



PERSONAL REPORT | MON, JAN 13, 2014 - SUN, JAN 19, 2014



Personal Information

Program Usage

<p>Name: Blanca Jenne</p> <p>Gender: Female</p> <p>Age: 44</p> <p>Weight: 223.5 lbs</p> <p>Height: 5 feet, 4 inches</p> <p>BMI: 38.36</p>	<p>Hours Worn</p> <p>10.2 hours per day</p>	<p>Meals Logged</p> <p>4.9 meals per day</p>
		<p>Weight checked</p> <p>1 per week</p>



Performance Summary

Average values for selected time span

Time span: 7 days

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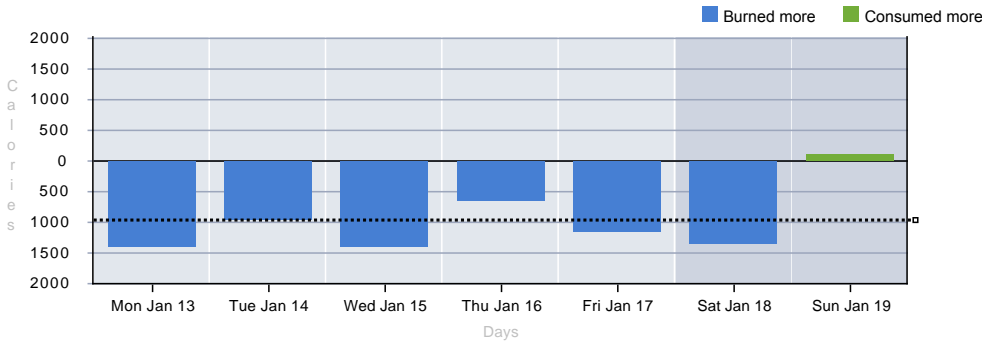
	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	2500 CALORIES	2577 CALORIES	
▶ CALORIES CONSUMED	1500 CALORIES	1564 CALORIES	
▶ CALORIE BALANCE	1000 DEFICIT CALORIE	1013 DEFICIT CALORIE	
	TARGET	DAILY AVERAGE	TARGET
▶ PHYSICAL ACTIVITY	0:45 HRS:MINS	0:21 HRS:MINS	
▶ NUMBER OF STEPS	8000 STEPS	6044 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	2:17 HRS:MINS	

Comments



Calorie Balance By Day

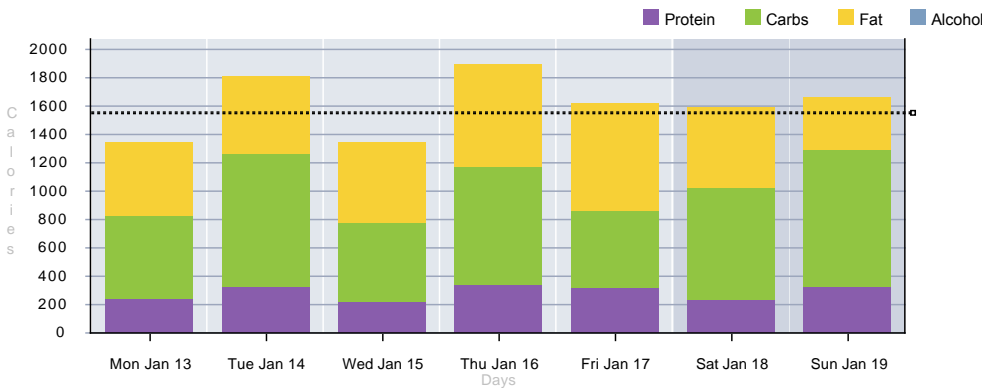
Daily Average: 1013 calorie deficit
Target: 1000 calorie deficit



