



PERSONAL REPORT | THU, DEC 17, 2009 - WED, DEC 23, 2009

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Personal Information

Program Usage

Name: Allison Sanders
Gender: Female
Age: 35
Weight: 260.5 lbs
Height: 5 feet, 2 inches
BMI: 47.65

Hours Worn
23.6 hours per day

Meals Logged
3.7 meals per day

Weight checked
2 per week

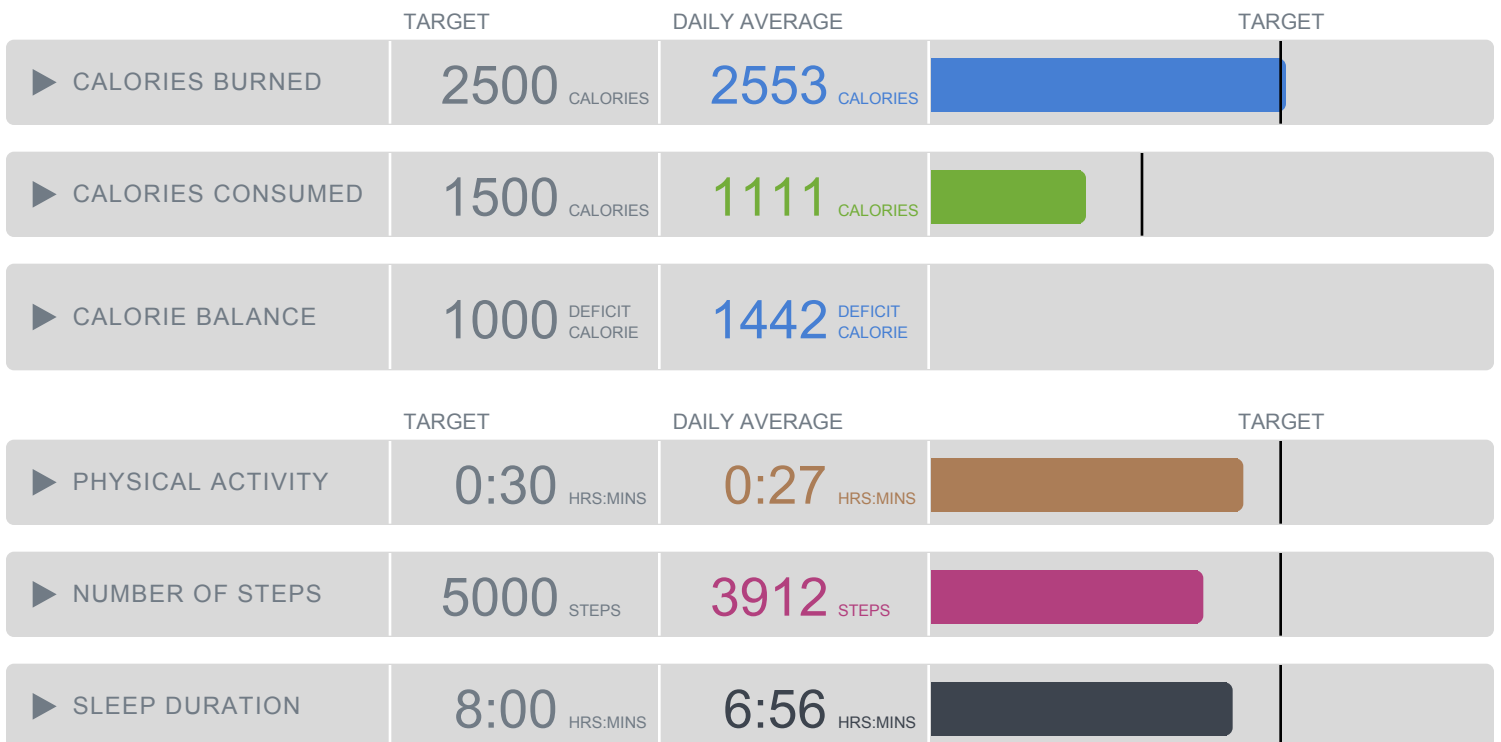


Performance Summary

Average values for selected time span

Time span: 7 days

