

Sleep Schedule and Nutrition Report

Name: Anurag Porel

Age:19.0

Sex:M

System: Metric

Weight: 69.0 kg

Height: 165 cm

Activity Status: Sedentary

Program: Maintain Weight

Work Start Time : 10:30:00

Work End Time : 17:30:00

Preparation Time After Waking Up : 1.5 hrs.

Refresh Time After Work : 2.0 hrs.

Buffer Time Before Sleep : 30 mins.

Sleep Report

Daily Required Sleep Hour : 7.5 hrs.

Number of Sleep Cycles (90 min each) : 5

Your Customised Sleeping Slots:

Sleep: 19:30:00 Wake: 03:30:00

Sleep: 20:00:00 Wake: 04:00:00

Sleep: 20:30:00 Wake: 04:30:00

Sleep: 21:00:00 Wake: 05:00:00

Sleep: 21:30:00 Wake: 05:30:00

Sleep: 22:00:00 Wake: 06:00:00

Sleep: 22:30:00 Wake: 06:30:00

Sleep: 23:00:00 Wake: 07:00:00

Sleep: 23:30:00 Wake: 07:30:00

Sleep: 00:00:00 Wake: 08:00:00

Sleep: 00:30:00 Wake: 08:30:00

Sleep: 01:00:00 Wake: 09:00:00

A Well Spent Day Bring Happy Sleep. Sweet Dreems.

Diet Report

Daily Calorie Requirement : 2055

Your Customised Nurtrient Distribution :

Carbohydrate : 257 gm

Protein : 128 gm

Fat : 57 gm
