



PERSONAL REPORT | THU, DEC 24, 2009 - WED, DEC 30, 2009



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><b>23.4 hours</b> per day</p>	<p>Meals Logged</p> <p><b>4.4 meals</b> per day</p>
		<p>Weight checked</p> <p><b>3</b> per week</p>



Performance Summary

Average values for selected time span

Time span: 7 days

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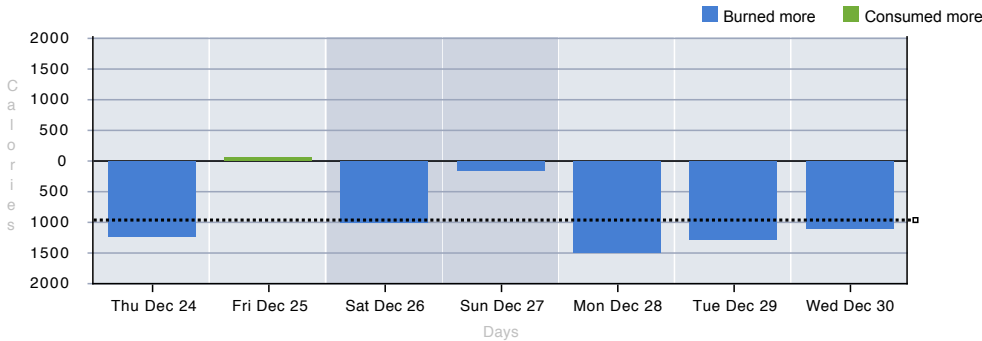
	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	2500 CALORIES	2447 CALORIES	
▶ CALORIES CONSUMED	1500 CALORIES	1519 CALORIES	
▶ CALORIE BALANCE	1000 DEFICIT CALORIE	928 DEFICIT CALORIE	You are on a weight loss trend
	TARGET	DAILY AVERAGE	TARGET
▶ PHYSICAL ACTIVITY	0:30 HRS:MINS	0:13 HRS:MINS	
▶ NUMBER OF STEPS	5000 STEPS	2663 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	7:17 HRS:MINS	

Comments



### Calorie Balance By Day

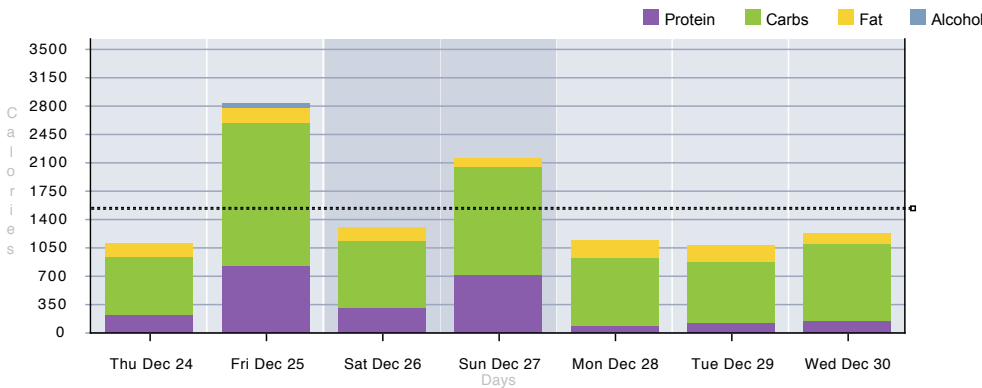
Daily Average: 928 calorie deficit  
Target: 1000 calorie deficit



