



PERSONAL REPORT | MON, FEB 24, 2014 - SUN, MAR 2, 2014

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Personal Information

Program Usage

Name: Blanca Jenne  
Gender: Female  
Age: 44  
Weight: 218.5 lbs  
Height: 5 feet, 4 inches  
BMI: 37.51

Hours Worn  
**14.8 hours** per day

Meals Logged  
**5.1 meals** per day

Weight checked  
**1** per week

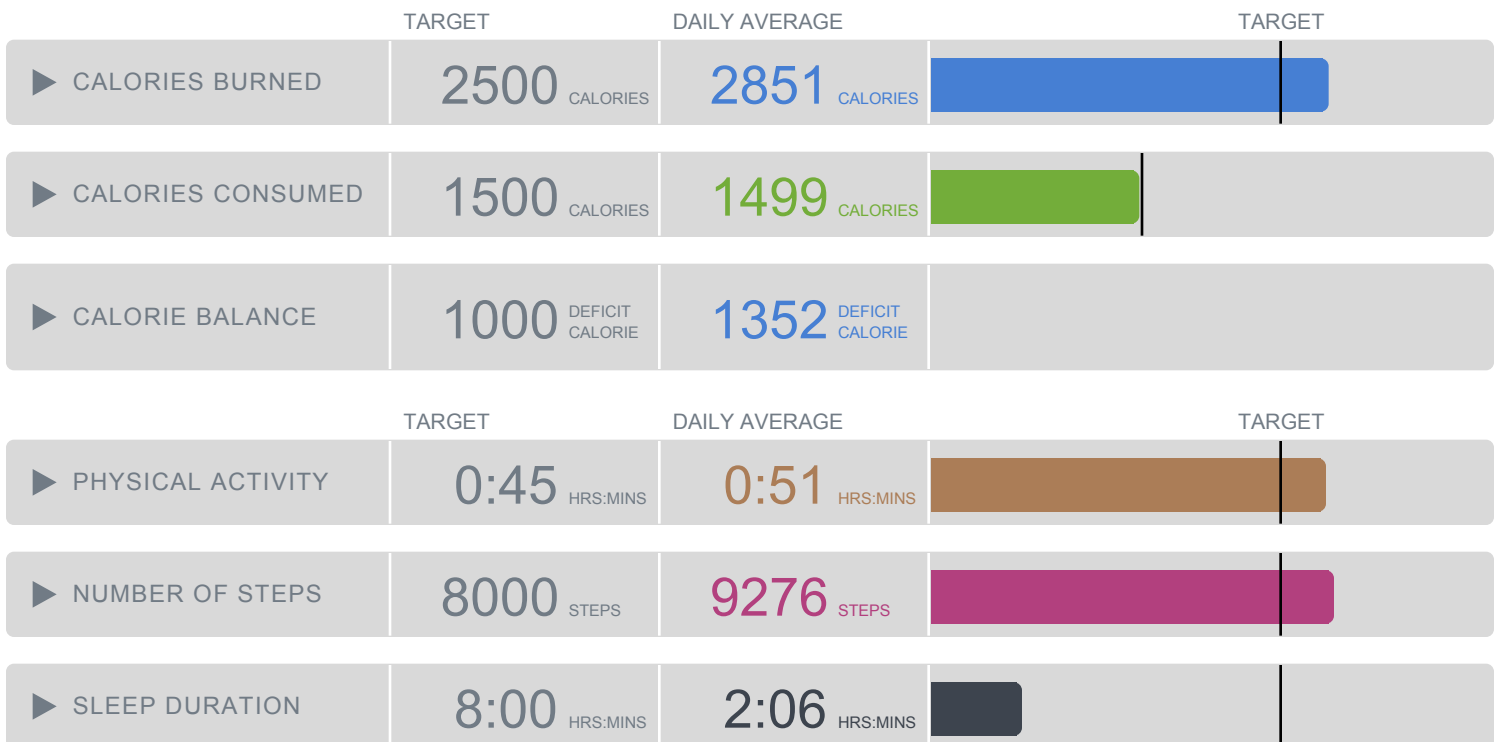


Performance Summary

Average values for selected time span

Time span: 7 days

