

Weight Chart
Intermittent Fasting March 2020 - March 2021 (filled in green)

Sept 2016	121.54 body weight	20.41 body fat	20.23 BMI
October 2016	120.66	20.6	20.08
November 2016	121.18	20.99	20.17
December 2016	121.58	20.89	20.23
January 2017	121.24	19.74	20.18
February 2017	121.87	19.58	20.28
March 2017	120.66	20.35	20.08
April 2017	121.64	19.62	20.24
May 2017	121.43	19.97	20.21
June 2017	120.8	19.92	20.1
July 2017	121.47	20.02	20.21
August 2017	120.65	19.95	20.08
September 2017	118.64	17.95	19.74
October 2017	119.03	18.67	19.81
November 2017	120.49	18.66	20.05
December 2017	121.06	20.75	20.14
January 2018	121.4	20.11	20.2
February 2018	120.76	19.21	20.1
March 2018	120.97	19.54	20.13
April 2018	120.03	19.43	19.97
May 2018	120.77	19.16	20.1
June 2018	121.05	19.26	20.14
July 2018	121.67	19.96	20.25
August 2018	120.81	19.28	20.1
September 2018	119.5	20.16	19.89

October 2018	120.74	20.36	20.09
November 2018	120.3	20.78	20.02
December 2018	121	20.34	20.14
January 2019	120.26	20.64	20.01
February 2019	120.8	20.49	20.1
March 2019	121.63	20.66	20.24
April 2019	122.03	21.8	20.31
May 2019	120.73	20.73	20.09
June 2019	121.34	20.94	20.19
July 2019	121.97	20.62	20.3
August 2019	121.28	21.07	20.18
September 2019	121.64	19.3	20.24
October 2019	121/37	19.73	20.2
November 2019	121.57	20.24	20.23
December 2019	122.39	20.63	20.37
January 2020	122.18	20.35	20.33
February 2020	121.12	20.17	20.16
March 2020	121.31	19.58	20.19
April 2020	120.86	20.64	20.11
May 2020	122.4	19.67	20.37
June 2020	122.32	20.57	20.36
July 2020	121.45	20.15	20.21
August 2020	122.12	20.26	20.32
September 2020	121.32	20.75	20.19
October 2020	121.68	21.01	20.25
November 2020	121.35	21.69	20.19
December 2020	123.98	23.48	20.63

January 2021	125.61	23.76	20.9
February 2021	125.66	22.85	20.91
March 2021 (so far)	124.39	22.22	20.7

**In November of 2020, we did something with our accounts in the phone system and unmerged them. At that time, both my weight and Scott's jumped as did the body fat percent. We actually don't know if the former numbers or latter numbers are more accurate (or if any are!)