



PERSONAL REPORT | THU, DEC 10, 2009 - WED, DEC 16, 2009



Personal Information

Program Usage

<p>Name: Allison Sanders</p> <p>Gender: Female</p> <p>Age: 35</p> <p>Weight: 266.4 lbs</p> <p>Height: 5 feet, 2 inches</p> <p>BMI: 48.72</p>	<p>Hours Worn</p> <p>23.4 hours per day</p>	<p>Meals Logged</p> <p>5.3 meals per day</p>
		<p>Weight checked</p> <p>2 per week</p>



Performance Summary

Average values for selected time span

Time span: 7 days

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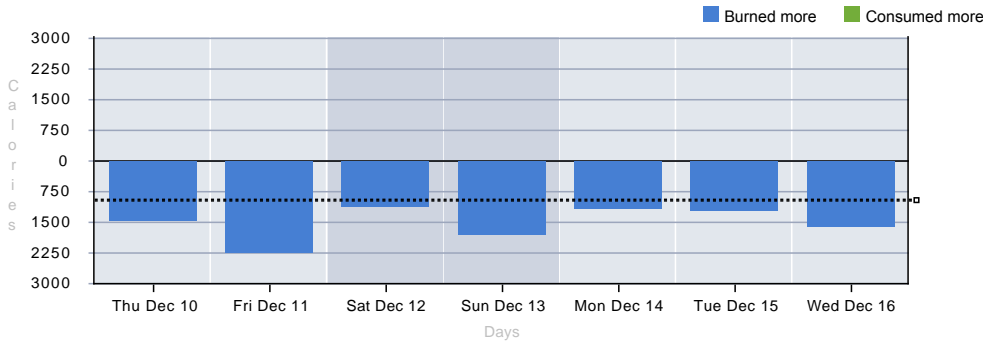
	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	2500 CALORIES	2723 CALORIES	
▶ CALORIES CONSUMED	1500 CALORIES	1131 CALORIES	
▶ CALORIE BALANCE	1000 DEFICIT CALORIE	1592 DEFICIT CALORIE	You are on a weight loss trend
	TARGET	DAILY AVERAGE	TARGET
▶ PHYSICAL ACTIVITY	0:30 HRS:MINS	0:37 HRS:MINS	
▶ NUMBER OF STEPS	5000 STEPS	5115 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	7:17 HRS:MINS	

Comments

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Calorie Balance By Day

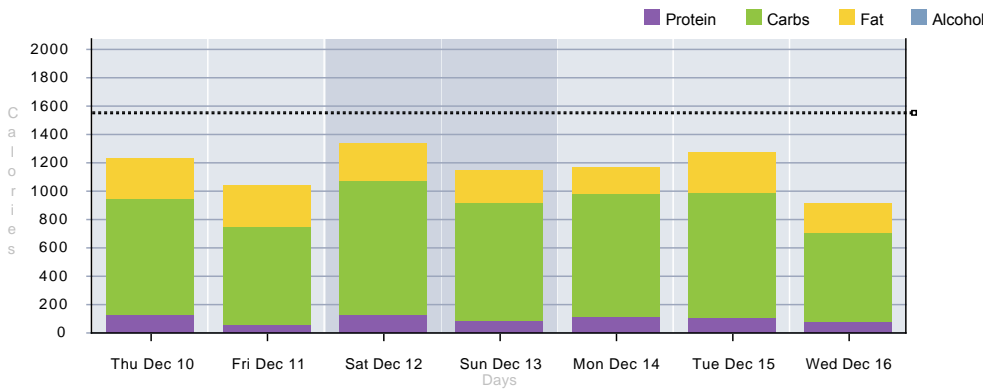
Daily Average: 1592 calorie deficit
Target: 1000 calorie deficit



