



# PERSONAL REPORT | MON, FEB 3, 2014 - SUN, FEB 9, 2014

PAGE 1 of 4



## 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**  
**13.3 hours** per day

**Meals Logged**  
**3.7 meals** per day

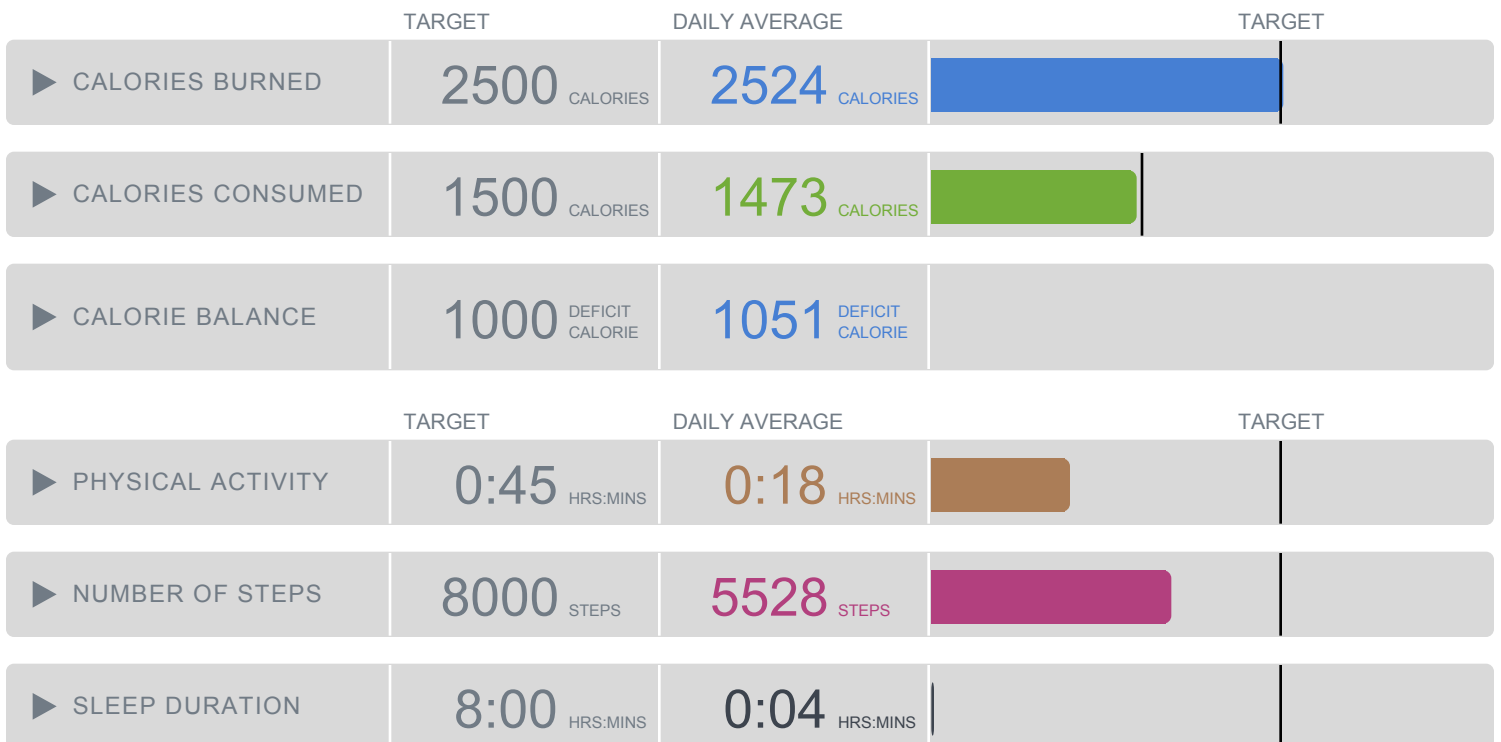
**Weight checked**  
**0** per week



## Performance Summary

Average values for selected time span

Time span: 7 days  
 MON, FEB 3, 2014 - SUN, FEB 9, 2014



Comments

