



N (Total number)	BIOMETRICS	CHANGE
99	Weight (lbs)	-6.07
99	Body Mass Index (BMI)	-1.02
87	Body Fat (%)	-1.01
99	Total Cholesterol (mg/dL)	-9.46
97	HDL (mg/dL)	-7.14
96	Triglycerides (mg/dL)	-18.94
83	LDL (mg/dL)	1.61
99	Glucose (mg/dL)	-12.65

Highest losses:

- Weight: -27.7lbs.
- BMI: -4.7 points
- Body Fat %: -17.1%
- Total Cholesterol: -159 mg/dL
- Glucose: -56 mg/dL