



PERSONAL REPORT | MON, JAN 27, 2014 - SUN, FEB 2, 2014

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Personal Information

Program Usage

Name: Blanca Jenne  
Gender: Female  
Age: 44  
Weight: 219.4 lbs  
Height: 5 feet, 4 inches  
BMI: 37.66

Hours Worn  
**15.1 hours** per day

Meals Logged  
**4.4 meals** per day

Weight checked  
**1** per week

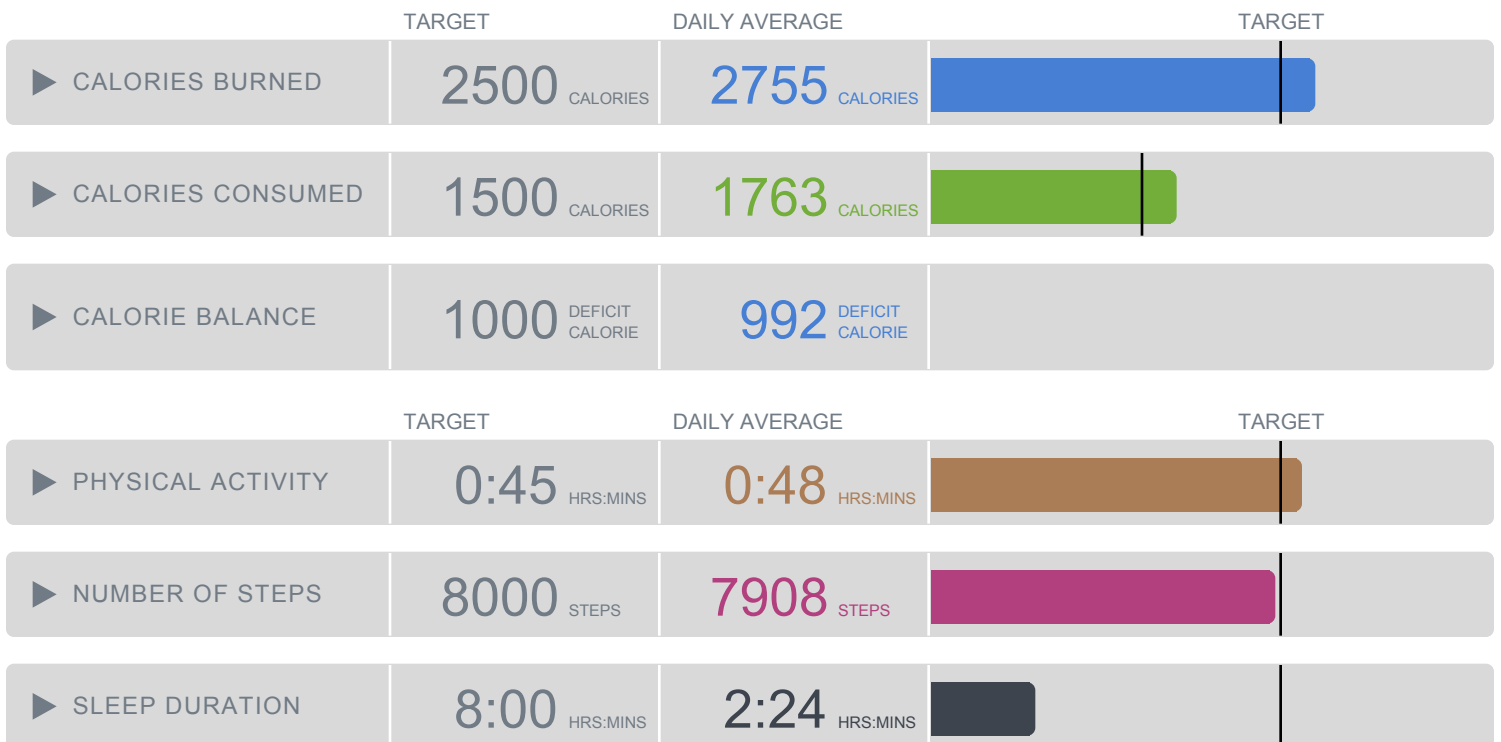


Performance Summary

Average values for selected time span

Time span: 7 days

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Comments

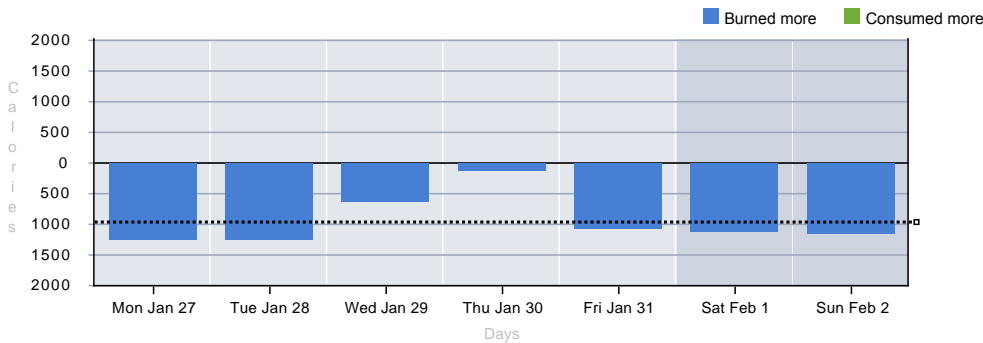


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## Calorie Balance By Day

