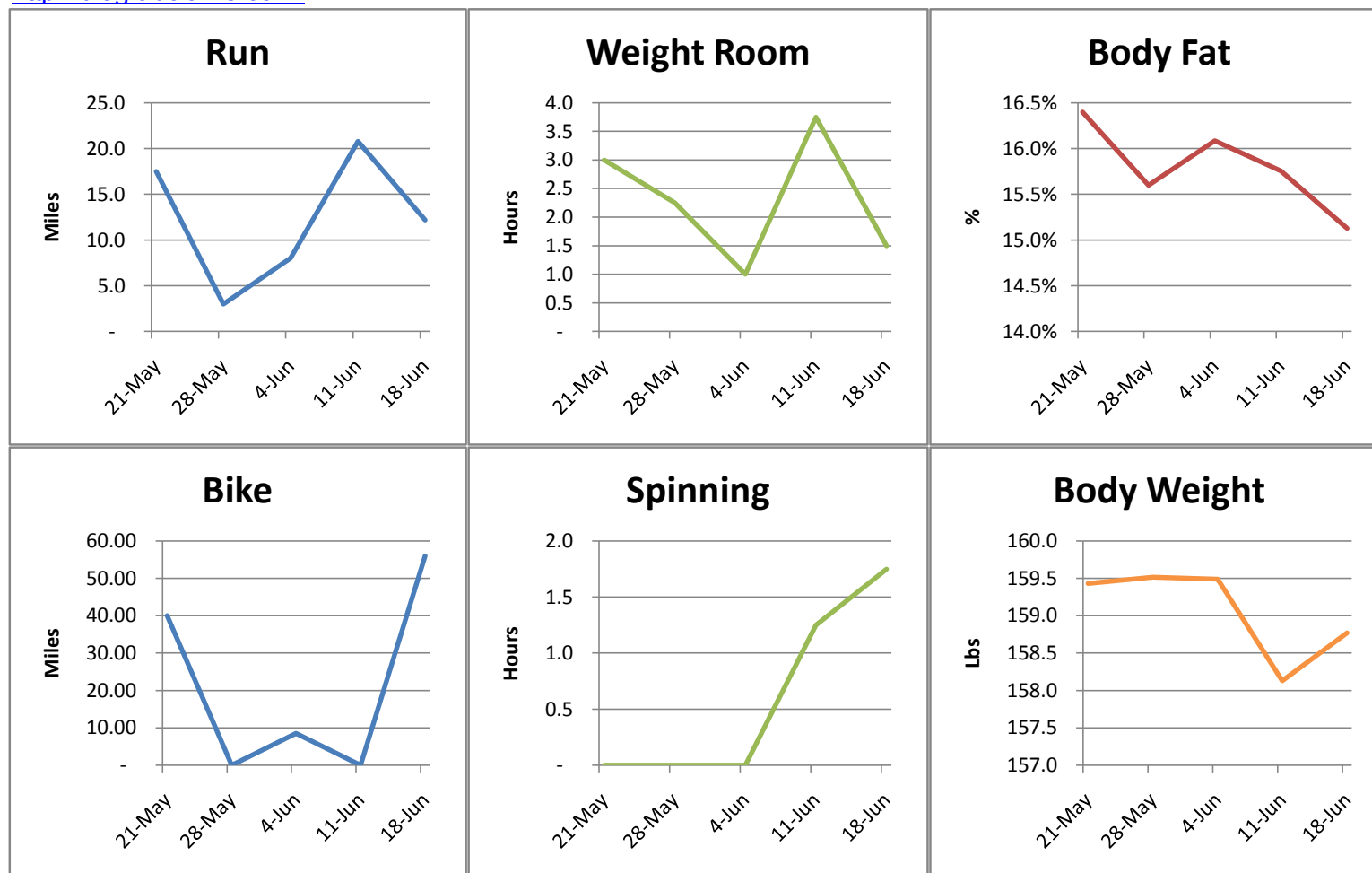




Metric	Units	Amount	Change
Run	Total	12.2	↓ (8.60)
Bike	Total	56.00	↑ 56.00
Spinning	Total	1.8	↑ 0.50
Weight Room	Total	1.5	↓ (2.25)
Weight	Avg	158.8	● 0.64
Bodyfat	Avg	15.1%	● -0.63%

06/18	06/19	06/20	06/21	06/22	06/23	06/24
-	5.40	-	-	-	6.80	-
-	-	-	-	-	-	56.00
-	-	-	1.00	0.75	-	-
0.75	-	-	0.75	-	-	-
160.8	159.8	157.2	159.2	158.4	156.8	159.2
14.0%	15.2%	15.4%	15.2%	15.6%	15.5%	15.0%