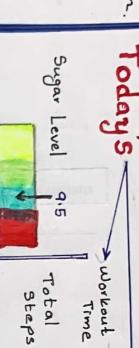


Shanmugarajah Rasiah. Age - 65 years meight - 59 Kg Sex- Male Hight - 162 cm



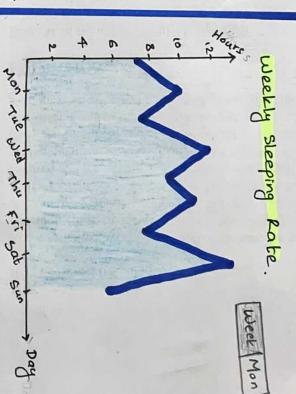
Total Steps Time 956

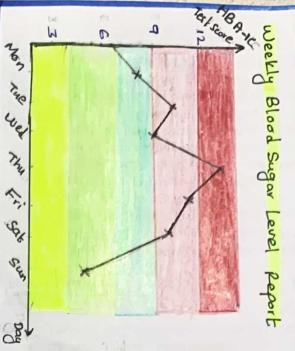
55 Min Total Sleeping Thiomin. Hours

Vibamin D (18 mg) > Fiber (25mg) → Dibamin C (125 mg)

-> Calcium (598mg)

Nutrition Intake





NO VE

WEEK MON

weekly workout status

Nutrition

Intake

Fiber

Corbohydrate

848 845

300

(8005)

(BB1) Cholosho

Fe squame

Fat( 1128)

(821)

55 mg April

plant

V. D V.E 70mg 60mg

fat

Protein (1209)

(Sec) CHO

> Vit, C 1 Som

