

## Weekly Report for week of 20 May 2019

### Daily Summary

	Budget	Food	Exer.	Net	+/-	Weight
20 May 19	1 566	1 410	2 654	-1 244	-2 810	-
21 May 19	1 552	1 259	1 100	159	-1 393	88
22 May 19	1 552	2 223	1 019	1 204	-348	-
23 May 19	1 552	-	-	-	-	-
24 May 19	1 552	2 254	748	1 506	-46	-
25 May 19	1 552	1 740	4 404	-2 664	-4 216	-
26 May 19	1 552	1 084	2 338	-1 254	-2 806	-

**13 172** calories under for the week

**12 264** exercise calories burned this week

Lost **1** 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)
20 May 19	4	1	-*	147	326	31	224	29
21 May 19	31*	7*	110*	1 573*	174*	15*	84*	100*
22 May 19	93*	34*	53*	3 681*	286*	30*	147*	60*
23 May 19	-	-	-	-	-	-	-	-
24 May 19	108	38*	139*	1 787	245	16*	142	71
25 May 19	71	25*	57*	2 106	242	21	143	46
26 May 19	42*	19*	127*	1 496*	146*	28*	38*	53*
Totals	352	126	488	10 793	1 421	143	781	363
Daily Avg	50	18	69	1 541	203	20	111	51
Percent	31 %	-	-	-	55 %	-	-	14 %

\* 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!](#)