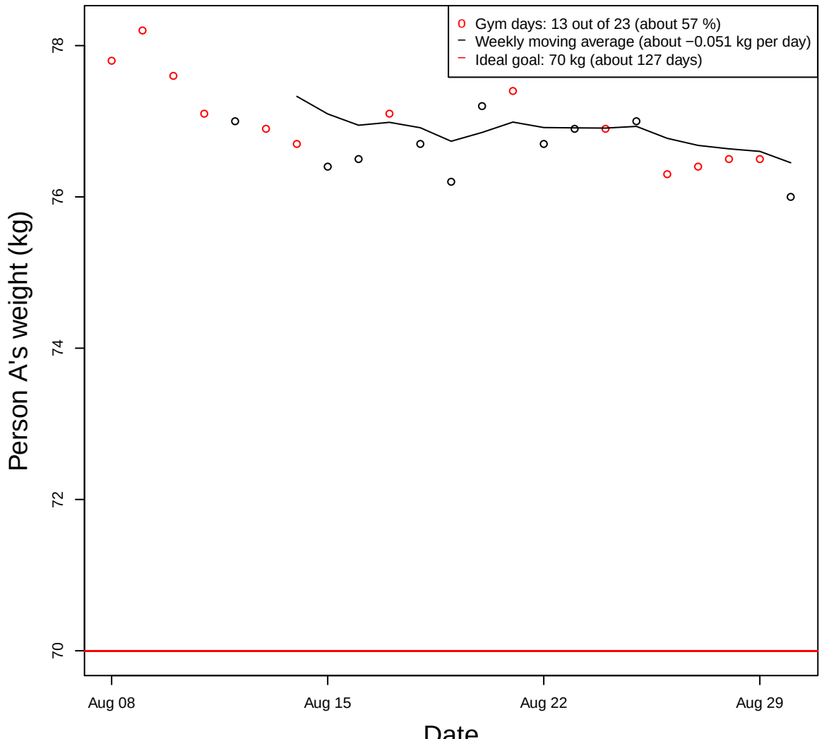
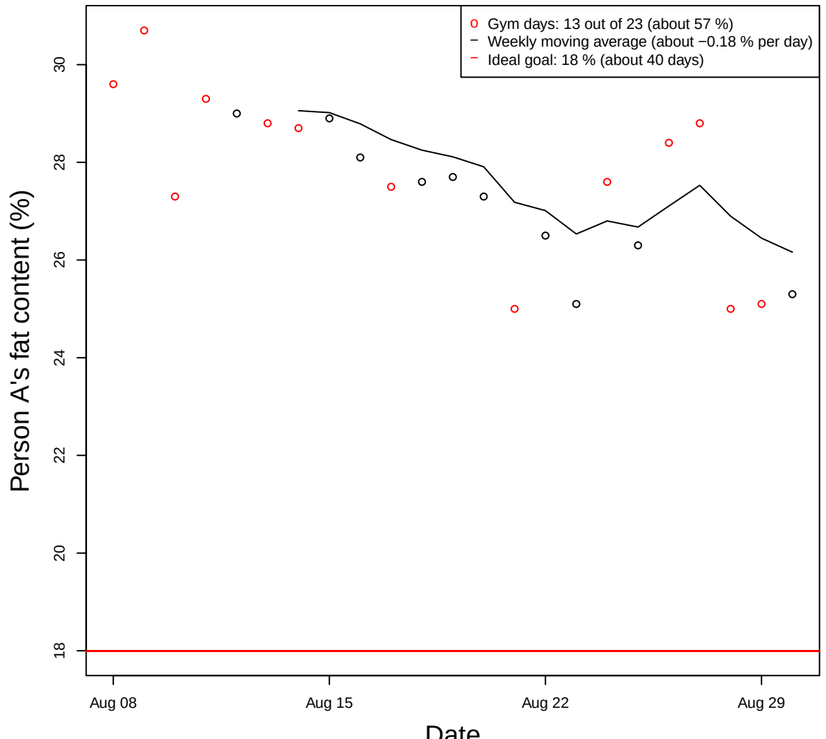
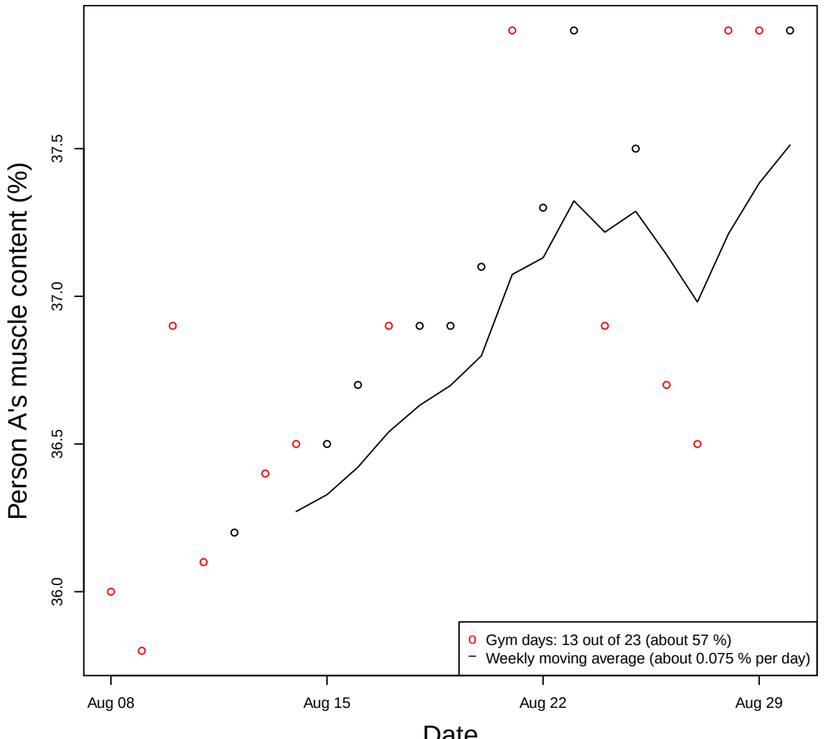