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Comments

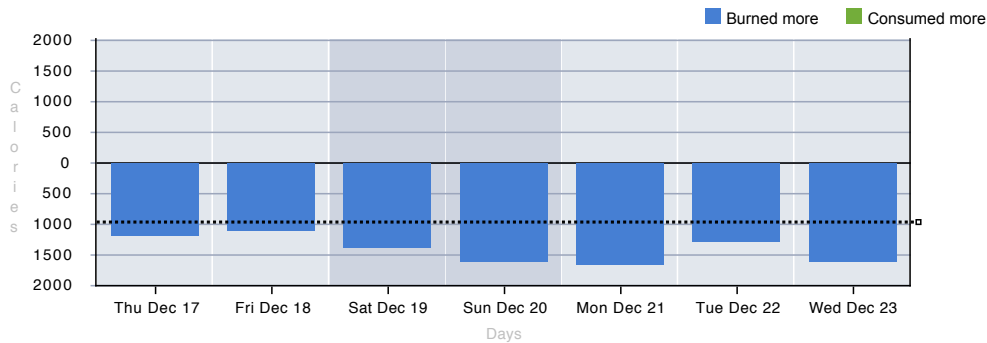


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Calorie Balance By Day

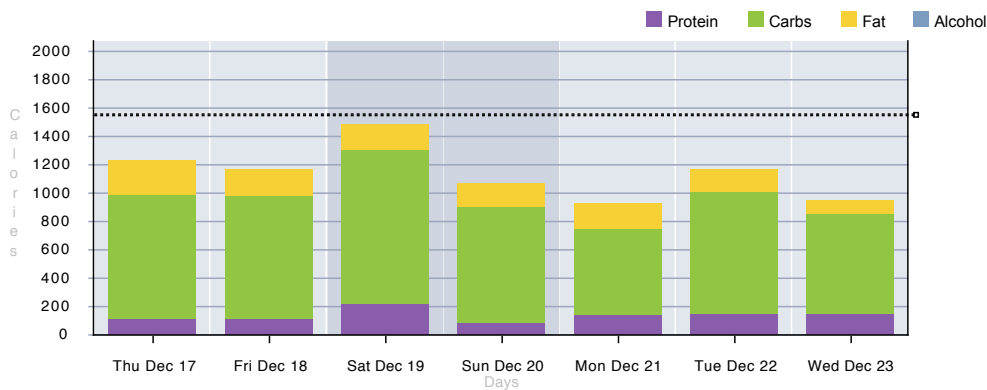
Daily Average: 1442 calorie deficit
Target: 1000 calorie deficit



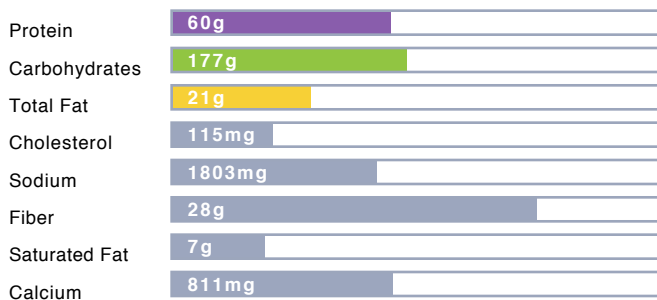
Comments

Calorie Consumption By Day

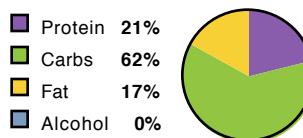
Daily Average: 1111 calories
Target: 1500 calories