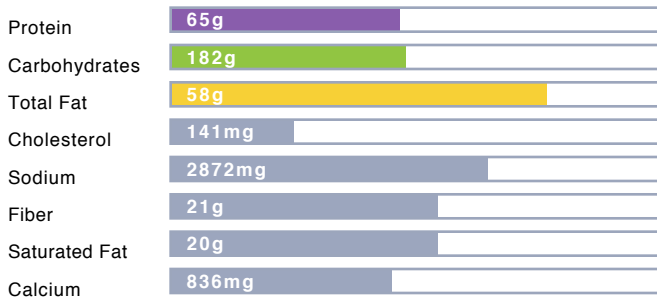
Comments

### Calorie Consumption By Day

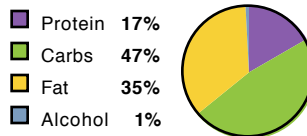
Daily Average: 1519 calories  
Target: 1500 calories



### Daily Average of Nutrients for Logged Meals

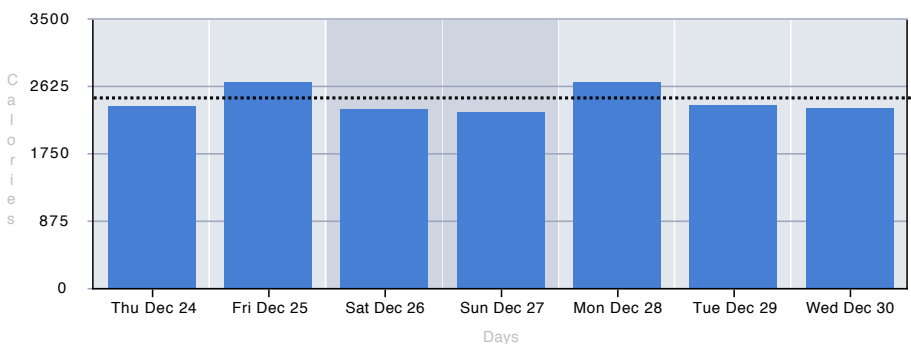


### Where your calories come from



### Calorie Expenditure By Day

Daily Average: 2447 calories  
Target: 2500 calories



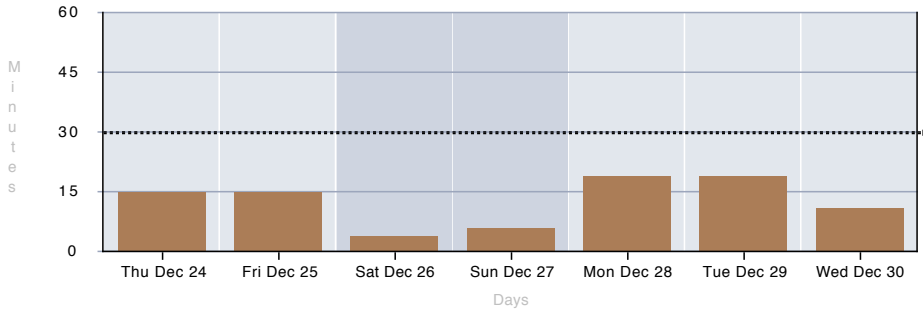


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Physical Activity By Day

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

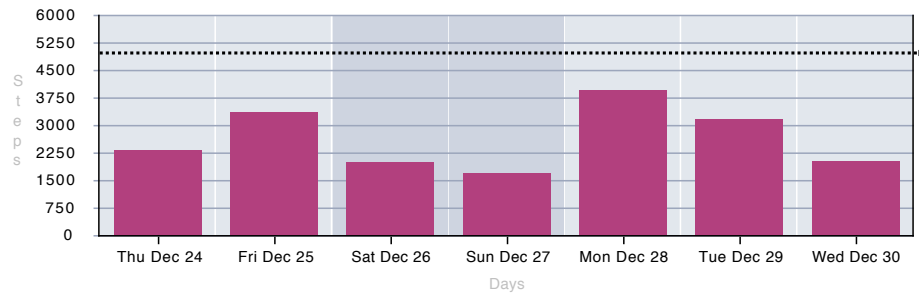
TARGET	30 MINS	TARGET	0 MINS	TARGET	30 MINS
ACTUAL	13 MINS	ACTUAL	0 MINS	ACTUAL	13 MINS



