



# PERSONAL REPORT | MON, FEB 17, 2014 - SUN, FEB 23, 2014

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## Personal Information

## Program Usage

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

**Hours Worn**  
**11.7 hours** per day

**Meals Logged**  
**5.3 meals** per day

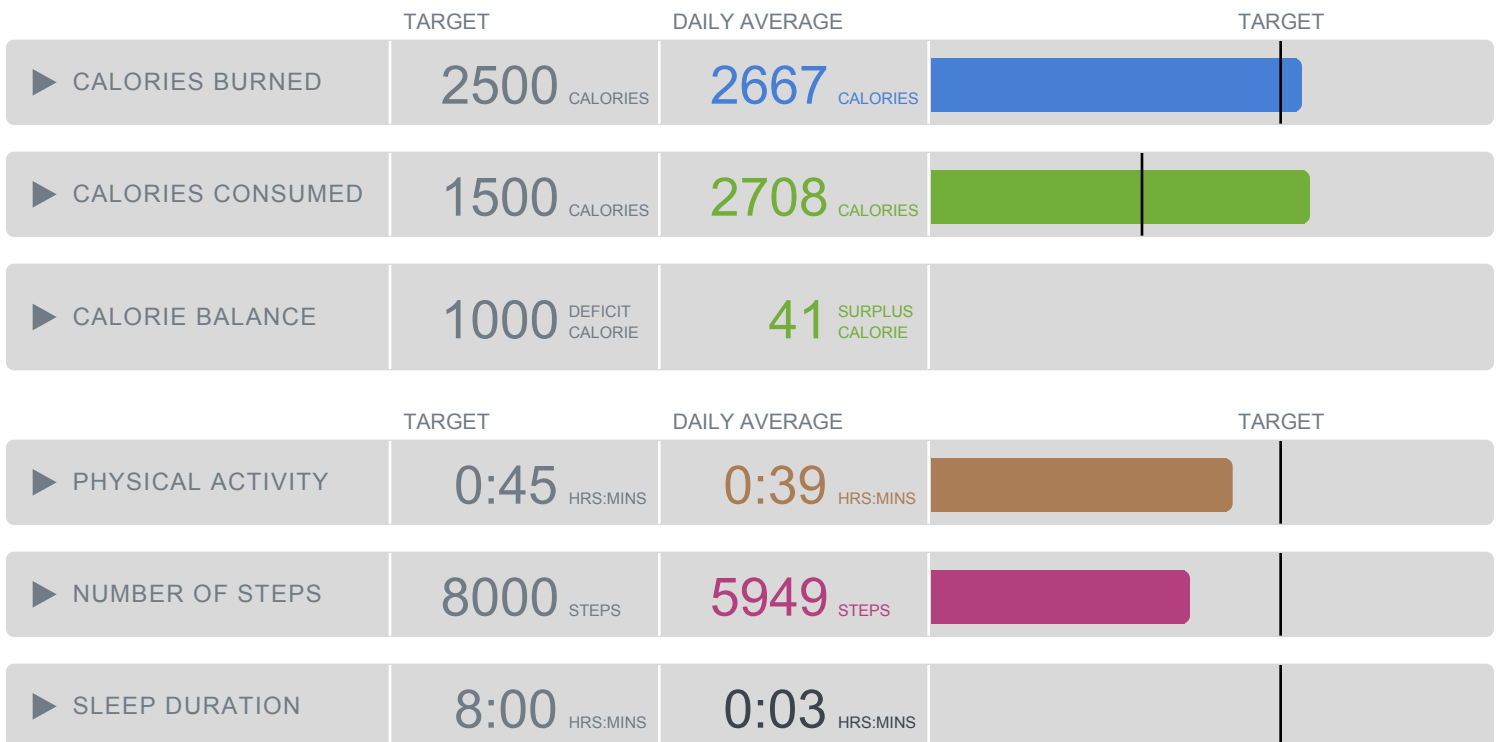
**Weight checked**  
**0** per week



## Performance Summary

Average values for selected time span

Time span: 7 days  
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Comments