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Comments

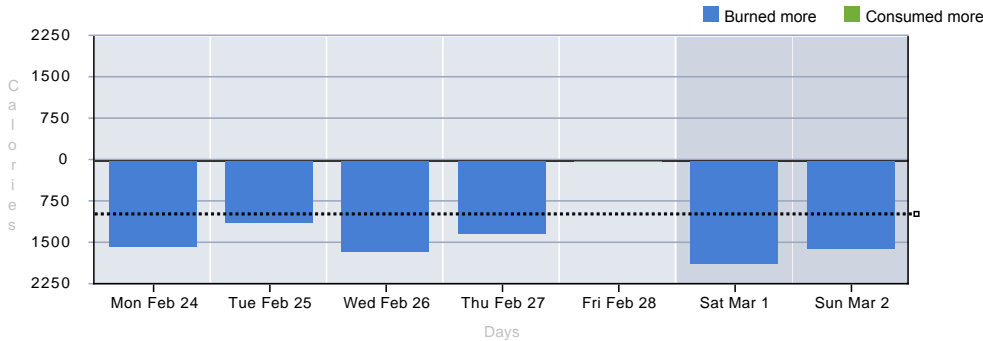


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## Calorie Balance By Day

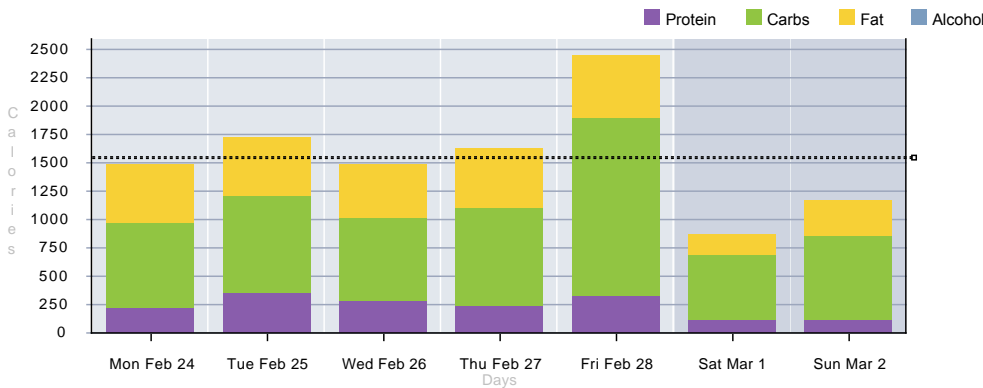
Daily Average: 1352 calorie deficit  
Target: 1000 calorie deficit



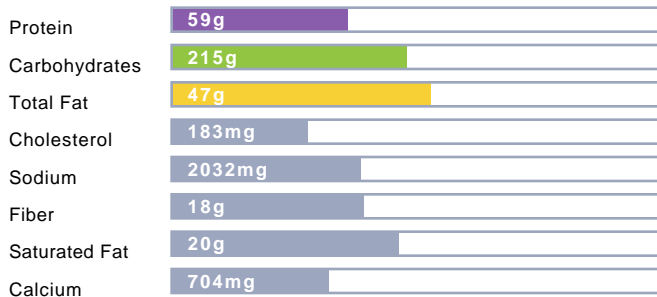
Comments

## Calorie Consumption By Day

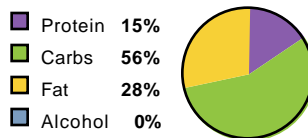
Daily Average: 1499 calories  
Target: 1500 calories



