



PERSONAL REPORT | MON, FEB 10, 2014 - SUN, FEB 16, 2014

PAGE 1 of 4



Personal Information

Name: Blanca Jenne
Gender: Female
Age: 44
Weight: 216.9 lbs
Height: 5 feet, 4 inches
BMI: 37.23

Program Usage

Hours Worn
17.1 hours per day

Meals Logged
5.3 meals per day

Weight checked
1 per week

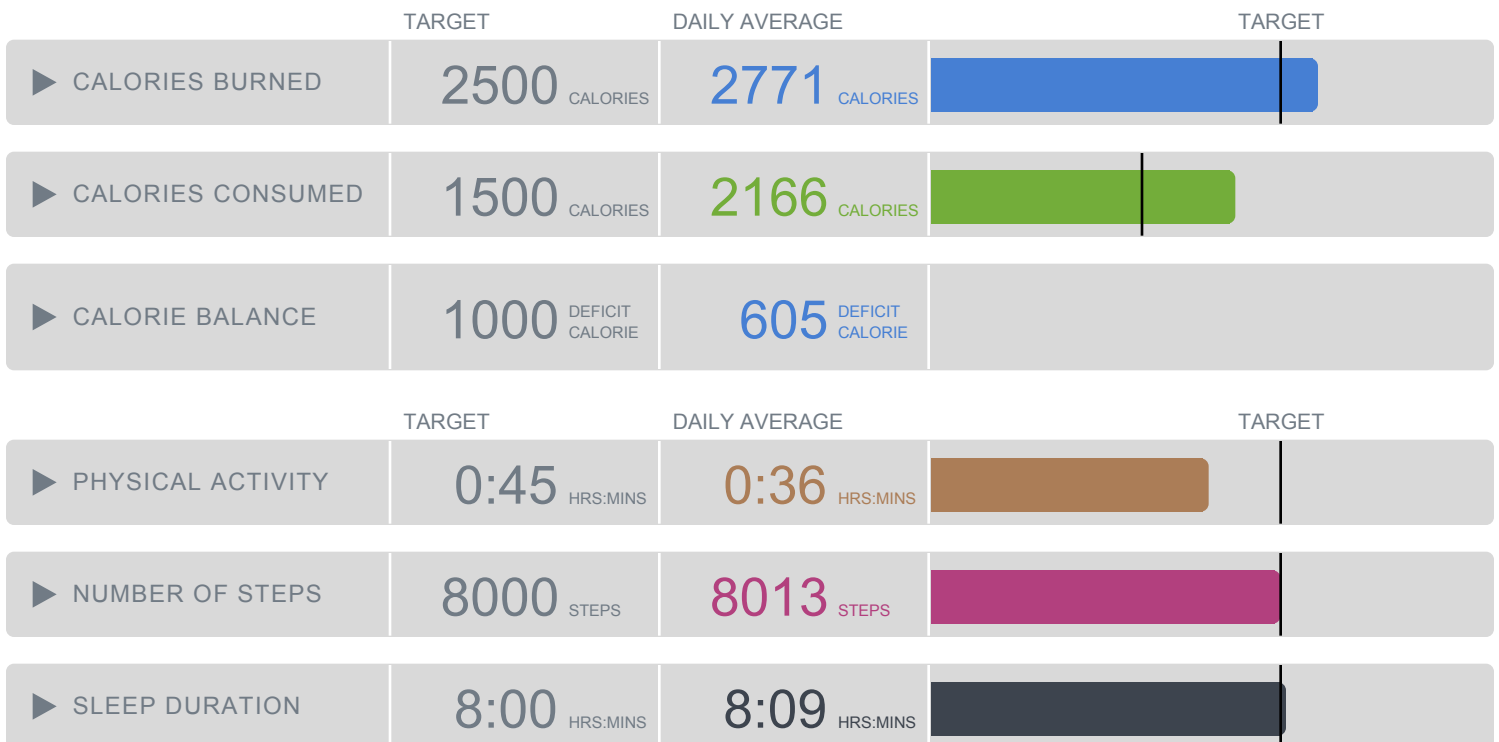


Performance Summary

Average values for selected time span

Time span: 7 days

MON, FEB 10, 2014 - SUN, FEB 16, 2014



