



Percent of Goals Report for Paul McGlothin

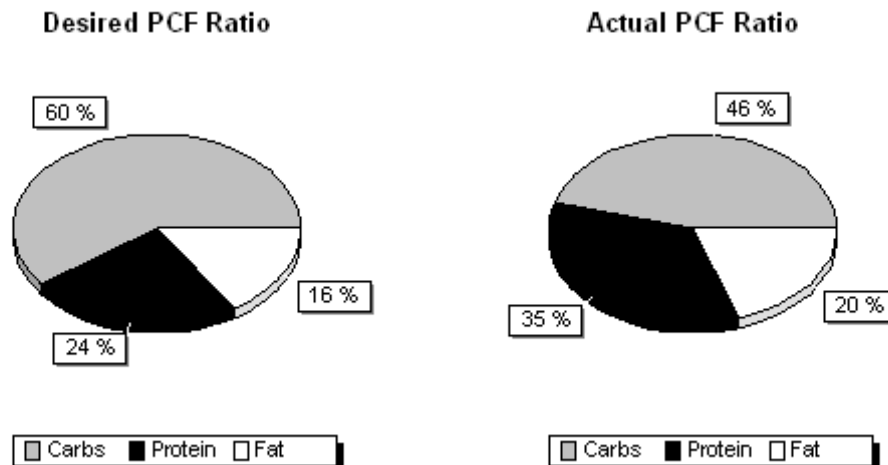
Date: 03/03/2003

Client Information

Start Date:	07/30/2002	Starting Weight:	128 pounds
Goal Date:	08/13/2002	Desired Weight:	127 pounds
Gender:	Male	Desired Loss:	1 pounds
Age:	54	Starting Body Fat:	5%
Build:	Small	Desired Body Fat:	6%
Height:	71 in.	Starting BMI:	17.9
Activity Level:	Moderately Active	Desired BMI:	17.7

Actual Calories:	745	Actual PCF Ratio:	35-46-20
Daily Calorie Goal:	1665	Desired PCF Ratio:	24-60-16

PCF Charts



Nutritional Goals

Nutrient	Goal	Actual	% of Goal
Energy (kcal)	1,665.00	744.51	45 %
Protein (g)	99.90	66.96	67 %
Carbohydrate, by difference (g)	249.75	88.70	36 %
Total lipid (fat) (g)	29.60	16.97	57 %
Fatty acids, saturated (g)*	11.10	3.04	27 %
Cholesterol (mg)	241.10	5.00	2 %
Fiber, total dietary (g)*	40.00	22.67	57 %
Sodium, Na (mg)	2,400.00	1,073.11	45 %

Nutrients marked with an asterisk (*) indicate data totals with some values not available. This may result in an under reporting of values.