

## Calorie Assessment

A close-up picture of the Calories consumed.

### Profile Info

Personal: James Earley Male 21 yrs 6 ft 1 in 173 lb

Student Info: James Earley Pete Anderson 132 Online

Day(s): 2019 Apr 3, Apr 4, Apr 7 (Snack)

Activity Level: Low Active (Strive for an Active activity level.)

BMI: 22.8 Normal is 18.5 to 25.

Weight Change: None Best not to exceed 2 lbs per week.

### Calories to maintain current weight

Calories to maintain current weight	2957
Calorie adjustment for weight change of 0 lb (per week)	0
Goal Calories	2957

### Average Daily Intake & Expenditures

Average Intake	2145
Average Expenditure	2957

Calories For The Day	Goal	Intake	Assessment
Total Calories	2957	2145	Below Goal
Carbohydrates (45-65% Calories)	1331 to 1922	1117	Below Goal
Protein (10-35% Calories)	296 to 1035	412	In Range
Fat (20-35% Calories)	591 to 1035	615	In Range