**Spread Sheet Report**

Programme Aim:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| Name | Ryan Lecoutre |   |  |
|  |  |  |  |  |
| Age | 15 |  |  |  |
|  |  |  |  |  |
| Gender | Male |  |  |  |
|  |  |  |  |  |
| Weight kg | 80 |  |  |  |
|  |  |  |  |  |
| Height cm | 1.66 |  |  |  |
|  |  |  |  |  |
| BMR | 1068.3 |   |   |   |
|  |  |  |   |  |
| Calorie intake from menu  | 10501 |  |  |  |
|  |  |  |  |  |
| Starting BMI | 29.03178981 |  |  |  |
|  |  |  |  |  |

**Example:** The programme has been designed to help Ryan Lecoutre in losing weight over a ten week period. Ryan currently weighs 80.33kg and wants to get it down over the 10 weeks to weigh around 60kg; that is his target.

Personal Profile:

**Example:** Ryan currently weighs 80 kg, and at the end of the programme he wants to weigh 70kg at the most. He wants to also lower his BMI, from 29 to 23 at least.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| Name | Ryan Lecoutre |   |  |
|  |  |  |  |  |
| Age | 15 |  |  |  |
|  |  |  |  |  |
| Gender | Male |  |  |  |
|  |  |  |  |  |
| Weight kg | 80 |  |  |  |
|  |  |  |  |  |
| Height cm | 1.66 |  |  |  |
|  |  |  |  |  |
| BMR | 1068.3 |   |   |   |
|  |  |  |   |  |
| Calorie intake from menu  | 7076 |  |  |  |
|  |  |  |  |  |
| Starting BMI | 29.03178981 |  |  |  |
|  |  |  |  |  |

Food Intake - This is what Ryan will eat for the next 10 weeks:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Week 1 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 1219 | Total Calories for Breakfast: | 854 |
| Day 1 | Eggs | Orange Juice |   | 73 |   | 122 |
| Day 2 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 3 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 6 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 7 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Lunch |   |   | Total Calories for Lunch (Food): | 1785 | Total Calories for Lunch: | 973 |
| Day 1 | KitKat | Coke |   | 255 |   | 139 |
| Day 2 | KitKat | Coke |   | 255 |   | 139 |
| Day 3 | KitKat | Coke |   | 255 |   | 139 |
| Day 4 | KitKat | Coke |   | 255 |   | 139 |
| Day 5 | KitKat | Coke |   | 255 |   | 139 |
| Day 6 | KitKat | Coke |   | 255 |   | 139 |
| Day 7 | KitKat | Coke |   | 255 |   | 139 |
| Tea |   |   | Total Calories for Dinner: | 4697 | Total Calories for Dinner: | 973 |
| Day 1 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 2 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 3 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 4 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 5 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 6 | Chicken and Chips | Coke  |   | 671 |   | 139 |
| Day 7 | Chicken and Chips | Coke  |   | 671 |   | 139 |
|   |  Total Calories:  | 7701 |  Total Calories: | 2800 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 10501 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 659 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Hash Brown | Coffee |   | 191 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 1156 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | KitKat | Apple Juice |   | 255 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2460 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Spaghetti Carbonara | Apple Juice |   | 227.5 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4275 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6189 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 1094 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Apple | Orange Juice |   | 40 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | KitKat | Apple Juice |   | 255 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4756.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6670.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 7 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 8 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 838 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Shreddies | Coffee |   | 370 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4737.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6651.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 9 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Week 10 |  |  |  |  |  |  |
|   | Food | Drink |   | Calories in Food |   | Calories in Drink |
|   |   |   |   |   |   |   |
| Breakfast |   |   | Total Calories for Breakfast: | 759 | Total Calories for Breakfast: | 462 |
| Day 1 | Banana | Milk |   | 20 |   | 46 |
| Day 2 | Toast | Apple Juice |   | 87 |   | 117 |
| Day 3 | Bran Flakes | Coffee |   | 291 |   | 7 |
| Day 4 | Hash Brown | Orange Juice |   | 191 |   | 122 |
| Day 5 | Toast | Milk |   | 87 |   | 46 |
| Day 6 | Apple | Apple Juice |   | 10 |   | 117 |
| Day 7 | Eggs | Coffee |   | 73 |   | 7 |
| Lunch |   |   | Total Calories for Lunch (Food): | 996 | Total Calories for Lunch: | 716 |
| Day 1 | KitKat | Orange Juice |   | 255 |   | 122 |
| Day 2 | Rice | Apple Juice |   | 174 |   | 117 |
| Day 3 | Walkers Baked Crisps | Orange Juice |   | 102 |   | 122 |
| Day 4 | Rice | Lemonade |   | 174 |   | 99 |
| Day 5 | Ham Sandwich | Coke |   | 156 |   | 139 |
| Day 6 | Apple | Water |   | 40 |   | 0 |
| Day 7 | Banana | Apple Juice |   | 95 |   | 117 |
| Tea |   |   | Total Calories for Dinner: | 2903.5 | Total Calories for Dinner: | 736 |
| Day 1 | Sausage and Mash | J2O |   | 690 |   | 132 |
| Day 2 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
| Day 3 | Pizza | Coke  |   | 298 |   | 139 |
| Day 4 | Spaghetti Carbonara | Lemonade |   | 227.5 |   | 99 |
| Day 5 | Spaghetti Bolognese | J2O |   | 266 |   | 132 |
| Day 6 | Chicken Curry  | Water |   | 80 |   | 0 |
| Day 7 | Chicken and Chips | Apple Juice |   | 671 |   | 117 |
|   |  Total Calories:  | 4658.5 |  Total Calories: | 1914 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  Total Calories for the Week: |   | 6572.5 |
|  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise and Activity - This is Ryan's exercise regime for the next 10 weeks |  |  |  |  |  |  |  |  |
| Week 1 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Basketball | Golf | Weight lifting | Tennis | Hockey  | Football | Canoeing |   |
| Calories burned in hour (60 mins) | 457 | 175 | 200 | 250 | 225 | 300 | 544 | 2151 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 457.00 | 175.00 | 200.00 | 250.00 | 225.00 | 300.00 | 544.00 | 2151.00 |
|  |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Tennis | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 250 | 457 | 175 | 2221 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 250.00 | 457.00 | 175.00 | 2221.00 |
|  |  |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 7 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 8 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 175 | 2196 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2196.00 |
|  |  |  |  |  |  |  |  |  |
| Week 9 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Golf | Basketball | Basketball | Tennis | Hockey  | Basketball | Basketball |   |
| Calories burned in hour (60 mins) | 175 | 457 | 457 | 250 | 225 | 457 | 457 | 2478 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 175.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 457.00 | 2478.00 |
|  |  |  |  |  |  |  |  |  |
| Week 10 |  |  |  |  |  |  |  |  |
| Activity |   |   |   |   |   |   |   |   |
|   | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Totals |
| Chosen Activity | Basketball | Basketball | Basketball | Tennis | Hockey  | Basketball | Golf |   |
| Calories burned in hour (60 mins) | 457 | 457 | 457 | 250 | 225 | 457 | 175 | 2478 |
| Activty in mins | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 420 |
| Calories used | 457.00 | 457.00 | 457.00 | 250.00 | 225.00 | 457.00 | 175.00 | 2478.00 |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
| Name | Ryan Lecoutre |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Age | 29 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Gender | Male |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Weight kg | 80.33 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Height cm | 1.66 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| BMR | 977.621 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Calorie intake from menu  | 9827 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Starting BMI | 29.15154594 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| Predicted Weight and BMI Tracker |   |   |   |   |   |   |   |   |   |   |
|   | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
| Calories intake each week | 9827 | 6189 | 6670.5 | 6572.5 | 6572.5 | 6572.5 | 6572.5 | 6651.5 | 6572.5 | 6572.5 |
| Calories used in living each week | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 | 6843.347 |
| Calories used in activity plan each week | 2151.00 | 2196.00 | 2196.00 | 2196.00 | 2221.00 | 2196.00 | 2196.00 | 2196.00 | 2196.00 | 2478.00 |
| Difference between calories intake and use | 832.65 | -2850.35 | -2368.85 | -2466.85 | -2491.85 | -2466.85 | -2466.85 | -2387.85 | -2466.85 | -2748.85 |
| Weight difference | 0.107910014 | -0.36939876 | -0.306997407 | -0.319697993 | -0.322937939 | -0.31969799 | -0.31969799 | -0.309459766 | -0.319697993 | -0.35624458 |
| Weight this week | 80.44 | 80.06851126 | 79.76151385 | 79.44181586 | 79.11887792 | 78.79917992 | 78.47948193 | 78.17002216 | 77.85032417 | 77.49407959 |
| Updated BMI | 29.1907062 | 29.05665236 | 28.94524381 | 28.82922625 | 28.71203292 | 28.59601536 | 28.4799978 | 28.36769566 | 28.2516781 | 28.12239788 |

Conclusion

As the table below shows, Ryan should lose weight over the 10 week period, and he will look better and slimmer.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
| Predicted Weight and BMI Tracker |   |   |   |   |   |   |   |   |   |   |
|  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
| Calories intake each week | 7076 | 6189 | 6670.5 | 6572.5 | 6572.5 | 6572.5 | 6572.5 | 6651.5 | 6572.5 | 6572.5 |
| Calories used in living each week | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 | 7478.1 |
| Calories used in activity plan each week | 4552.00 | 2196.00 | 2196.00 | 2196.00 | 2221.00 | 2196.00 | 2196.00 | 2196.00 | 2478.00 | 2478.00 |
| Difference between calories intake and use | -4954.10 | -3485.10 | -3003.60 | -3101.60 | -3126.60 | -3101.60 | -3101.60 | -3022.60 | -3383.60 | -3383.60 |
| Weight difference | -0.64204056 | -0.45166136 | -0.389260012 | -0.401960599 | -0.405200544 | -0.4019606 | -0.4019606 | -0.391722371 | -0.438507184 | -0.43850718 |
| Weight this week | 79.36 | 78.90629808 | 78.51703807 | 78.11507747 | 77.70987692 | 77.30791632 | 76.90595573 | 76.51423336 | 76.07572617 | 75.63721899 |
| Updated BMI | 28.79879498 | 28.63488826 | 28.49362682 | 28.34775637 | 28.20071016 | 28.05483972 | 27.90896927 | 27.76681425 | 27.60768115 | 27.44854804 |
|  |  |  |  |  |  |  |  |  |  |  |

This graph shows how Ryan’s BMI should change over the 10 weeks, the graph shows that it steadily decreased. This shows that the programme was effective because he took in less calories than he burned off, and lost weight as a result. This means that the diet was effective at losing weight for Ryan.



I would recommend this programme to anyone wanting to lose weight because it makes your BMI decrease steadily.