

Personal Report

Dosbon, Emily



Welcome aboard, Emily. Based on your submitted biometric and lifestyle data, we've generated your personalized roadmap for reaching peak physical and cognitive performance.

DASHBOARD

<div><u>Information</u></div> <div>Sex: F</div> <div>Age: 26</div> <div>Height: 180 cm</div> <div>Weight: 67.0 kg</div> <div>Weekly Active Time: 330 min</div> <div>Activity Level: 3</div>	<div><u>Daily Values</u></div> <div>Basal Metabolic Rate: 1504 kcal</div> <div>Daily Energy Expenditure: 2331 kcal</div> <div>Rec. Energy Intake: 2331 kcal</div> <div>Rec. Water Intake: 3189.0 ml</div>
<div><u>Macronutrient Breakdown</u></div> <div>Proteins: 174.8 g</div> <div>Carbohydrates: 233.1</div> <div>→ Fiber: 32.6 g</div> <div>→ Natural Sugar: 23.3 g</div> <div>Fats: 77.7 g</div> <div>→ Saturated: 12.4 g</div> <div>→ Monounsaturated: 42.0 g</div> <div>→ Polyunsaturated: 23.3 g</div>	<div><u>Micronutrient Breakdown</u></div> <div><div>Vitamin A: 700 g</div><div>Calcium: 1000 g</div></div> <div><div>Vitamin B6: 1,3 g</div><div>Iron: 18 g</div></div> <div><div>Vitamin B12: 2.4 g</div><div>Magnesium: 310 g</div></div> <div><div>Vitamin C: 75 g</div><div>Manganese: 1,8 g</div></div> <div><div>Vitamin D: 15.0 g</div><div>Potassium: 2600 g</div></div> <div><div>Vitamin E: 15.0 g</div><div>Sodium: 1500.0 g</div></div> <div><div>Vitamin K: 90 g</div><div>Zinc: 8 g</div></div>