TP Datos Personales – Visualización de la Información ITBA

PESO CORPORAL, % DE GRASA CORPORAL Y CONSUMO DE CALORÍAS/MACRONUTRIENTES

fRANCISCO BRASLAVSKY

2Q 2019

Weight (kg) by Month and Day

115

110.41

110

105

100

117.0

115.9

114.7

115.5

114.7

115.6

115.2

115.6

115.4

114.4

114.5

114.5

114.5

114.5

114.7

114.3

113.9

113.5

113.5

114.4

114.4

115.9

114.2

111.6

112.1

111.1

110.6

111.3

112.0

111.7

111.1

111.1

111.8

111.8

112.0

111.4

110.8

109.9

109.3

108.7

108.4

108.4

108.1

107.6

107.3

106.6

106.3

105.9

105.9

106.2

106.2

105.1

104.3

103.8

103.0

105.1

105.5

104.9

104.1

103.1

26 27 28 29 30 31

August

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

September

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

October

Weight delta (g) by Month and Day

4

2.1

2

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 1.5 |  |  |  |  |  |  |  |  |  |  |  |
| 0.8 | 0.9 |  |  |  |  |  | 0.9 |  |  |  | 0.7 |  | 0.7 |  |  |  |  |  |  |
|  |  | 0.4 | 0.1 | 0.0 | 0.2 | 0.0 |  | 0.0 |  | 0.5 |  | 0.0 |  | 0.0 | 0.0 | 0.0 | 0.0 | 0.4 | 0.0 |

-1.1

-0.8

-0.4

-0.2

-1.0

-0.4 -0.4

-1.7

-1.0

-0.5

-0.3

-0.6 -0.6

-0.9

-0.3 -0.3

-0.7

-0.3

-1.1

-0.5

-0.6

-1.0

0

-0.6

-2

-2.6

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 26 27 28 29 30 31 | 1 2 3 | 4 | 5 | 6 | 7 | 8 9 | 10 11 | 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 | 2 3 | 4 5 6 | 7 8 9 10 11 12 13 14 15 16 17 18 19 | 20 21 22 23 24 25 |
| August |  |  |  |  |  |  |  | September |  |  |  | October |  |

Weight (kg) by Month and Day

115

110.41

110

105

100

117.0

115.9

114.7

115.5

114.7

115.6

115.2

115.6

115.4

114.4

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113.5

114.4

114.4

115.9

114.2

111.6

112.1

111.1

110.6

111.3

112.0

111.7

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111.1

111.8

111.8

112.0

111.4

110.8

109.9

109.3

108.7

108.4

108.4

108.1

107.6

107.3

106.6

106.3

105.9

105.9

106.2

106.2

105.1

104.3

103.8

103.0

105.1

105.5

104.9

104.1

103.1

26 27 28 29 30 31

August

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

September

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

October

Net body fat by Month and Day

29.6 29.3 30

29.0

28.7

28.4

28.1

27.8

27.5

27.2

26.9

26.6

26.3 26.1 26.1 26.0

25.9 25.8 25.7 25.6

25.3

24.7

24.1

23.4

28

26

24

23.0 22.8

22.7

22.6 22.6 22.6 22.6 22.6

22

26 27 28 29 30 31

August

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

September

20

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

October

Net Cals delta and Weight delta (g) by Date

2

1

0

Weight delta (g)

-1

-2

-3

-4K -2K 0K 2K 4K

Net Cals delta

Net Cals delta, Weight delta (g) and Net Calories (kcal) by Date

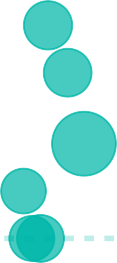
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2

1

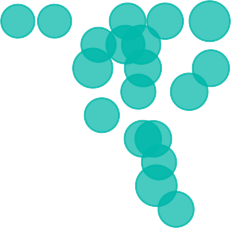


Weight delta (g)

0 



-1 

-2

-3

-4K -2K 0K 2K 4K

Net Cals delta

Weight (kg) by Month and Day

110.41

110

26 27

117

116

115

116

115

116

115

116

115

114

115

115

115

115

115

114

114

114

114

114

114

116

114

112

112

111

111

111

112

112

111

111

112

112

112

111

111

110

109

109

108

108

108

108

107

107

106

106

106

106

106

105

104

104

103

105

106

105

104

103

28 29

30 31 1

2 3 4 5 6

7 8 9

10 11 12 13

14 15 16 17

18 19

20 21

22 23 24

25 26

27 28

29 30 1 2 3

4 5 6 7

8 9 10

11 12

13 14

15 16

17 18 19

20 21 22

23 24

100

August

September

October

Weight delta (g) by Month and Day

4

2.1

-1.1

0.8

-0.8

0.9

-0.4

0.4

-0.2

0.1 0.0 0.2

-0.4 -0.4

0.9

0.0 0.0

1.5

-1.7

0.5

-1.0

0.7

-0.3

0.0 0.0

-0.6 -0.9 -0.6

0.0

-0.3 -0.3 -0.3

0.0 0.0

-1.1

-0.5

0.4

-0.6 -1.0

2

0.0

0

-2

-4

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 26 | 27 | 28 29  August | 30 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 15 16 17  September | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 13 14  October | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |

Protein (g), Carbs (g) and Fat (g) by Month and Day

Protein (g) Carbs (g) Fat (g)



315

274

182

363

170

183

101

114

180

220

106

243

113

152

204

327

98

250

297

416

316

309

105

145

207

137

213

117

255

134

178

131

387

302

185

270

118

281

186

195

322

413

337

169

104

170 207 167

167

133

141

237

172

171

180

256

346

254

459

183

1000

500

0

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 30 31  August | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 16  September | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 11 12  October | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |