

Atkins Diet Plan

Date	Weight		Weight Loss		BMI	Four Week Totals		Diet Stage
	kg	lb	kg	lb		Loss in kg	Loss in lb	
15jun03	98	216.1			34			Induction
22jun03 - w1	94.5	208.4	3.5	7.7	33			Induction
29jun03 - w2	91.5	201.8	3.0	6.6	32			Induction
6jul03 - w3	88.5	195.1	3.0	6.7	31			Induction
20jul03 - w4/5	85.5	188.5	3.0	6.6	30	12.5	27.6	Induction
27jul03 - w6	84.0	185.2	1.5	3.3	29.0	10.5	23.2	Induction
3aug03 - w7	82.0	180.8	2.0	4.4	28.5	9.5	21.0	Induction
10aug03 - w8	81.0	178.6	1.0	2.2	28.0	7.5	16.5	Induction
17aug03 - w9	80.5	177.5	0.5	1.1	28.0	5.0	11.0	Induction
24aug03 - w10	79.5	175.3	1.0	2.2	27.5	4.5	9.9	Induction
31aug03 - w11	78.5	173.1	1.0	2.2	27.5	3.5	7.7	Induction
7sep03 - w12	77.5	170.9	1.0	2.2	27.0	3.5	7.7	Induction
14sep03 - w13	76.8	169.3	0.7	1.6	26.5	3.7	8.2	Induction
21sep03 - w14	76.5	168.7	0.3	0.6	26.5	3.0	6.6	Induction
28sep03 - w15	75.5	166.5	1.0	2.2	26.0	3.0	6.6	Induction
5oct03 - w16	74.0	163.2	1.5	3.3	25.5	3.5	7.7	Induction
12oct03 - w17	73.7	162.5	0.3	0.7	25.5	3.1	6.8	Induction
19oct03 - w18	72.9	160.7	0.8	1.8	25.1	3.6	8.0	Induction
26oct03 - w19	72.0	158.8	0.9	1.9	25.0	3.5	7.7	Induction
2nov03 - w20/o1	71.4	157.4	0.6	1.4	24.9	2.6	5.8	On-going Weight Loss
9nov03 - w21/o2	70.9	156.3	0.5	1.1	24.5	2.8	6.2	On-going Weight Loss
16nov - w22/o3	70.5	155.5	0.4	0.8	24.3	2.4	5.2	On-going Weight Loss
23nov03 - w23/o4	69.6	153.5	0.9	2.0	24.0	2.4	5.3	On-going Weight Loss
30nov03 - w24/o5	69.0	152.1	0.6	1.4	23.9	2.4	5.3	On-going Weight Loss
7dec03 - w25/o6	68.4	150.8	0.6	1.3	23.7	2.5	5.5	On-going Weight Loss
14dec03 - w26/o7	68.0	149.9	0.4	0.9	23.5	2.5	5.6	On-going Weight Loss
21dec03 - w27	67.7	149.3	0.3	0.6	23.5	1.9	4.2	Pre-Maintenance
28dec03 - w28	67.5	148.8	0.2	0.5	23.4	1.5	3.3	Pre-Maintenance
4jan04 - w29	67.0	147.7	0.5	1.1	23.3	1.3	2.8	Pre-Maintenance
11jan04 - w30	66.5	146.6	0.5	1.1	23.1	1.5	3.3	Pre-Maintenance
18jan04 - w31	66.1	145.8	0.4	0.8	23.0	1.6	3.5	Pre-Maintenance
25jan04 - w32	66.0	145.5	0.1	0.3	22.9	1.5	3.3	Pre-Maintenance
1feb04 - w33	65.6	144.6	0.4	0.9	22.8	1.4	3.1	Pre-Maintenance
8feb04 - w34	65.2	143.8	0.4	0.8	22.7	1.3	2.8	Pre-Maintenance
15feb04 - w35	64.8	142.9	0.4	0.9	22.5	1.3	2.9	Pre-Maintenance
22feb04 - w36	64.7	142.7	0.1	0.2	22.5	1.3	2.8	Lifetime Maintenance
29feb04 - w37	64.4	142.0	0.3	0.7	22.3	1.2	2.6	Lifetime Maintenance
7mar04 - w38	64.2	141.6	0.2	0.4	22.3	1.0	2.2	Lifetime Maintenance
14mar04 - w39	64.3	141.8	-0.1	-0.2	22.3	0.5	1.1	Lifetime Maintenance
21mar04 - w40	64.4	142.0	-0.1	-0.2	22.3	0.3	0.7	Lifetime Maintenance
28mar04 - w41	64.0	141.1	0.4	0.9	22.2	0.4	0.9	Lifetime Maintenance
4apr04 - w42	63.7	140.5	0.3	0.6	22.1	0.5	1.1	Lifetime Maintenance
11apr04 - w43	63.4	139.8	0.3	0.7	22.0	0.9	2.0	Lifetime Maintenance
18apr04 - w44	63.4	139.8	0.0	0.0	22.0	1.0	2.2	Lifetime Maintenance
25apr04 - w45	63.5	140	-0.1	-0.2	22.0	0.5	1.1	Lifetime Maintenance
9may04 - w46/47	63.5	140	0.0	0.0	22.0	0.2	0.5	Lifetime Maintenance
16may04 - w48	63.8	140.7	-0.3	-0.7	22.1	-0.4	-0.9	Lifetime Maintenance
23may04 - w49	63.4	139.8	0.4	0.9	22.0	0.0	0.0	Lifetime Maintenance
		34.6	76.3					
Remaining to 'Target':		-1.6	-3.5					