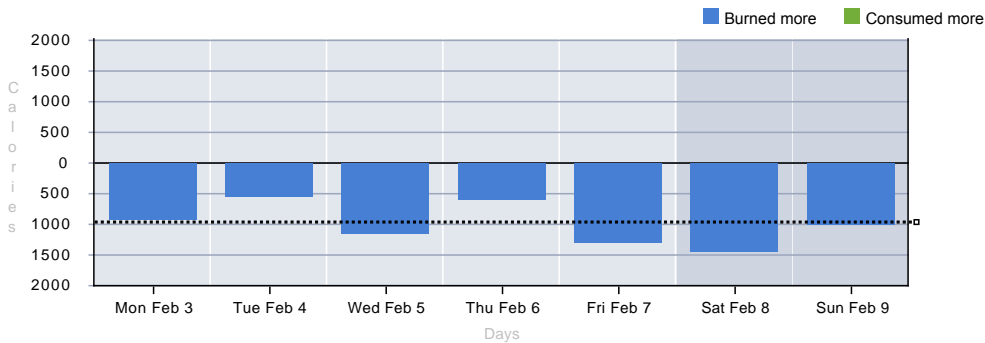


## PERSONAL REPORT | MON, FEB 3, 2014 - SUN, FEB 9, 2014

PAGE 2 of 4

### Calorie Balance By Day

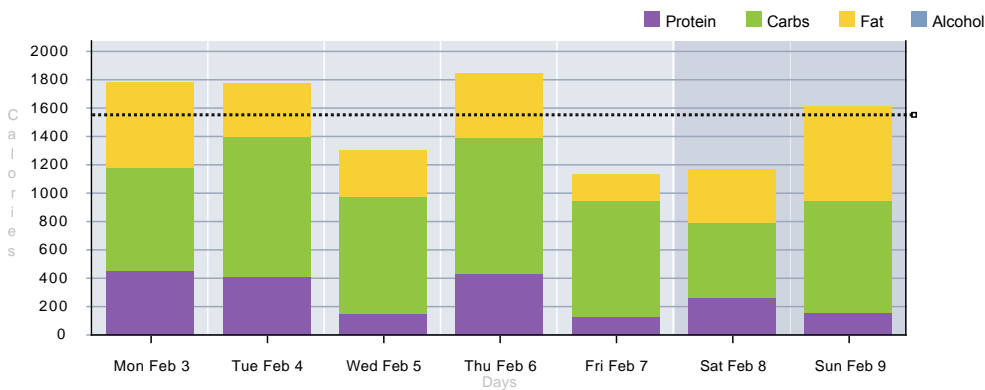
Daily Average: 1051 calorie deficit  
Target: 1000 calorie deficit



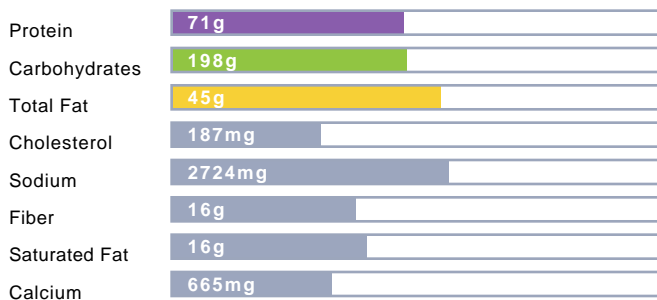
Comments

### Calorie Consumption By Day

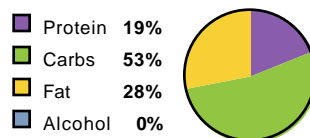
Daily Average: 1473 calories  
Target: 1500 calories