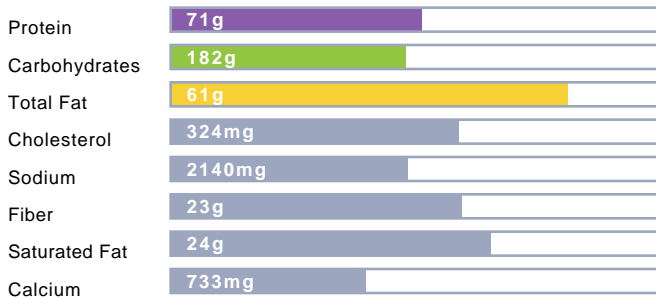
Comments

Calorie Consumption By Day

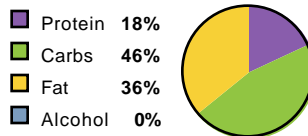
Daily Average: 1564 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

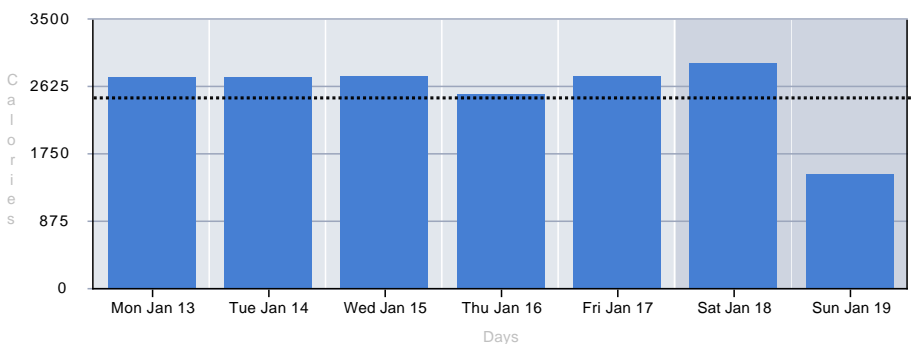


Where your calories come from



Calorie Expenditure By Day

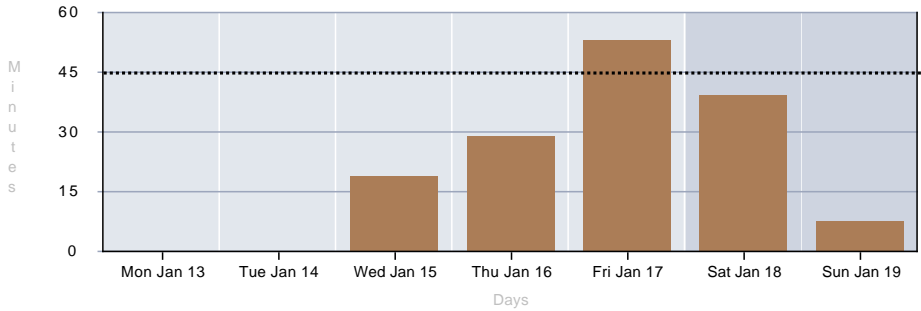
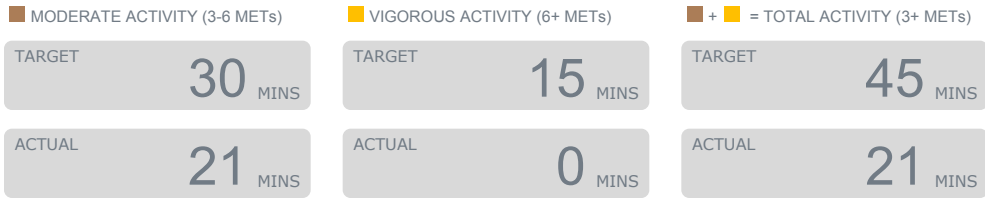
Daily Average: 2577 calories
Target: 2500 calories





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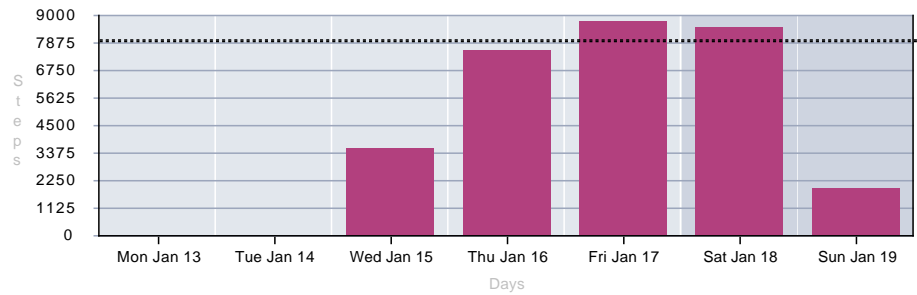
Physical Activity By Day



