



PERSONAL REPORT | FRI, JAN 16, 2015 - THU, JAN 29, 2015

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Personal Information

Program Usage

Name: Angelika Woring
Gender: Female
Age: 54
Weight: 119,8 lbs
Height: 5 feet, 5 inches
BMI: 19,94

Hours Worn
21,2 hours per day

Meals Logged
1 meals per day

Weight checked
7 per week



Performance Summary

Average values for selected time span

Time span: 14 days

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	TARGET	DAILY AVERAGE	TARGET
▶ CALORIES BURNED	1850 CALORIES	1820 CALORIES	
▶ CALORIES CONSUMED	1350 CALORIES	1413 CALORIES	
▶ CALORIE BALANCE	500 DEFICIT CALORIE	407 DEFICIT CALORIE	
	TARGET	DAILY AVERAGE	TARGET
▶ PHYSICAL ACTIVITY	0:45 HRS:MINS	1:36 HRS:MINS	
▶ NUMBER OF STEPS	8000 STEPS	4358 STEPS	
▶ SLEEP DURATION	8:00 HRS:MINS	6:11 HRS:MINS	

Comments