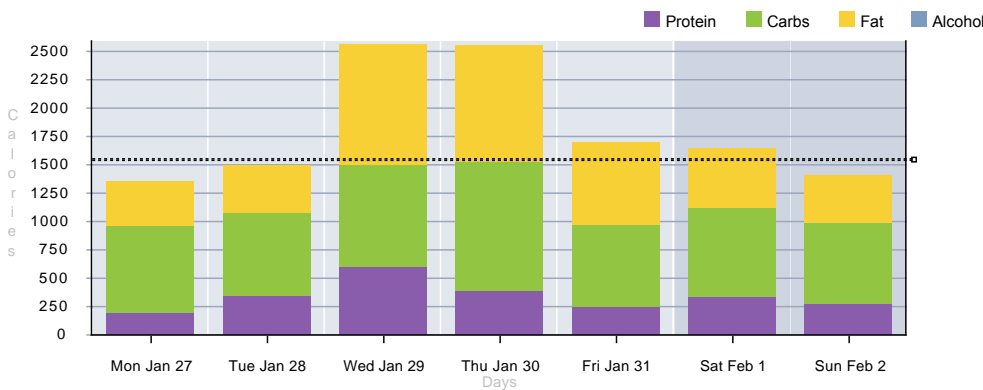
Daily Average: 992 calorie deficit  
Target: 1000 calorie deficit



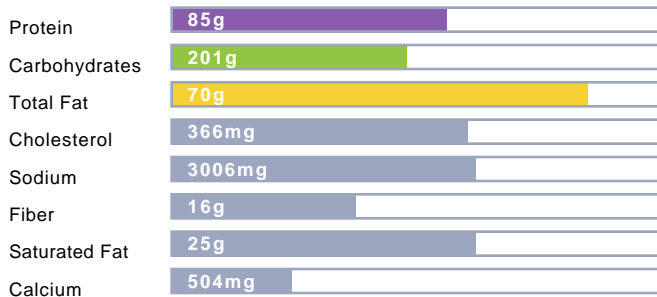
Comments

## Calorie Consumption By Day

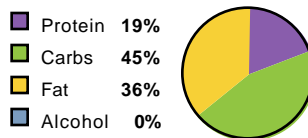
Daily Average: 1763 calories  
Target: 1500 calories



## Daily Average of Nutrients for Logged Meals

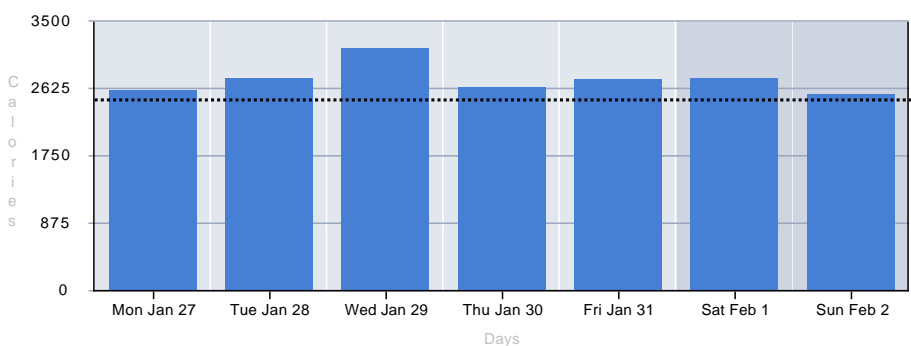


## Where your calories come from



## Calorie Expenditure By Day

Daily Average: 2755 calories  
Target: 2500 calories





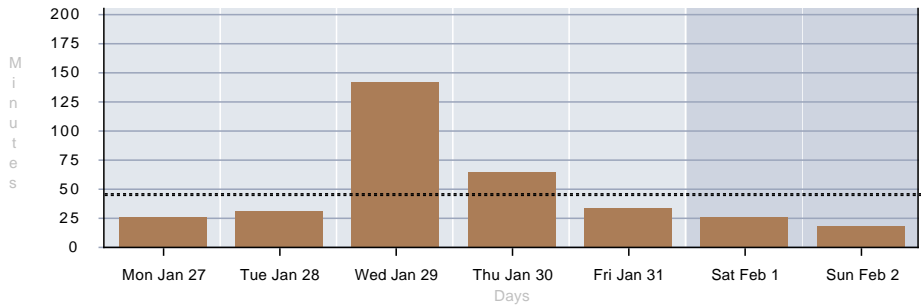
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### Physical Activity By Day

