



Client Weight Management

First: Laura
Middle:
Last: Friday
Company:

Female
Identification Number: ABC 123
Date of Birth: 2/14/1962
Height: 5 ft. 4 in. **Weight:** 138.00 lb.

Weight Projection Plan

	Weight		Date
Initial	165.00	lb.	10/25/2005
Target	138.00	lb.	11/6/2007

Loss of 0.25 pound(s) per week

Caloric Intake

Daily Kcals: 1890.86
Intake Source: KDH Fall Cycle Menu

Caloric Expenditure

Daily Kcals: 2018.25
Exercise Set: Fall Exercise

Measured Weights

Date	Weight	Unit
10/25/2005	165.00	pound(s)
3/11/2006	160.00	pound(s)
12/11/2006	150.00	pound(s)
9/12/2007	140.00	pound(s)
11/6/2007	138.00	pound(s)

Visits