### Daily Average of Nutrients for Logged Meals

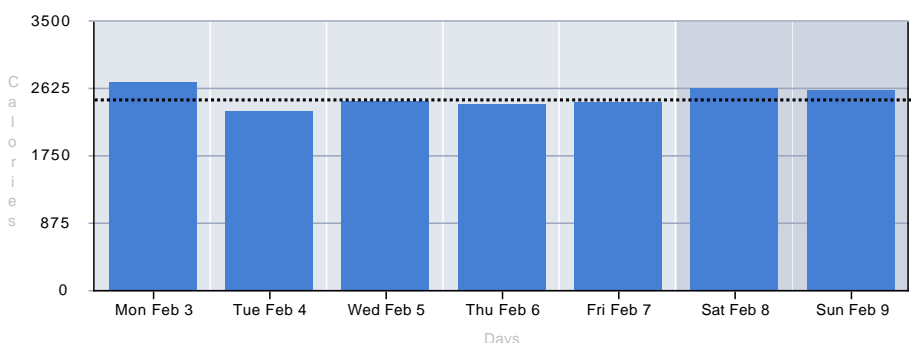


### Where your calories come from



### Calorie Expenditure By Day

Daily Average: 2524 calories  
Target: 2500 calories





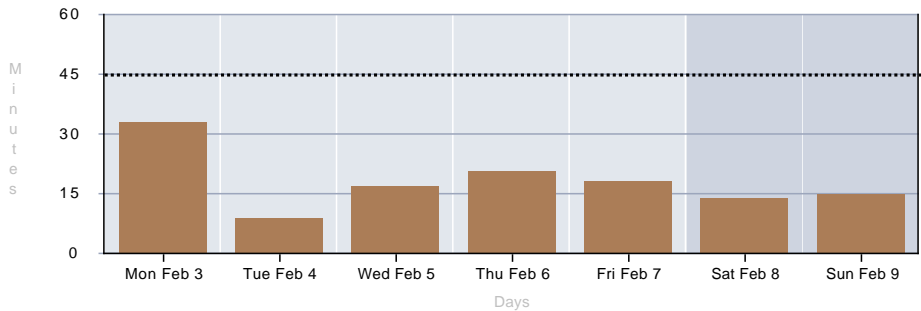
# PERSONAL REPORT | MON, FEB 3, 2014 - SUN, FEB 9, 2014

PAGE 3 of 4

## Physical Activity By Day

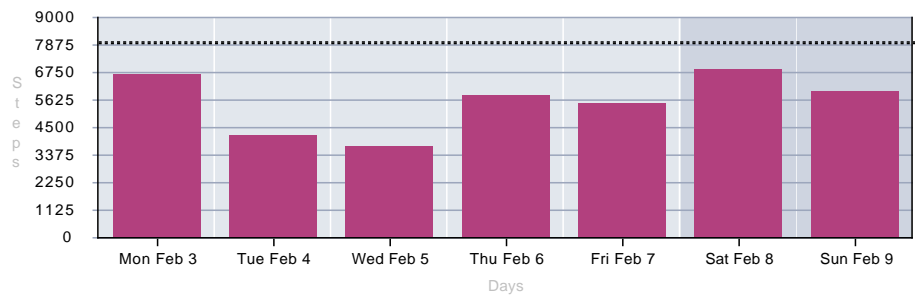
MODERATE ACTIVITY (3-6 METs) VIGOROUS ACTIVITY (6+ METs) + = TOTAL ACTIVITY (3+ METs)

