



General

Weight 87.6 lbs.
Body Mass Index ↓ 14.2

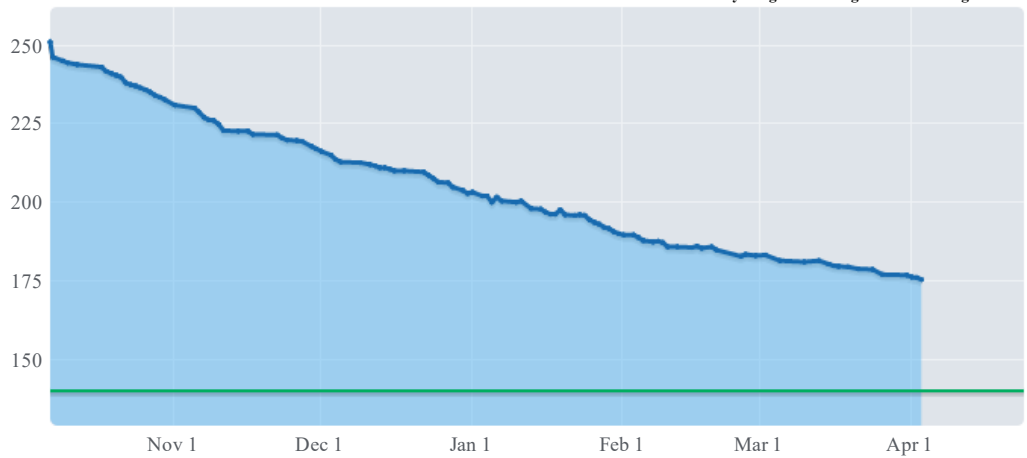
Measurements

Neck Size ↓ 1.3 inches
Waist Size ↓ 9.2 inches
Bicep Size ↓ 3.6 inches
Hip Size ↓ 9.3 inches
Chest Size ↓ 6.3 inches
Thigh Size ↓ 3.8 inches

Nutrition

Protein(g) 4g
Fiber 0g

▼ 87.6 lbs. since October 6th, 2016 You'll reach your goal of losing 123 lbs. on August 6th



[Need to fix a weight?](#)

Record Today's Weight

Please enter today's weight and press Record to save

175.4 lb

Plan Details

My Plan is to lose 2 lbs per week

My starting weight is 263 lbs.
My goal weight is 140 lbs.
My calorie budget is 778
My goal date is August 06, 2017

⚠ NOTE: You should consult a physician prior to beginning or modifying any weight loss program. Lose It! should not be used by pregnant women or individuals under age 18.

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