



PERSONAL REPORT | THU, DEC 31, 2009 - WED, JAN 6, 2010



Personal Information

Program Usage

<p>Name: Allison Sanders</p> <p>Gender: Female</p> <p>Age: 35</p> <p>Weight: 257.6 lbs</p> <p>Height: 5 feet, 2 inches</p> <p>BMI: 47.12</p>	<p>Hours Worn</p> <p>23.3 hours per day</p>	<p>Meals Logged</p> <p>3.9 meals per day</p>
		<p>Weight checked</p> <p>1 per week</p>



Performance Summary
Average values for selected time span

Time span: 7 days
THU, DEC 31, 2009 - WED, JAN 6, 2010

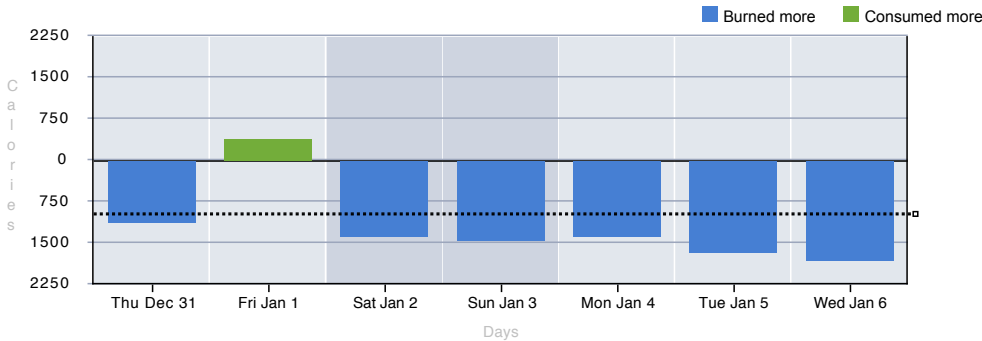
	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	2500 CALORIES	2656 CALORIES	
▶ CALORIES CONSUMED	1500 CALORIES	1401 CALORIES	
▶ CALORIE BALANCE	1000 DEFICIT CALORIE	1255 DEFICIT CALORIE	
▶ PHYSICAL ACTIVITY	0:30 HRS:MINS	0:39 HRS:MINS	
▶ NUMBER OF STEPS	5000 STEPS	5022 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	7:18 HRS:MINS	

Comments



Calorie Balance By Day

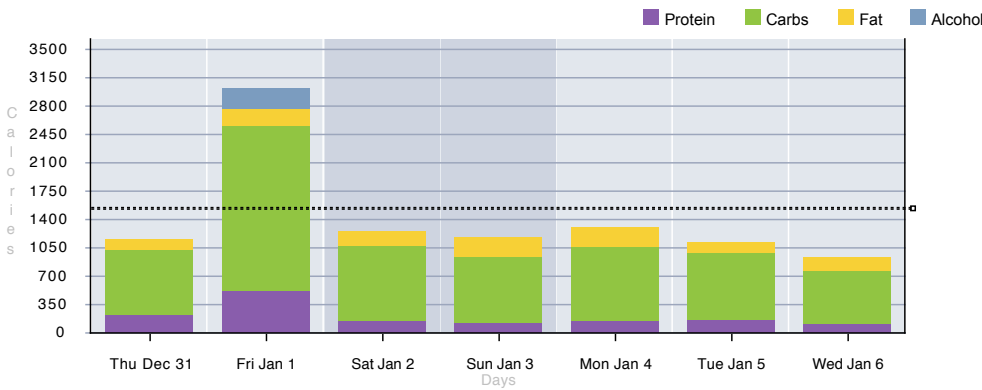
Daily Average: 1255 calorie deficit
Target: 1000 calorie deficit



