

Weekly Report for week of 27 May 2019

Daily Summary

	Budget	Food	Exer.	Net	+/-	Weight
27 May 19	1 552	1 564	2 418	-854	-2 406	-
28 May 19	1 552	1 785	1 577	208	-1 344	-
29 May 19	1 552	-	-	-	-	-
30 May 19	1 552	-	-	-	-	-
31 May 19	1 552	1 845	2 290	-445	-1 997	-
1 Jun 19	1 552	739	856	-117	-1 669	-
2 Jun 19	1 552	2 044	-	2 044	492	-

10 028 calories under for the week

7 141 exercise calories burned this week

Lost **0** kilograms this week as measured from a starting weight of 88 kilograms on 21 Mayk

Nutrients

	Fat (g)	SatF (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sug (g)	Prot (g)
27 May 19	14*	2*	7*	1 444*	356*	15*	331*	22*
28 May 19	24	6	32	2 580	375	16	291	39
29 May 19	-	-	-	-	-	-	-	-
30 May 19	-	-	-	-	-	-	-	-
31 May 19	50*	14*	137*	1 469*	311*	33*	224*	105*
1 Jun 19	2	0	11*	225	193	14	173	26
2 Jun 19	21*	1*	113*	3 029*	441*	22*	318*	54*
Totals	114	25	301	8 749	1 678	101	1 339	249
Daily Avg	16	3	43	1 249	239	14	191	35
Percent	12 %	-	-	-	77 %	-	-	11 %

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

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

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