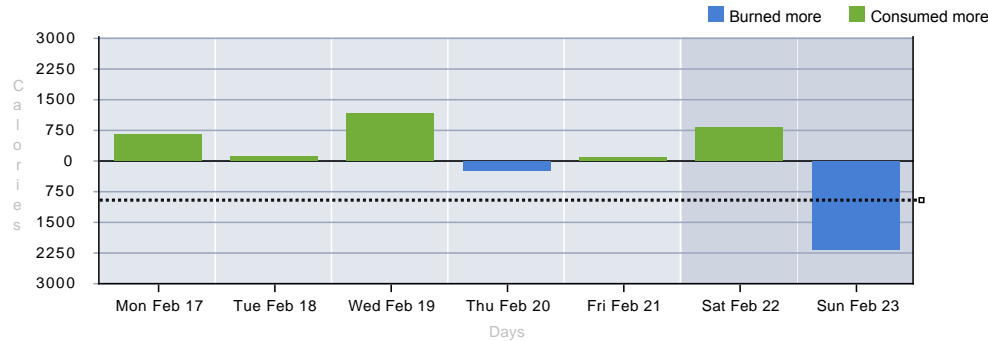


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## Calorie Balance By Day

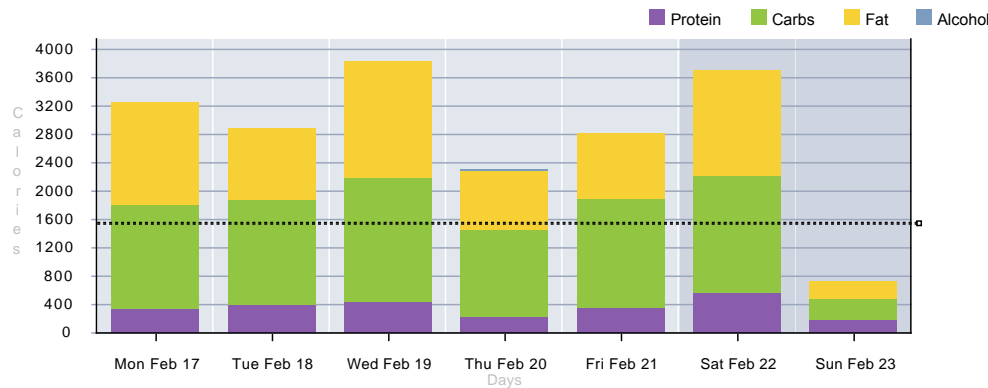
Daily Average: 41 calorie surplus  
Target: 1000 calorie deficit



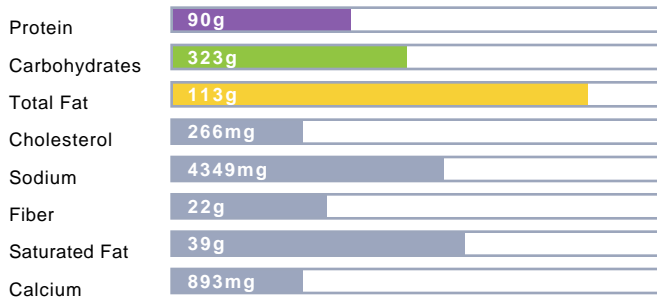
Comments

## Calorie Consumption By Day

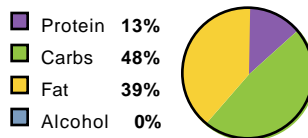
Daily Average: 2708 calories  
Target: 1500 calories



## Daily Average of Nutrients for Logged Meals

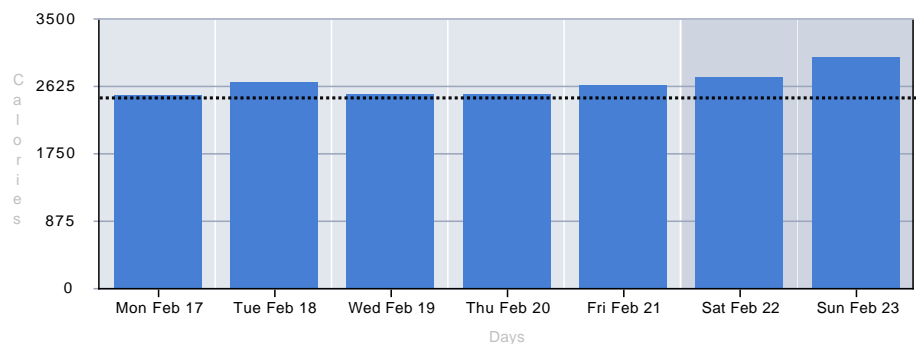


## Where your calories come from



## Calorie Expenditure By Day

Daily Average: 2667 calories  
Target: 2500 calories

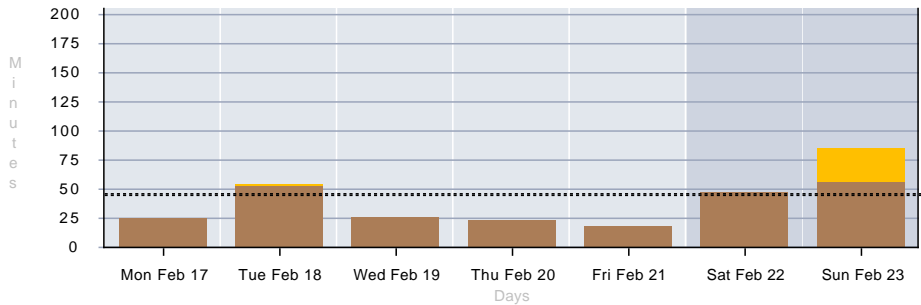
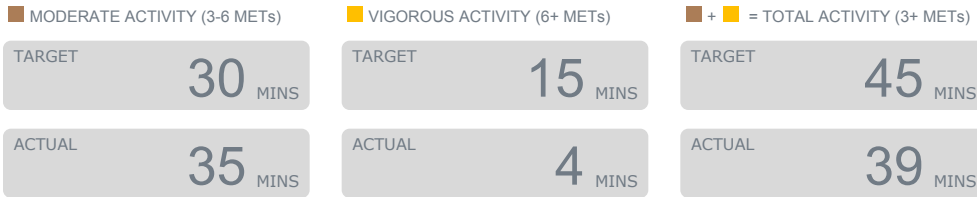