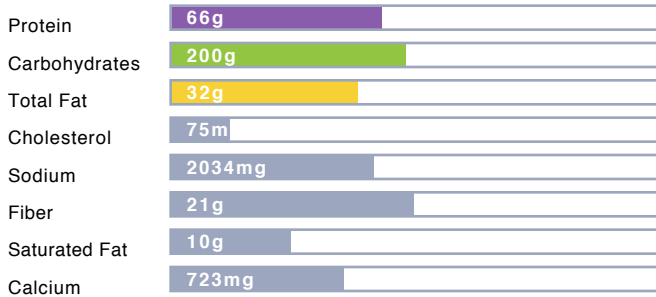
Comments

Calorie Consumption By Day

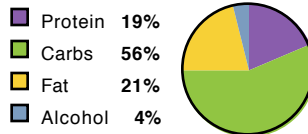
Daily Average: 1401 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

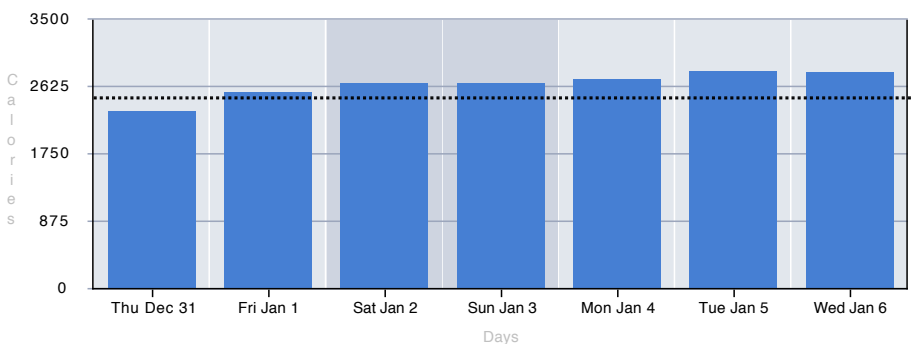


Where your calories come from



Calorie Expenditure By Day

Daily Average: 2656 calories
Target: 2500 calories



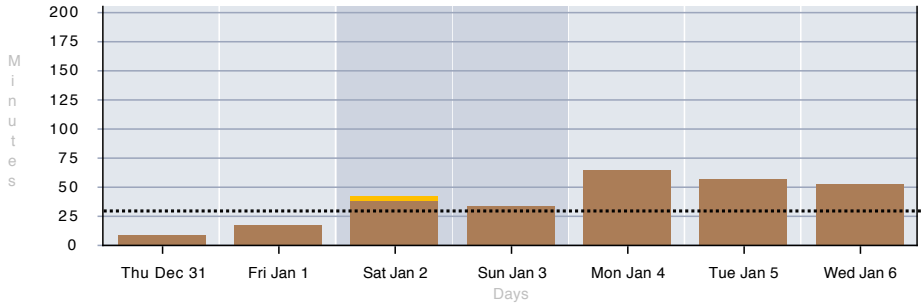


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Physical Activity By Day

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

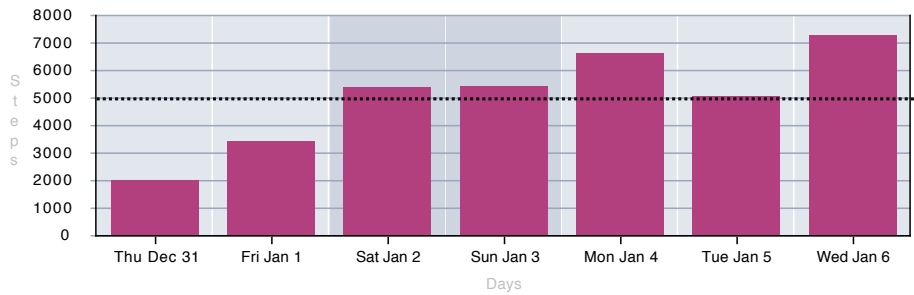
TARGET	30 MINS	TARGET	0 MINS	TARGET	30 MINS
ACTUAL	38 MINS	ACTUAL	1 MINS	ACTUAL	39 MINS



