

NAGUIT, THOMAS ADRIAN M.
05/04/2023

175cm
107kg

19
M

2,074 Calories/day
3445 Calories
Mixed (on a diet right now)

Lose weight, getting around 90-80kg, especially since my family has a history of stroke.
Eat much healthier foods, and reduce carbs if possible
Make myself more active (both in sports, and in exercising), around 1-2 hours a day.

8.9

2020
nearly 5-6 months?

March 2023
1 year

Keto Diet
Manage to lose some weight, but hard to maintain, especially during pandemic

Low Carb Diet
As of the moment, still going strong, manage to lose weight (previously from 120kg to 107kg)

None at the moment
None at the moment



Various

Occasional (like parties)

More of meats, eggs, whole wheat breads, vegetables (stir fry)
Cabbages, SkyFlakes (Whole Wheat), Chicken, Pork, Onions
Ampalaya
Foods high in carbs (White Bread, White Rice)
Focusing on low carb diet

Varied, home-cooked, usually prepared

too bitter, not a fan

None.