TARGET	30 MINS	TARGET	15 MINS	TARGET	45 MINS
ACTUAL	18 MINS	ACTUAL	0 MINS	ACTUAL	18 MINS



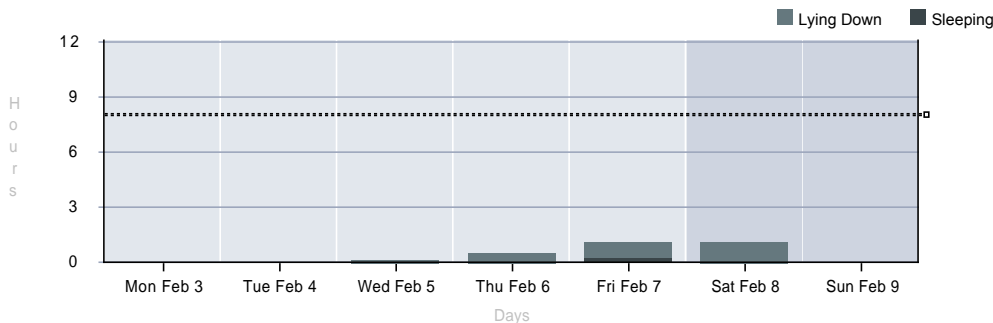
## Number of Steps By Day

Daily Average: 5528 steps  
Target: 8000 steps



## Sleep Duration By Day

LYING DOWN	0:46 HRS:MINS	SLEEP	0:04 HRS:MINS	SLEEP EFFICIENCY	28 %
------------	---------------	-------	---------------	------------------	------



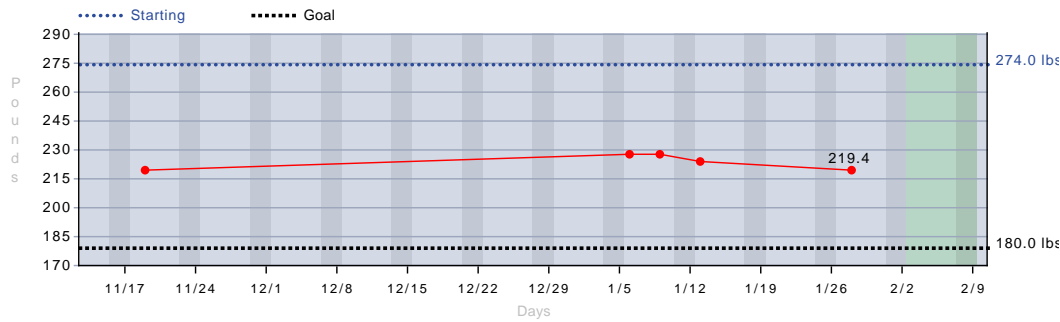
Comments



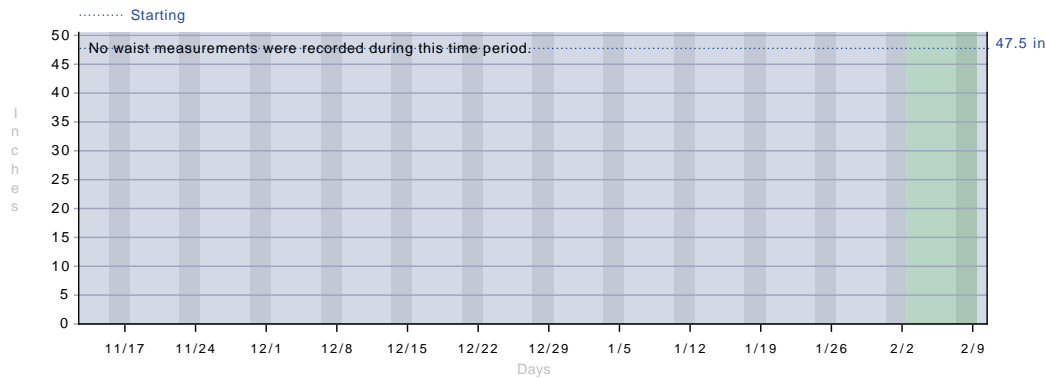
# PERSONAL REPORT | MON, FEB 3, 2014 - SUN, FEB 9, 2014

PAGE 4 of 4

## Weight



## Waist Circumference



Comments