

Weekly Report for week of 13 May 2019

Daily Summary

	Budget	Food	Exer.	Net	+/-	Weight
13 May 19	1 566	997	2 012	-1 015	-2 582	-
14 May 19	1 566	1 888	866	1 022	-544	-
15 May 19	1 566	1 929	1 149	780	-787	-
16 May 19	1 566	2 053	1 668	385	-1 182	-
17 May 19	1 566	1 539	2 807	-1 268	-2 834	-
18 May 19	1 566	4 246	-	4 246	2 680	-
19 May 19	1 566	692	3 414	-2 722	-4 288	-

9 538 calories under for the week

11 916 exercise calories burned this week

Lost **0** kilograms this week as measured from a starting weight of 89 kilograms on 12 Mayk

Nutrients

	Fat (g)	SatF (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sug (g)	Prot (g)
13 May 19	6*	0*	129*	1 223*	133*	13*	87*	102*
14 May 19	42*	21*	231*	1 810*	295*	24*	202*	66*
15 May 19	50*	21*	174*	1 188*	269*	17*	165*	77*
16 May 19	54	19	139	5 752	327	37	151	105
17 May 19	24*	15*	385*	2 009*	332*	15*	305*	34*
18 May 19	82*	23*	139*	9 185*	811*	35*	617*	114*
19 May 19	5*	0*	228*	1 245*	60*	17*	23*	125*
Totals	266	101	1 427	22 415	2 230	161	1 553	626
Daily Avg	38	14	203	3 202	318	23	221	89
Percent	17 %	-	-	-	65 %	-	-	18 %

* Incomplete nutrient data. Unknown macronutrient calories = 0 %.

Tip: You can copy and paste the above tables directly into Excel.

This report was generated with [Lose It!](#)