## Daily Average of Nutrients for Logged Meals

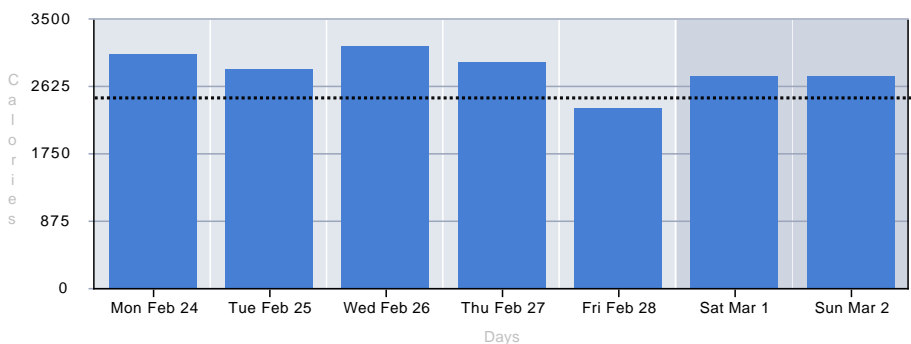


## Where your calories come from



## Calorie Expenditure By Day

Daily Average: 2851 calories  
Target: 2500 calories





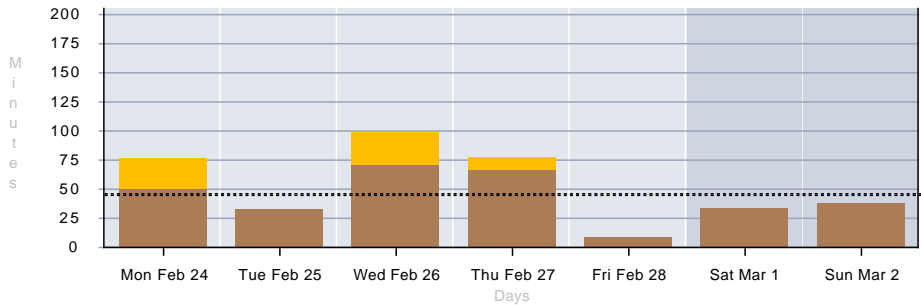
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## Physical Activity By Day

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

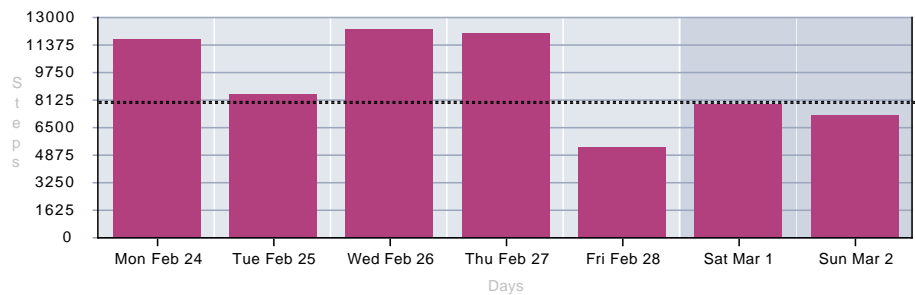
TARGET	30 MINS	TARGET	15 MINS	TARGET	45 MINS
ACTUAL	42 MINS	ACTUAL	9 MINS	ACTUAL	51 MINS



Comments

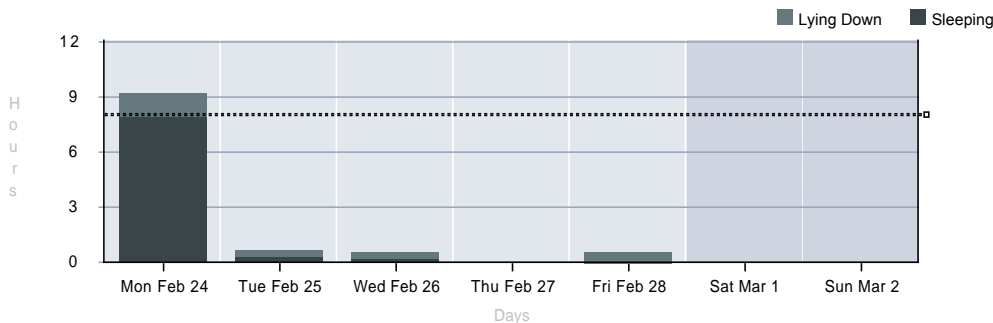
## Number of Steps By Day

Daily Average: 9276 steps  
Target: 8000 steps



## Sleep Duration By Day

LYING DOWN	2:47 HRS:MINS	SLEEP	2:06 HRS:MINS	SLEEP EFFICIENCY	57 %
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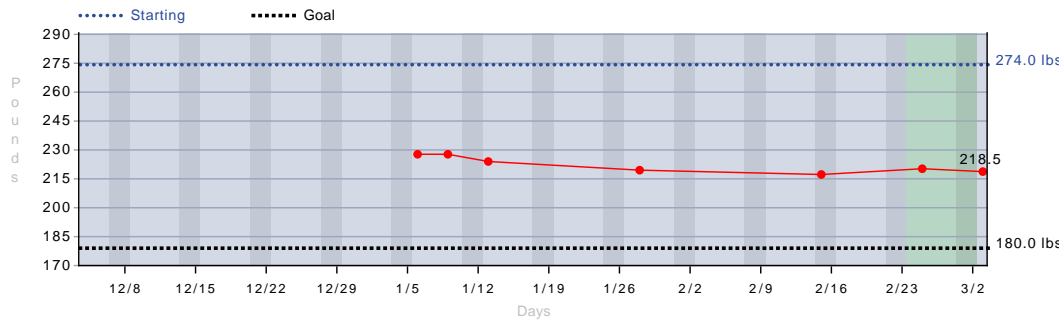




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## Weight



Comments

## Waist Circumference