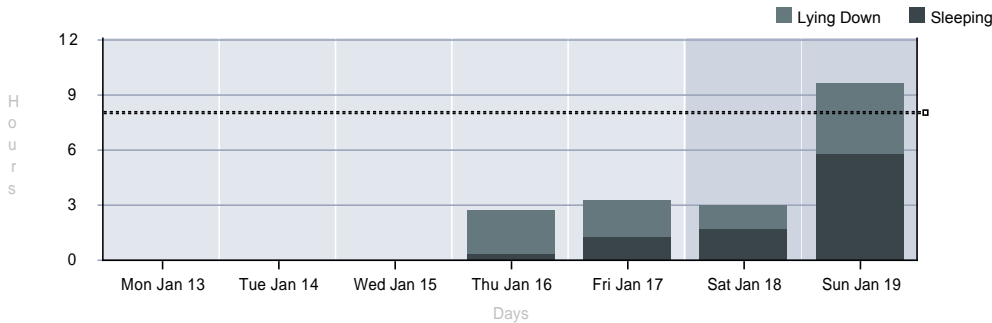
Comments

Number of Steps By Day

Daily Average: 6044 steps
Target: 8000 steps

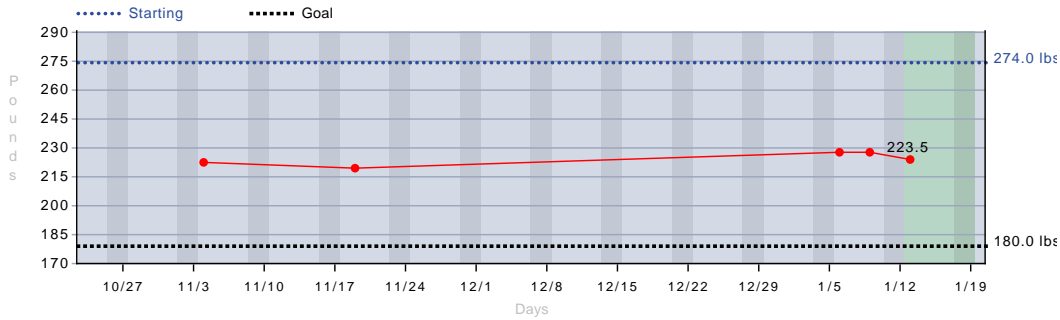


Sleep Duration By Day

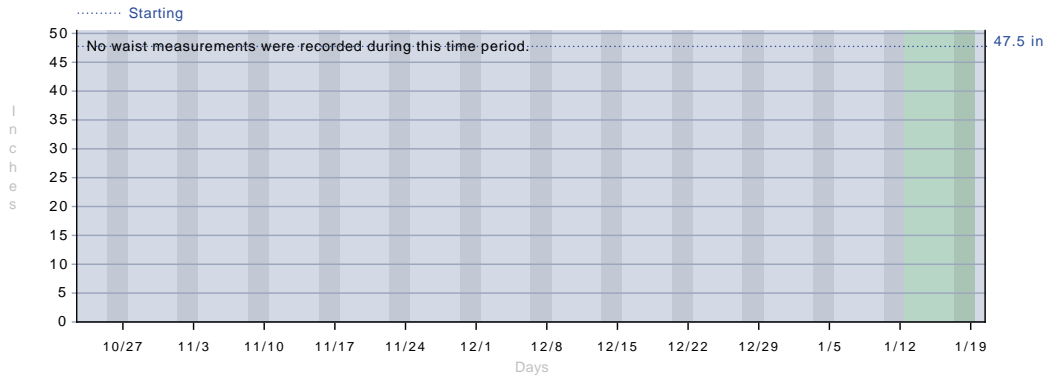




Weight



Waist Circumference



Comments