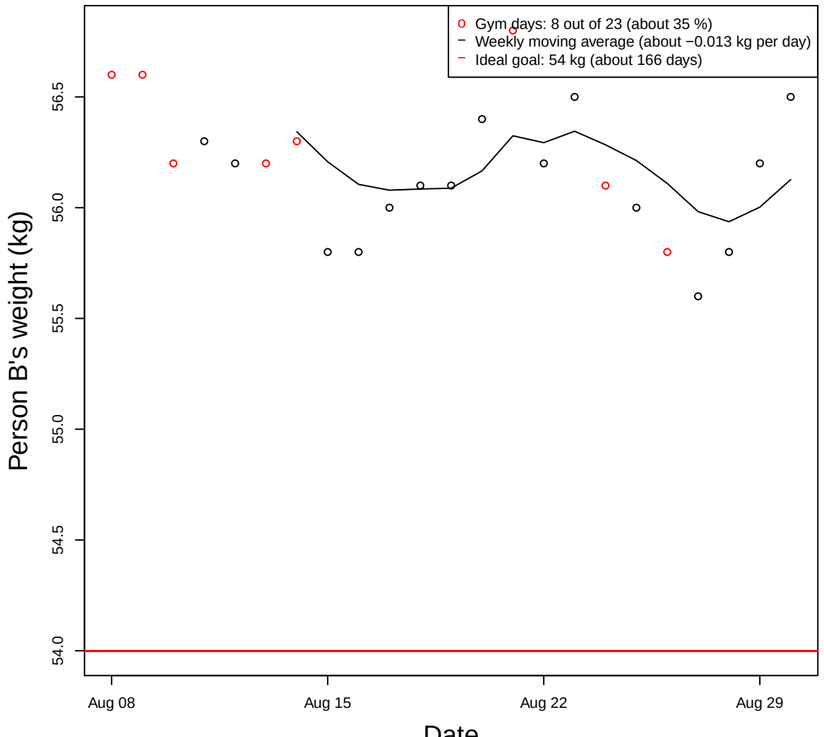
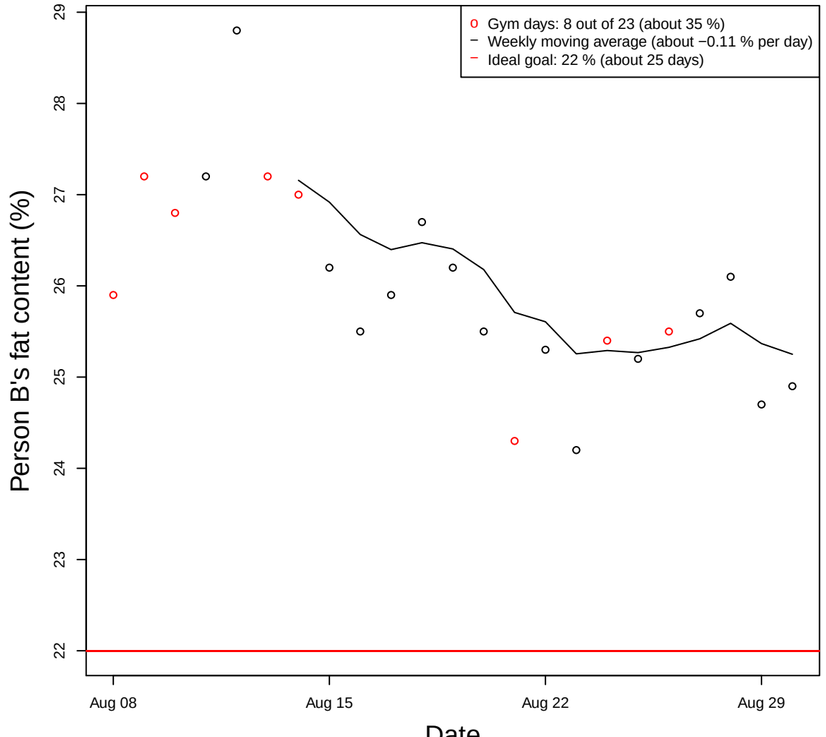
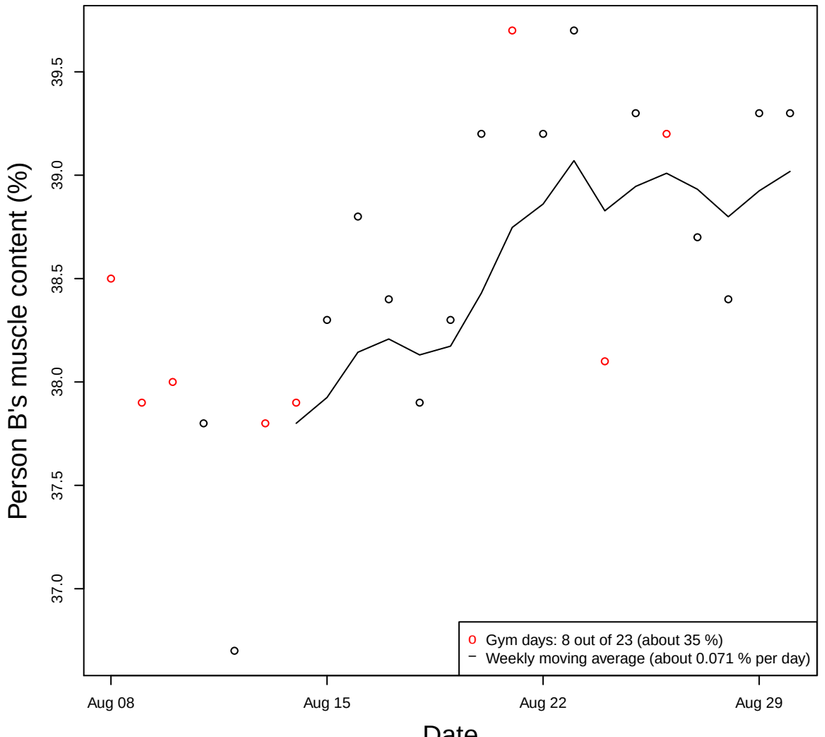