Comments

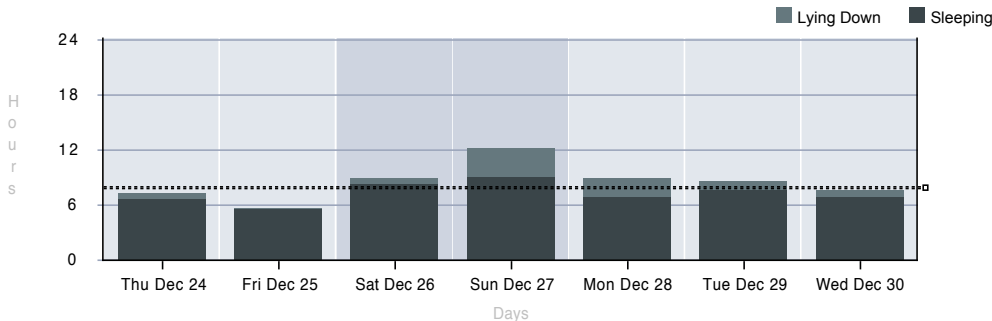
Number of Steps By Day

Daily Average: 2663 steps  
Target: 5000 steps



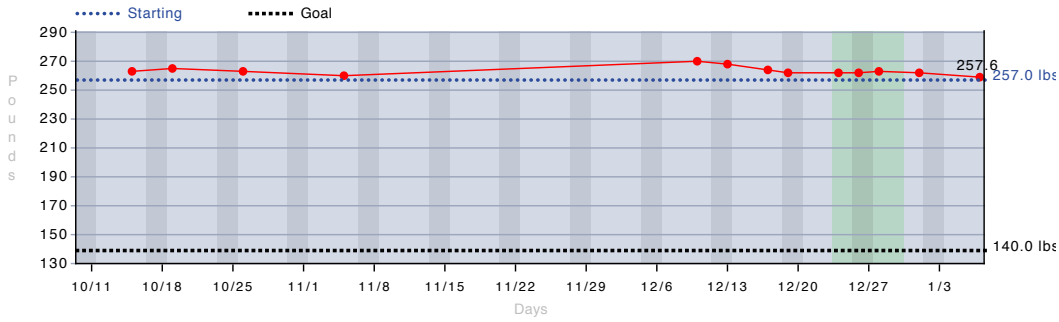
Sleep Duration By Day

LYING DOWN	8:28 HRS:MINS	SLEEP	7:17 HRS:MINS	SLEEP EFFICIENCY	87 %
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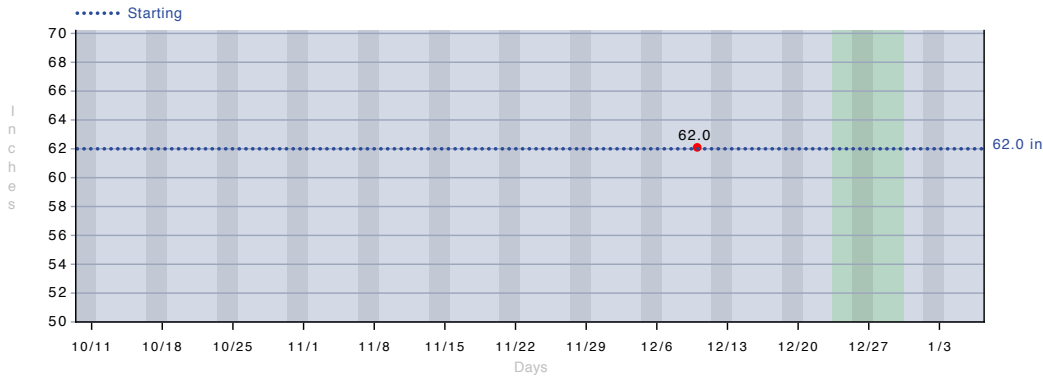




### Weight



### Waist Circumference



Comments