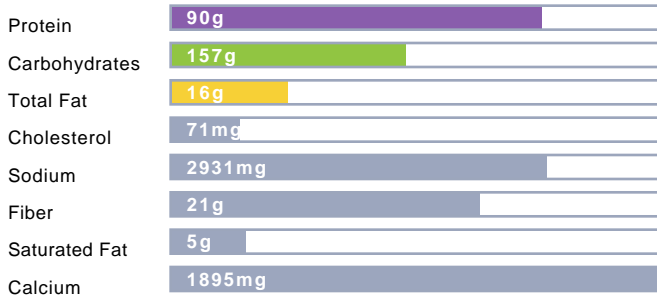
Comments

Calorie Consumption By Day

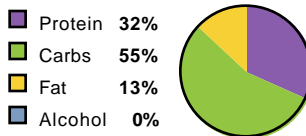
Daily Average: 1131 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

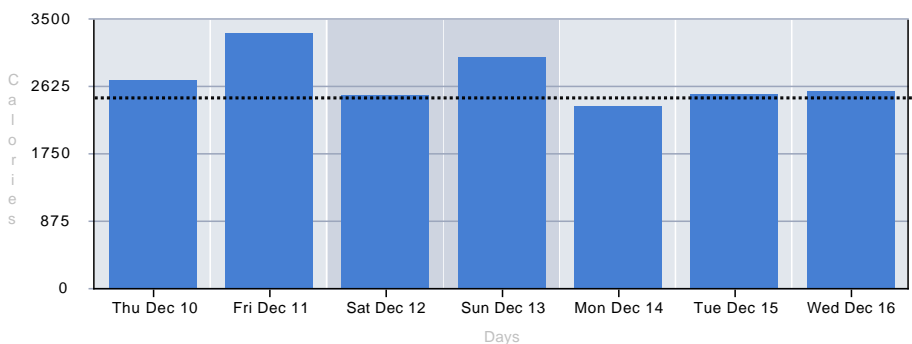


Where your calories come from



Calorie Expenditure By Day

Daily Average: 2723 calories
Target: 2500 calories



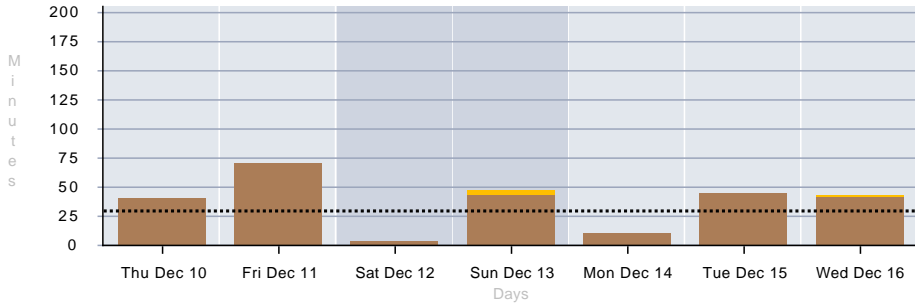


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Physical Activity By Day

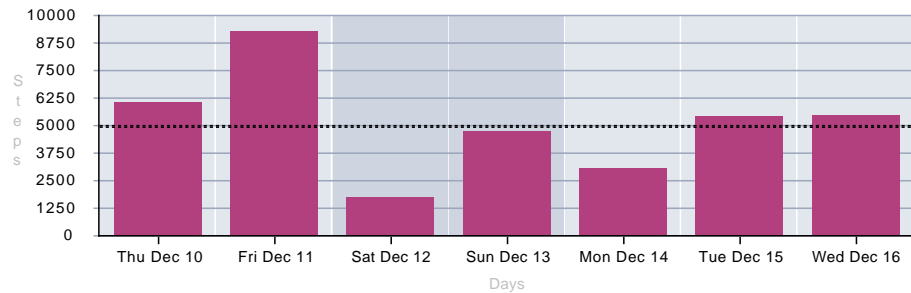
■ MODERATE ACTIVITY (3-6 METs)
 ■ VIGOROUS ACTIVITY (6+ METs)
 ■ + ■ = TOTAL ACTIVITY (3+ METs)

