

Cindy Baulsir
Progress Report for September 2004
 (12 Workouts this month)

Calories Burned this month



13,578
calories =
37 ice cream
sundaes

Weight Lifted this month



64,000
pounds =
8 African
Elephants

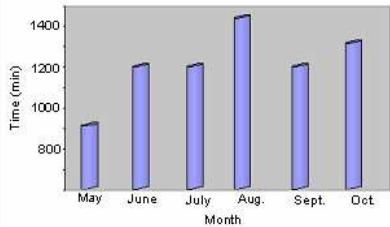
Cardio Breakdown by Activity



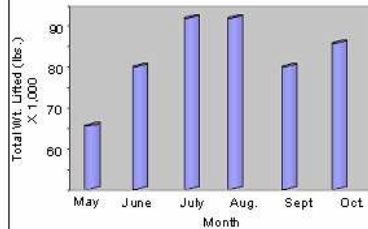
Strength Breakdown by Muscle Group



Cardio Progress



Strength Progress



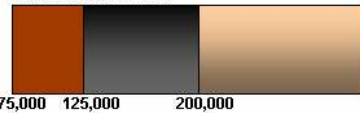
CV Summary	Oct.	Sept.	Lifetime
Calories	13,578	14,789	705,524
Time (min.)	840	930	9,906,840
# of Session	8	9	487

Strength Summary	Oct.	Sept.	Lifetime
Total Wt. Lifted	64,000	78,000	1,705,381
# of Exercises	78	89	2,463
# of Sessions	4	5	301

FitPoints

This Month: 20,089
 Lifetime: 178,549
 Points to Next Level: 21,451

You are at Black Level



75,000 125,000 200,000