Comments

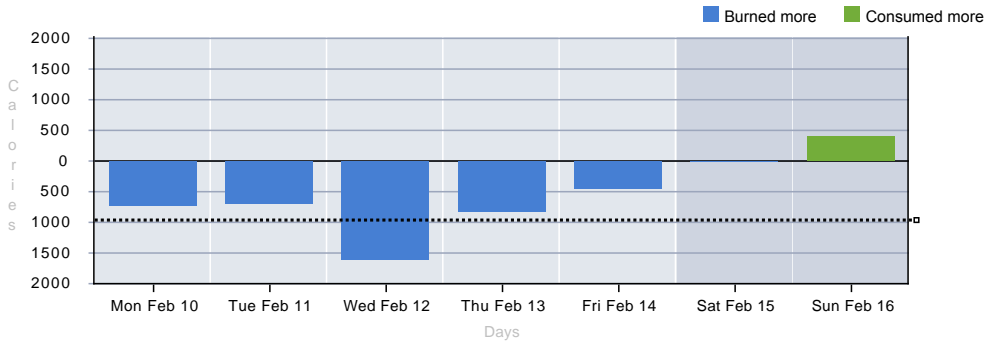


PERSONAL REPORT | MON, FEB 10, 2014 - SUN, FEB 16, 2014

PAGE 2 of 4

Calorie Balance By Day

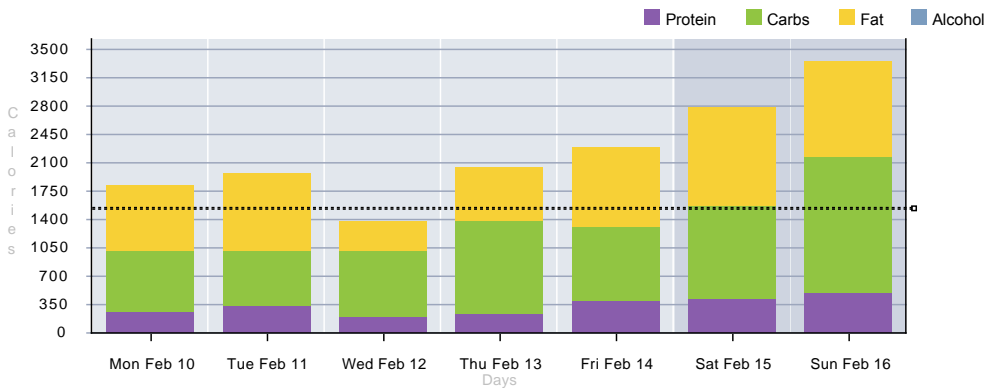
Daily Average: 605 calorie deficit
Target: 1000 calorie deficit



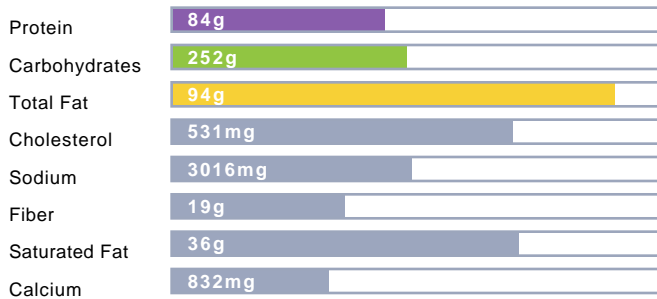
Comments

Calorie Consumption By Day

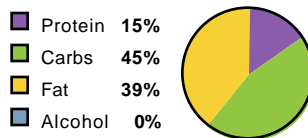
Daily Average: 2166 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