Daily Average of Nutrients for Logged Meals

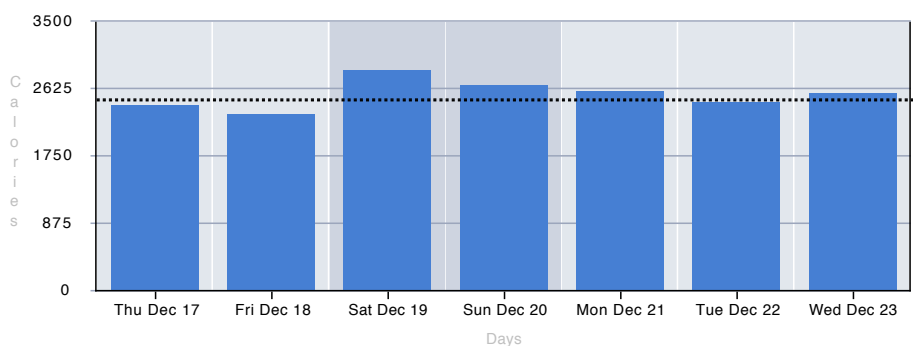


Where your calories come from



Calorie Expenditure By Day

Daily Average: 2553 calories
Target: 2500 calories

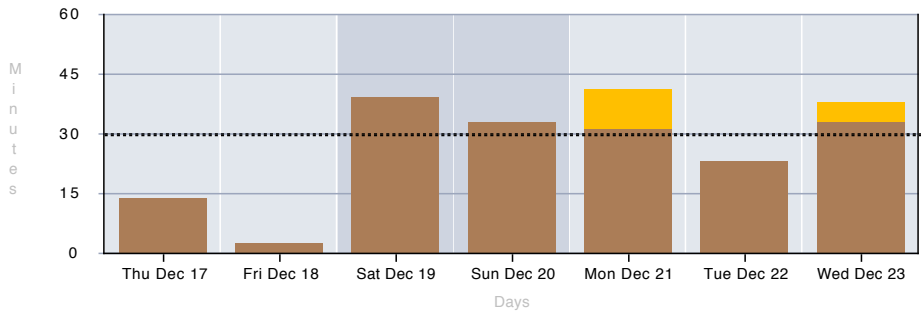
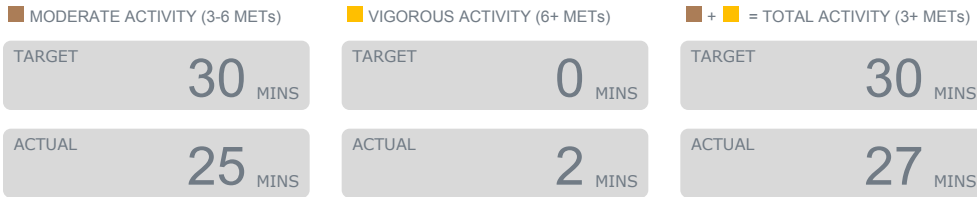




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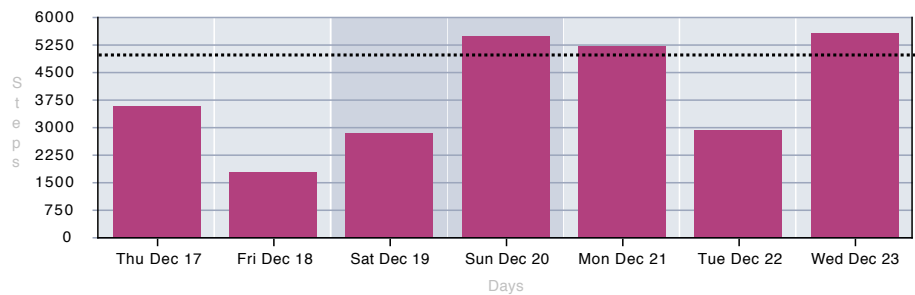
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Physical Activity By Day