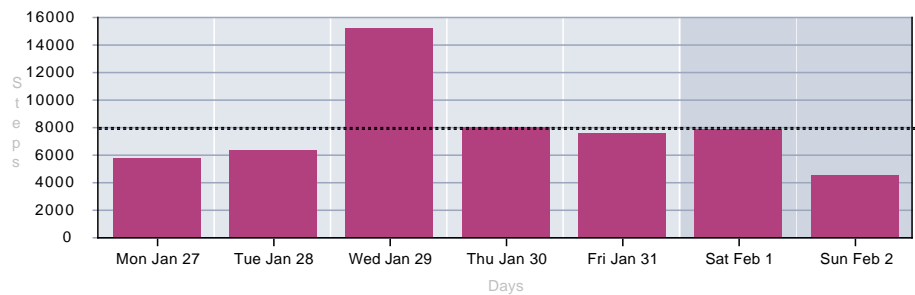
MODERATE ACTIVITY (3-6 METs) VIGOROUS ACTIVITY (6+ METs) + = TOTAL ACTIVITY (3+ METs)

TARGET	30 MINS	TARGET	15 MINS	TARGET	45 MINS
ACTUAL	48 MINS	ACTUAL	0 MINS	ACTUAL	48 MINS



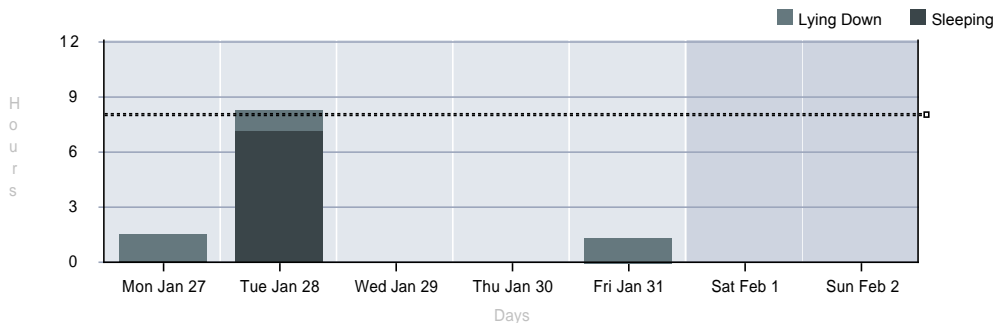
### Number of Steps By Day

Daily Average: 7908 steps  
Target: 8000 steps



### Sleep Duration By Day

LYING DOWN	3:42 HRS:MINS	SLEEP	2:24 HRS:MINS	SLEEP EFFICIENCY	47 %
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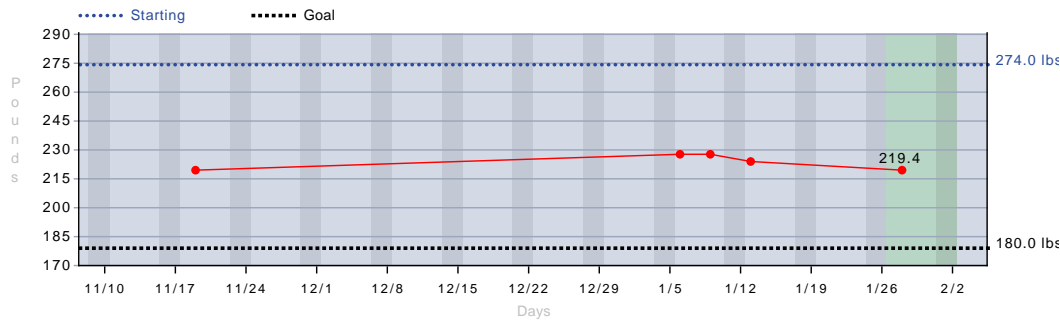
Comments



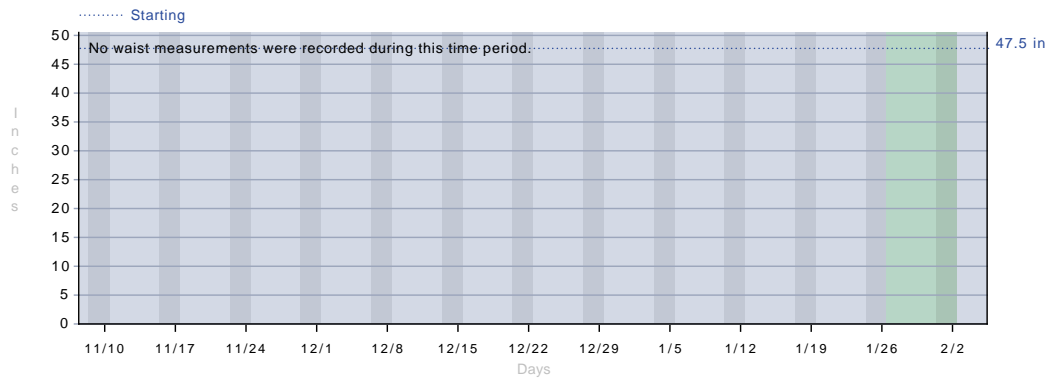
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## Weight



## Waist Circumference



Comments