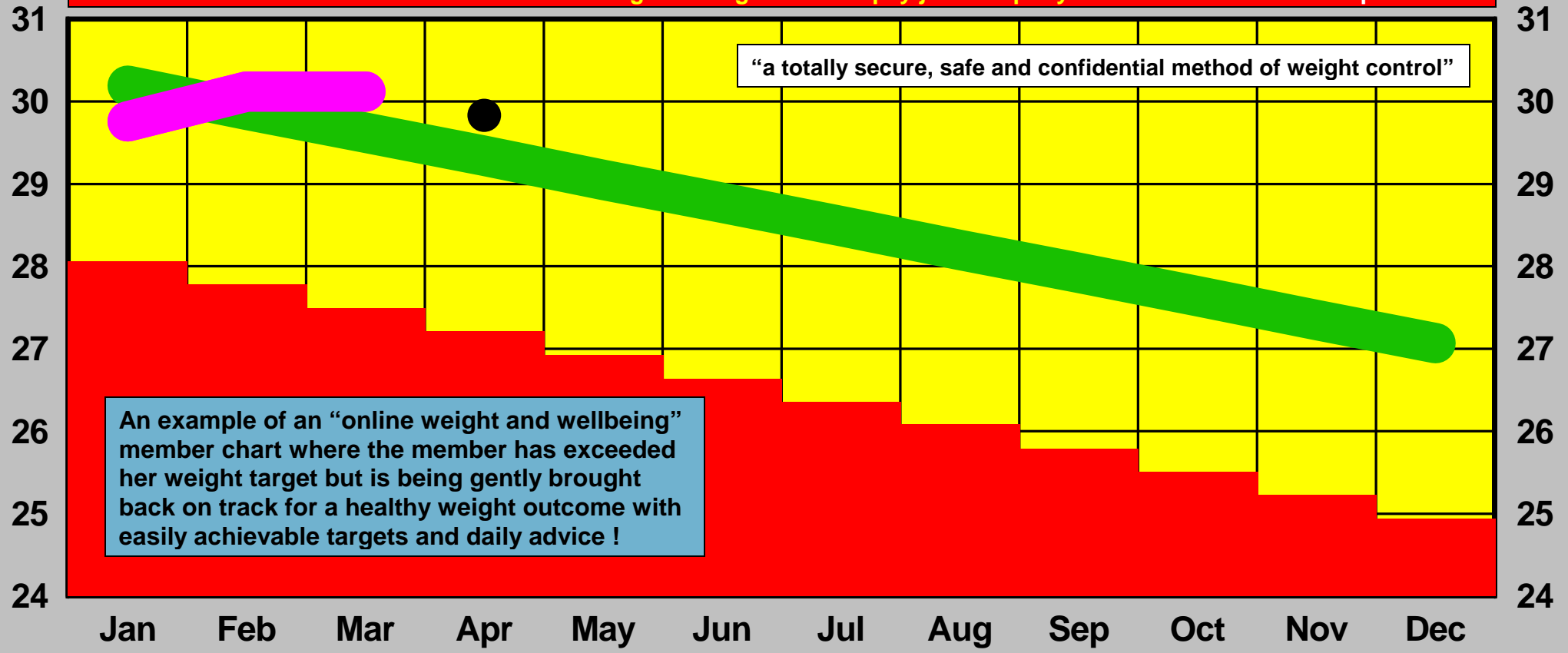


Monthly (or Weekly) Personally Attainable Weight Targets can be updated and generated anytime by Health-Check-Central members

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BMI (Weight) - Monthly Report
 BMI - Lower Wellbeing Limit

BMI - Upper Wellbeing Limit
 BMI (Weight) Attainable Target

targets are personally adjusted for age / height / gender / strength / history / aspirations / psychology / wellbeing