

Program name: pr1

Activity name: Running, Activity duration: 9, Activity intensity: 4

Activity name: eat, Activity duration: 6, Activity intensity: 8

Program name: Prog2

Activity name: Running, Activity duration: 9, Activity intensity: 4

Activity name: eat, Activity duration: 6, Activity intensity: 8

Diet name: Diet1

Food name: Ceapa, Food prep duration: 1, Food calorie count: 60

Food name: mici, Food prep duration: 7, Food calorie count: 50