



PERSONAL REPORT | MON, JAN 6, 2014 - SUN, JAN 12, 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>0 hours per day</p>	<p>Meals Logged</p> <p>4.9 meals per day</p>
		<p>Weight checked</p> <p>2 per week</p>



Performance Summary
Average values for selected time span

Time span: 7 days
MON, JAN 6, 2014 - SUN, JAN 12, 2014

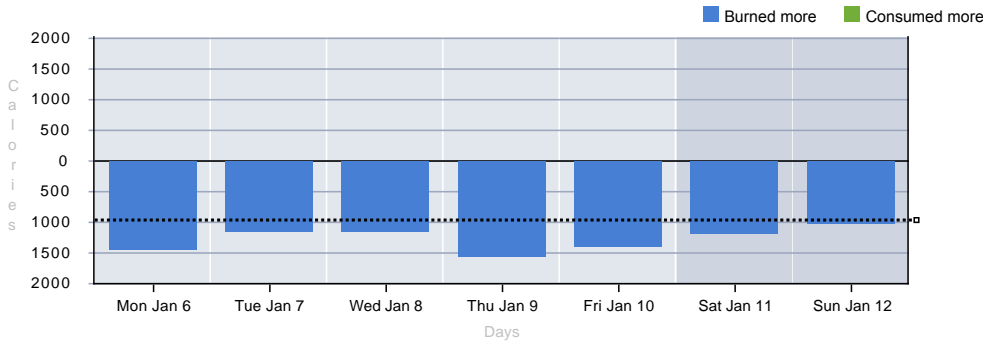
	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	2500 CALORIES	2751 CALORIES	
▶ CALORIES CONSUMED	1500 CALORIES	1432 CALORIES	
▶ CALORIE BALANCE	1000 DEFICIT CALORIE	1319 DEFICIT CALORIE	
	TARGET	DAILY AVERAGE	TARGET
▶ PHYSICAL ACTIVITY	0:45 HRS:MINS	0:00 HRS:MINS	
▶ NUMBER OF STEPS	8000 STEPS	0 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	0:00 HRS:MINS	

Comments

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Calorie Balance By Day

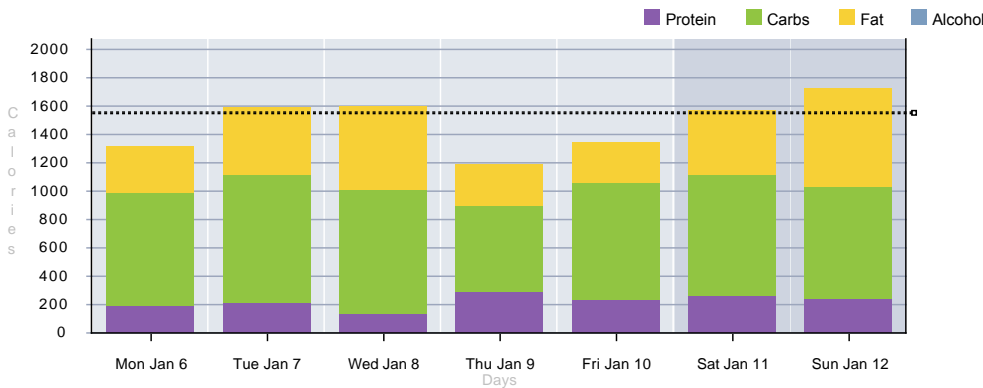
Daily Average: 1319 calorie deficit
Target: 1000 calorie deficit



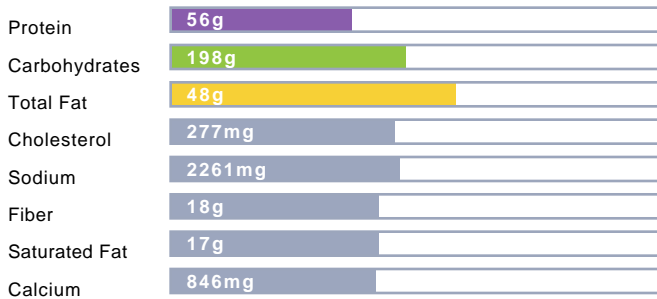
Comments

Calorie Consumption By Day

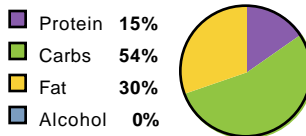
Daily Average: 1432 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

