

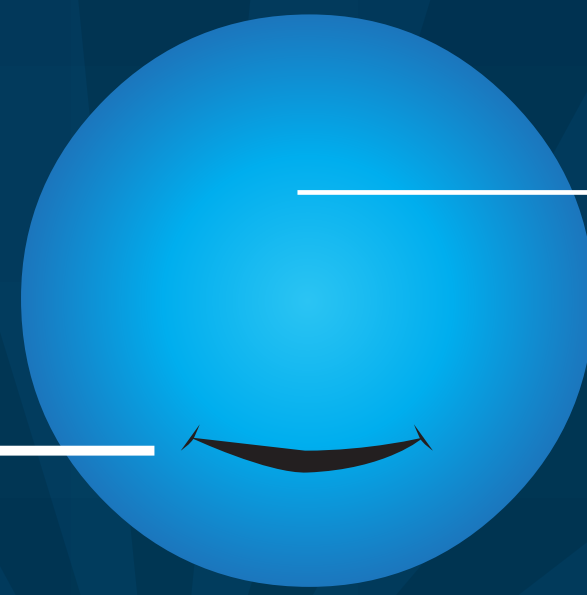
# HOW I LOST 17 LBS IN ELEVEN DAYS

I weighed 286.5 lbs on October 12 - On October 23 I weighed 269.9

## VITAL STATS ON HOW I DID IT



**15 HRS**  
OF INTERMITTENT  
FASTING



**EXCUSES**

STOPPED MAKING THEM



**9%**  
INCREASE  
IN SLEEP



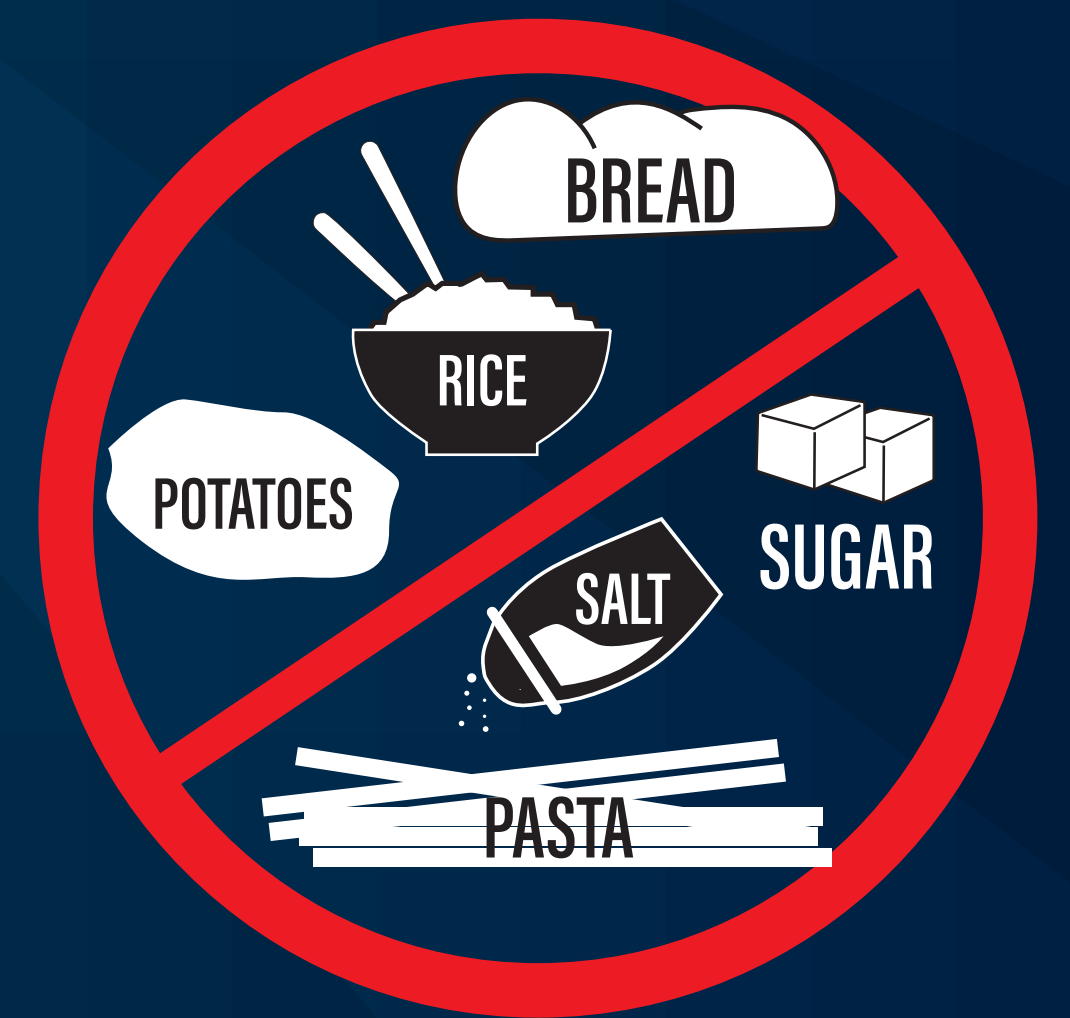
**EXERCISE**

AT LEAST 1 HR PER DAY



**98.1oz**  
INCREASED  
DAILY WATER  
INTAKE

**NO WHITES**



**12,278** AVG  
STEPS

### MY BIOMETRICS

**71** BPM  
AVG  
HEART RATE

**54** HRV  
HEART RATE VARIABILITY

**16** BrPM  
AVG  
BREATH RATE

**128/79** BEFORE  
**115/75** AFTER  
BLOOD PRESSURE DIFFERENCE

### CIRCADIAN RHYTHM

**z<sup>z</sup>** 12:45 - 1:45 AM

**🕒** 7:15 - 8:15 AM

### EXERCISE BREAKDOWN

**6** ELIPTICAL  
WORK OUTS | **84** AVG  
MIN | **126.6** AVG  
BPM



**707.6** AVG CALORIES  
BURNED

**73.6** ACTIVITY ZONE  
MINUTES

**1** WALKING  
WORK OUT

**3:12:56** MIN

**104** AVG  
BPM



**1,873** CALORIES BURNED OF 5,756  
TOTAL CALORIES BURNED

**68** ACTIVITY ZONE  
MINUTES | **1X** 68 ZONE MINS  
FAT BURN



**+19,740** of 28,805 steps taken