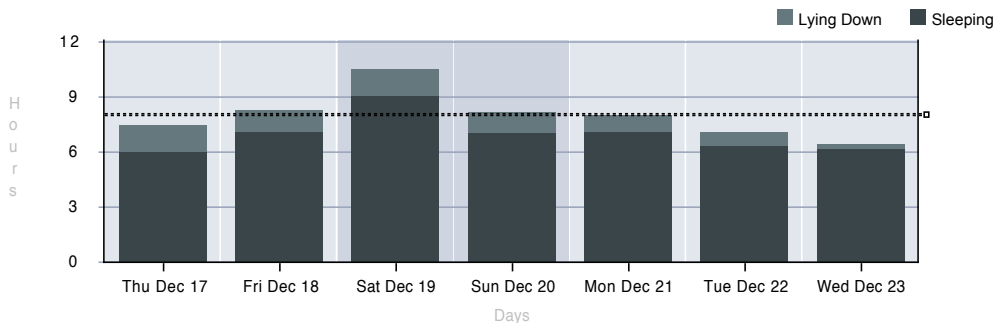
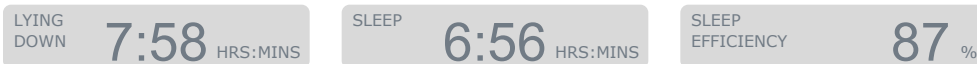


Number of Steps By Day

Daily Average: 3912 steps
Target: 5000 steps



Sleep Duration By Day



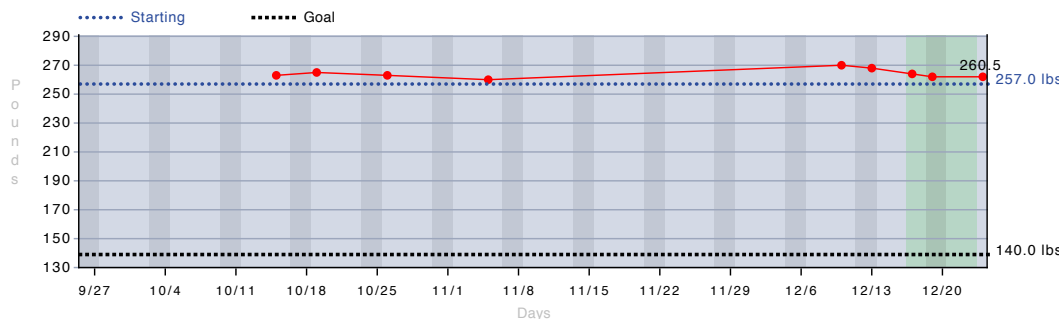
Comments



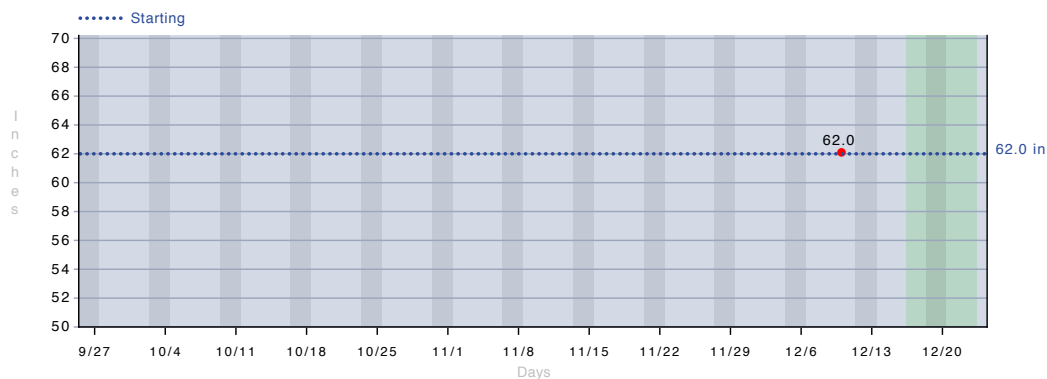
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Weight



Waist Circumference



Comments