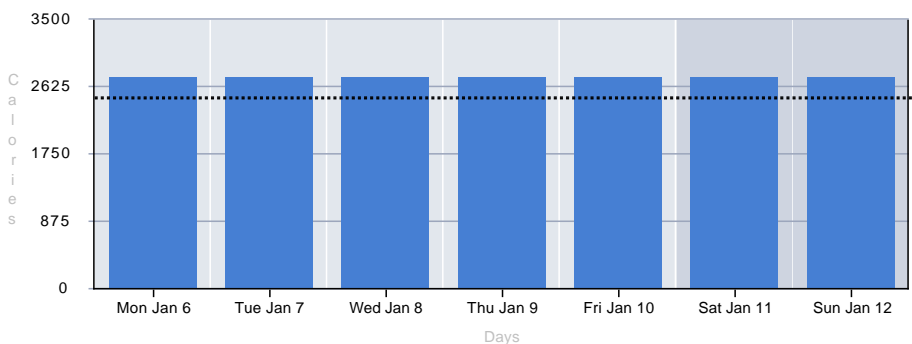


Where your calories come from



Calorie Expenditure By Day

Daily Average: 2751 calories
Target: 2500 calories



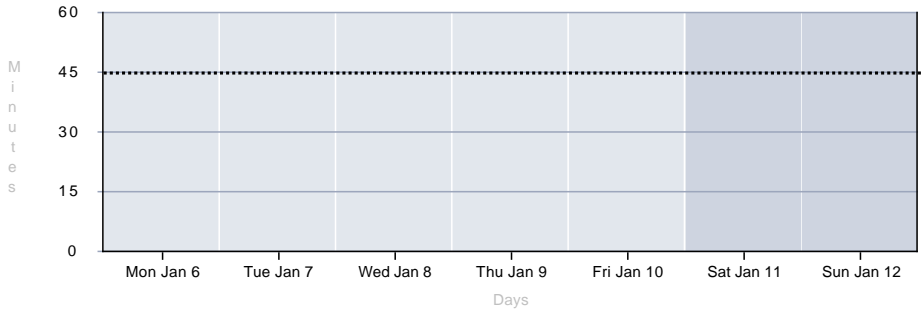


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Physical Activity By Day

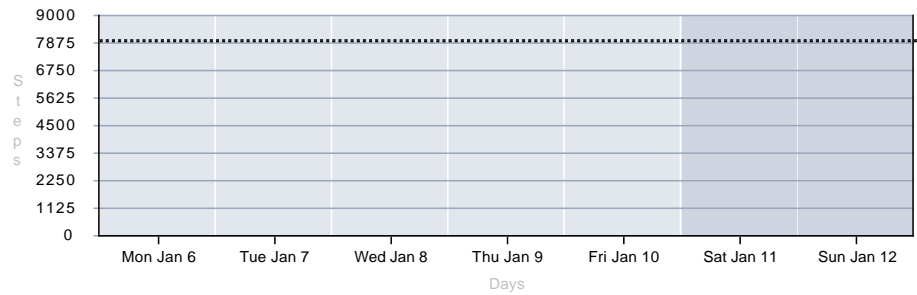
■ MODERATE ACTIVITY (3-6 METs)
 ■ VIGOROUS ACTIVITY (6+ METs)
 ■ + ■ = TOTAL ACTIVITY (3+ METs)

TARGET	30	MINS	TARGET	15	MINS	TARGET	45	MINS
ACTUAL	0	MINS	ACTUAL	0	MINS	ACTUAL	0	MINS



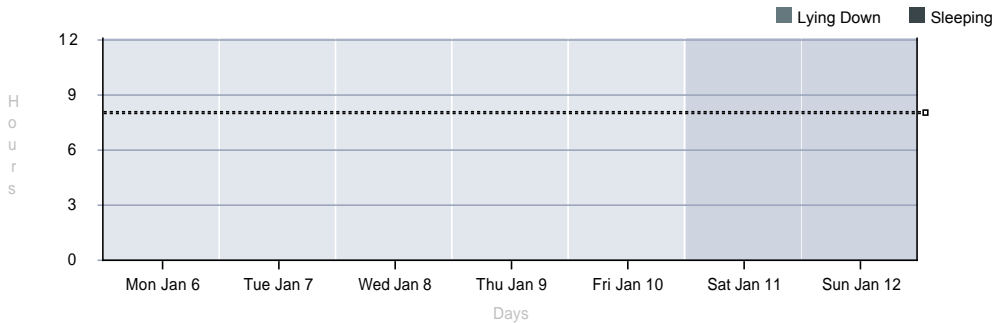
Number of Steps By Day

Daily Average: 0 steps
Target: 8000 steps



Sleep Duration By Day

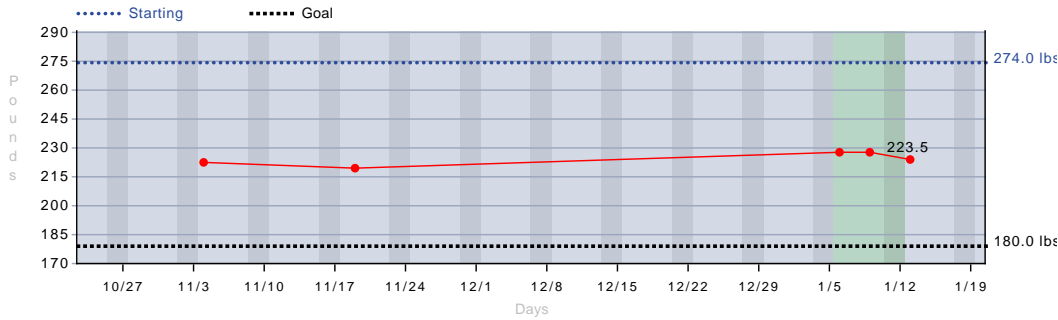
LYING DOWN	0:00	HRS:MINS	SLEEP	0:00	HRS:MINS	SLEEP EFFICIENCY	0	%
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Comments



Weight



Comments

Waist Circumference