Comments

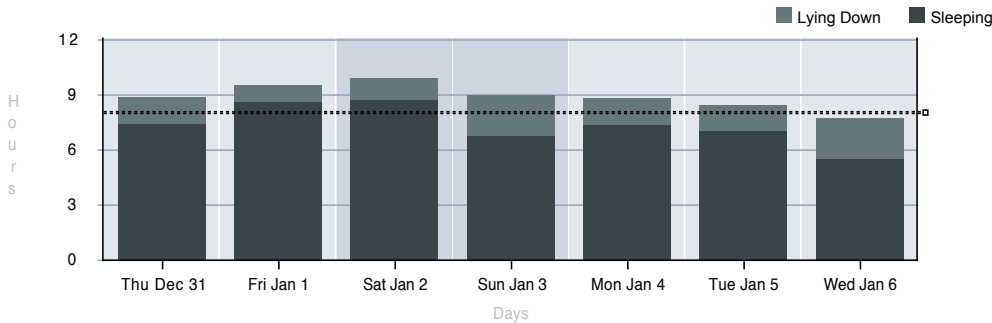
Number of Steps By Day

Daily Average: 5022 steps
Target: 5000 steps



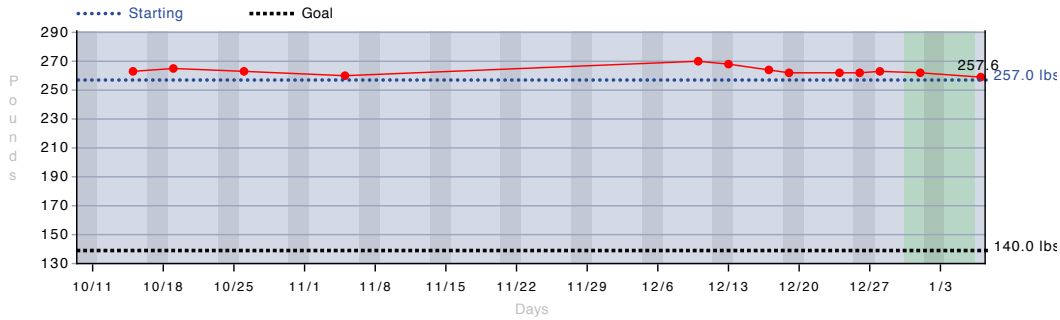
Sleep Duration By Day

LYING DOWN	8:51 HRS:MINS	SLEEP	7:18 HRS:MINS	SLEEP EFFICIENCY	82 %
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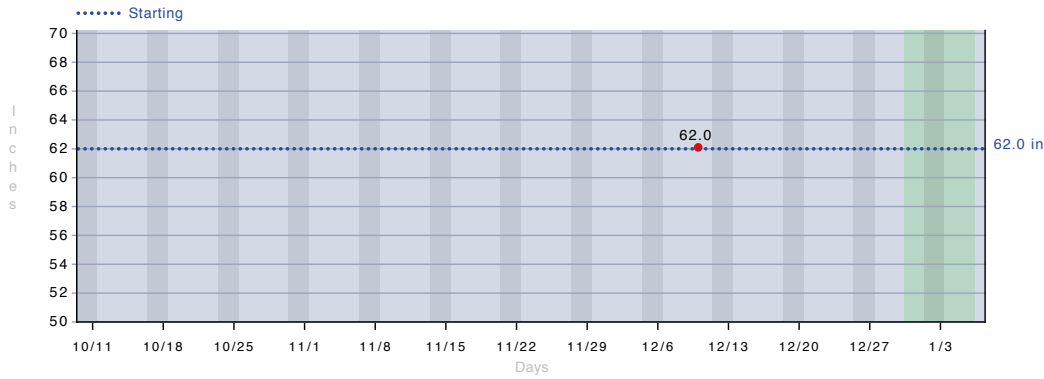




Weight



Waist Circumference



Comments