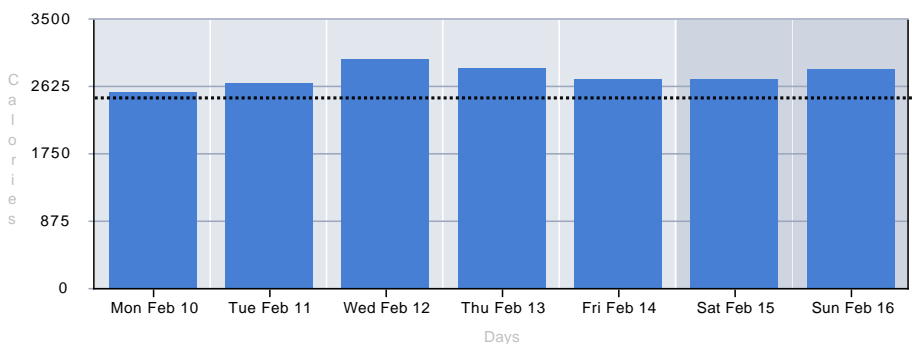


Where your calories come from



Calorie Expenditure By Day

Daily Average: 2771 calories
Target: 2500 calories

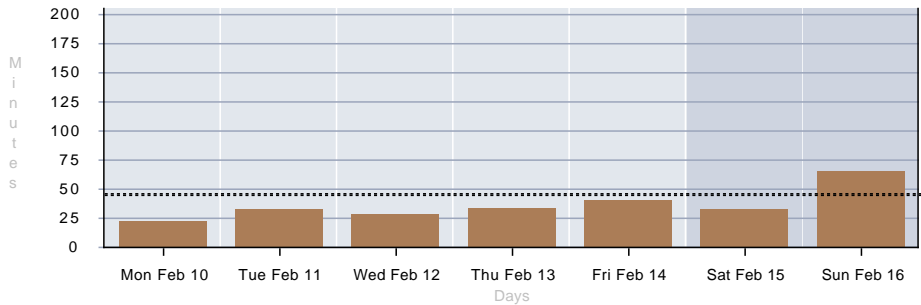
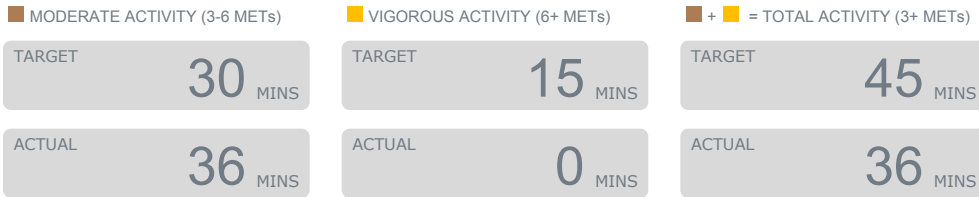