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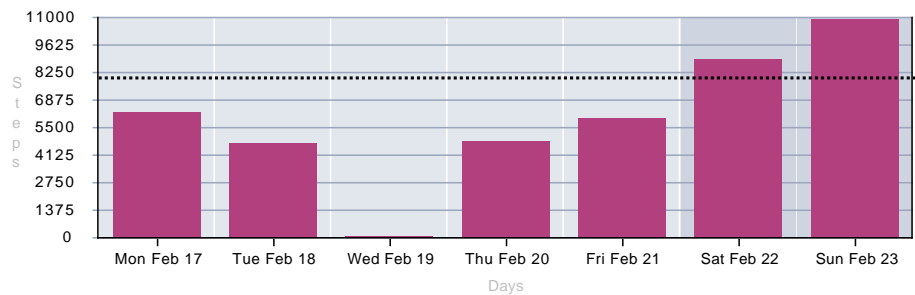
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## Physical Activity By Day

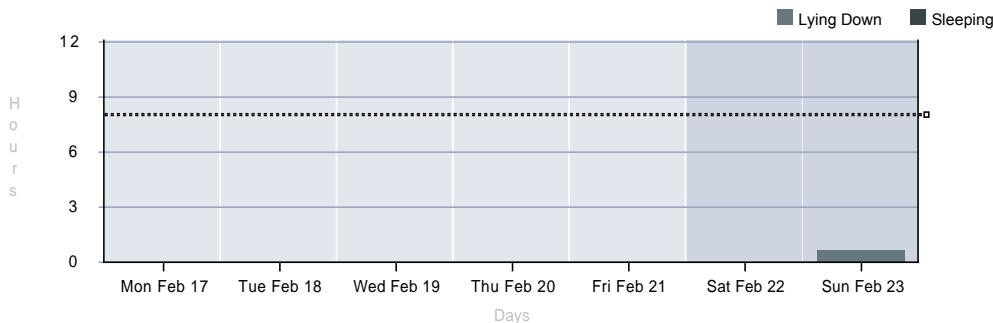


## Number of Steps By Day

Daily Average: 5949 steps  
Target: 8000 steps



## Sleep Duration By Day



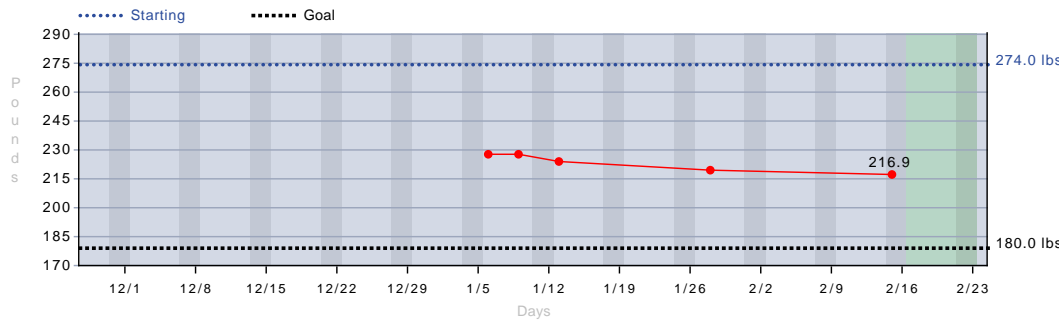
Comments



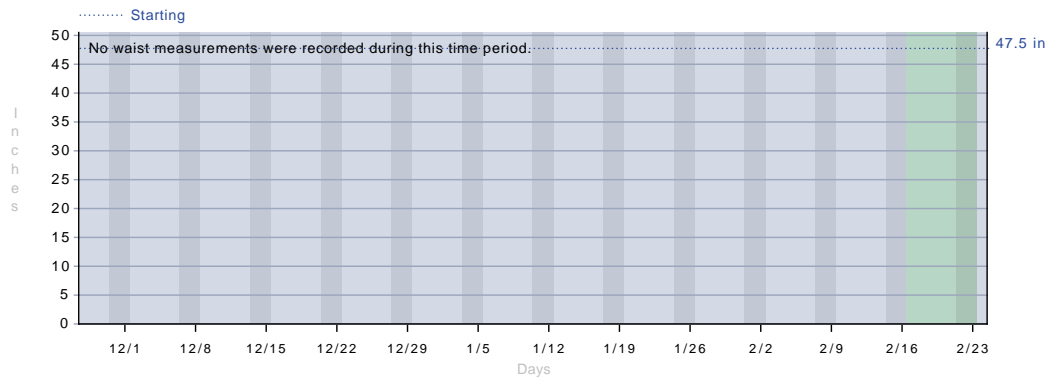
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## Weight



## Waist Circumference



Comments