Gym days: 13 out of 23 (about 57 %)
Weekly moving average (about −0.051 kg per day)
Ideal goal: 70 kg (about 127 days)
Person A's weight (kg)
70
72
74
76
78
Aug 08
Aug 15
Aug 22
Aug 29
Date


Gym days: 13 out of 23 (about 57 %)
Weekly moving average (about −0.18 % per day)
Ideal goal: 18 % (about 40 days)
Person A's fat content (%)
18
20
22
24
26
28
30
Aug 08
Aug 15
Aug 22
Aug 29
Date


Gym days: 13 out of 23 (about 57 %)
Weekly moving average (about 0.075 % per day)
Person A's muscle content (%)
36.0
36.5
37.0
37.5
Aug 08
Aug 15
Aug 22
Aug 29
Date


Gym days: 8 out of 23 (about 35 %)
Weekly moving average (about −0.013 kg per day)
Ideal goal: 54 kg (about 166 days)
Person B's weight (kg)
54.0
54.5
55.0
55.5
56.0
56.5
Aug 08
Aug 15
Aug 22
Aug 29
Date


Gym days: 8 out of 23 (about 35 %)
Weekly moving average (about −0.11 % per day)
Ideal goal: 22 % (about 25 days)
Person B's fat content (%)
22
23
24
25
26
27
28
29
Aug 08
Aug 15
Aug 22
Aug 29
Date


Gym days: 8 out of 23 (about 35 %)
Weekly moving average (about 0.071 % per day)
Person B's muscle content (%)
37.0
37.5
38.0
38.5
39.0
39.5
Aug 08
Aug 15
Aug 22
Aug 29
Date