PERSONAL REPORT | MON, FEB 10, 2014 - SUN, FEB 16, 2014

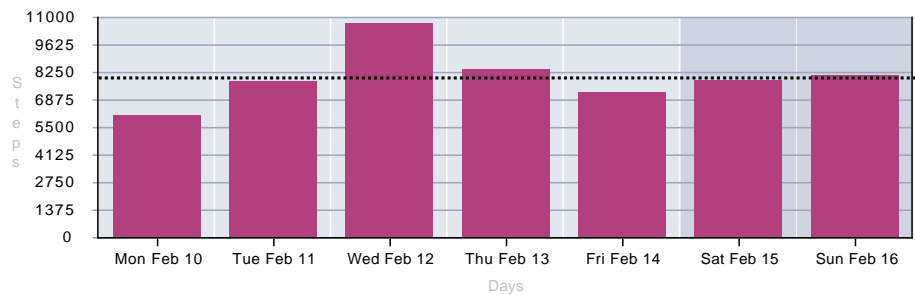
PAGE 3 of 4

Physical Activity By Day

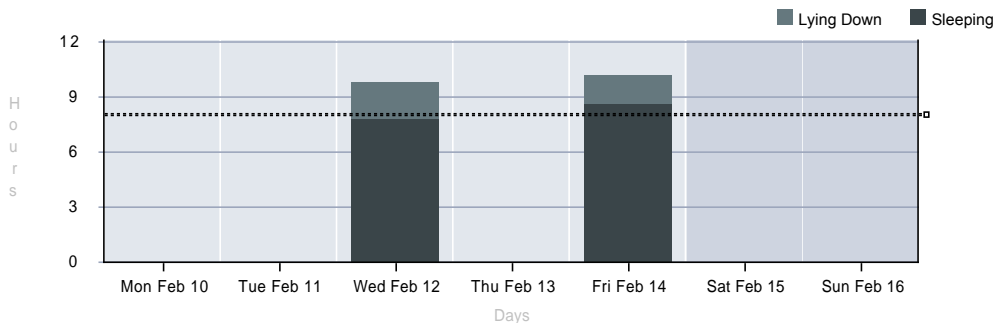
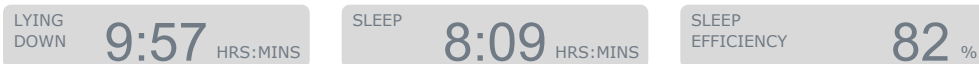


Number of Steps By Day

Daily Average: 8013 steps
Target: 8000 steps



Sleep Duration By Day



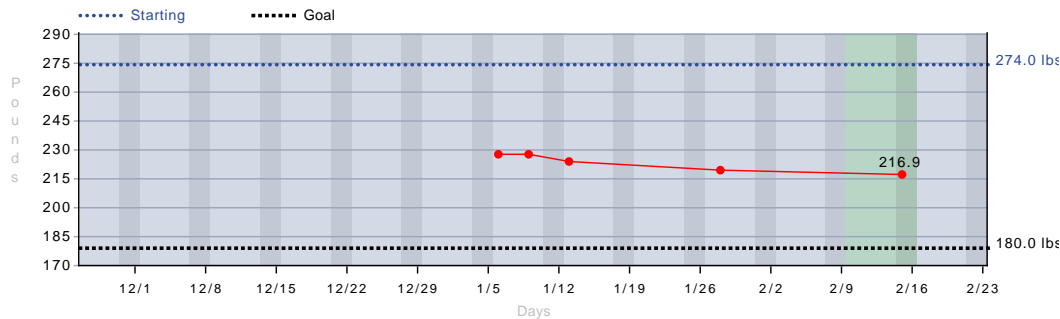
Comments



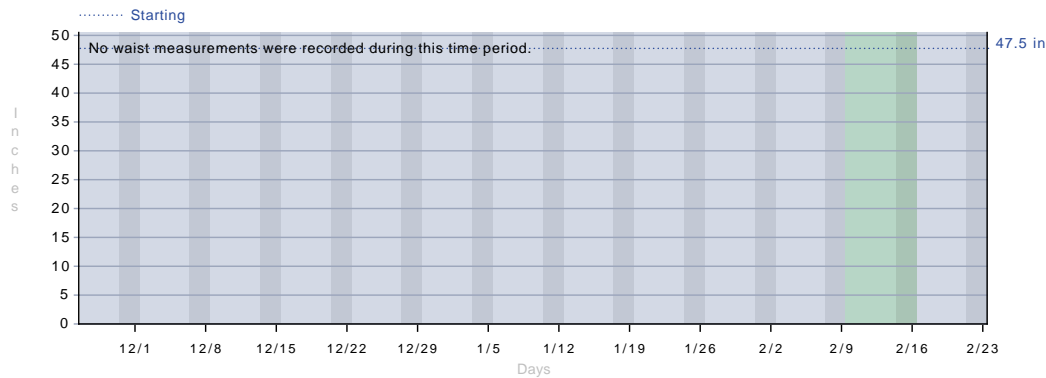
PERSONAL REPORT | MON, FEB 10, 2014 - SUN, FEB 16, 2014

PAGE 4 of 4

Weight



Waist Circumference



Comments