TARGET	30 MINS	TARGET	0 MINS	TARGET	30 MINS
ACTUAL	36 MINS	ACTUAL	1 MINS	ACTUAL	37 MINS



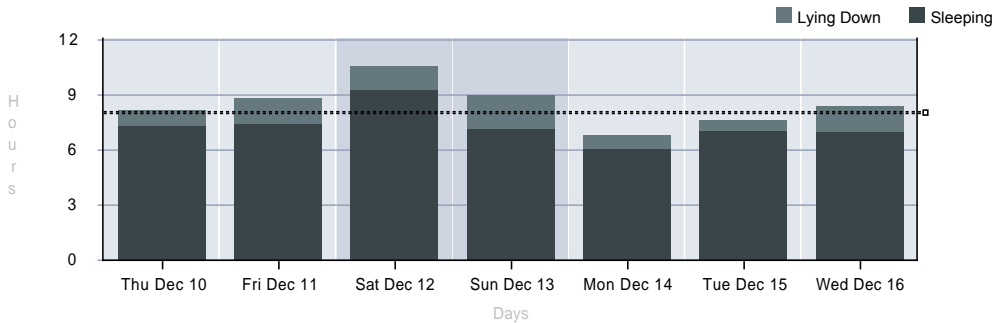
Number of Steps By Day

Daily Average: 5115 steps
Target: 5000 steps



Sleep Duration By Day

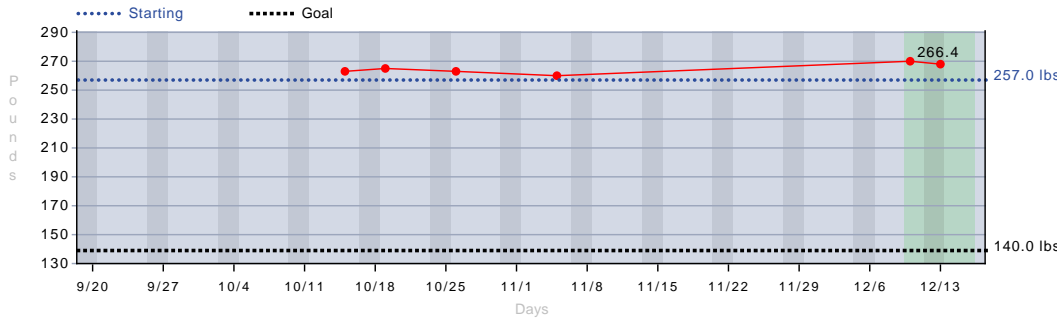
LYING DOWN	8:26 HRS:MINS	SLEEP	7:17 HRS:MINS	SLEEP EFFICIENCY	87 %
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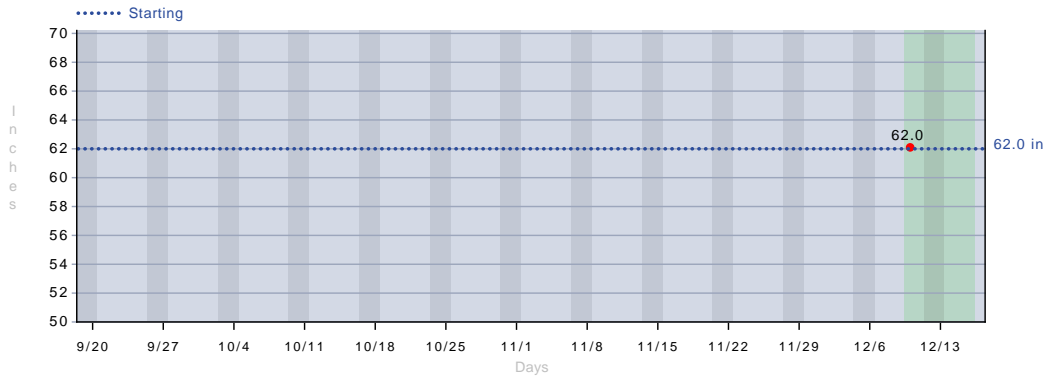
Comments



Weight



Waist Circumference



Comments