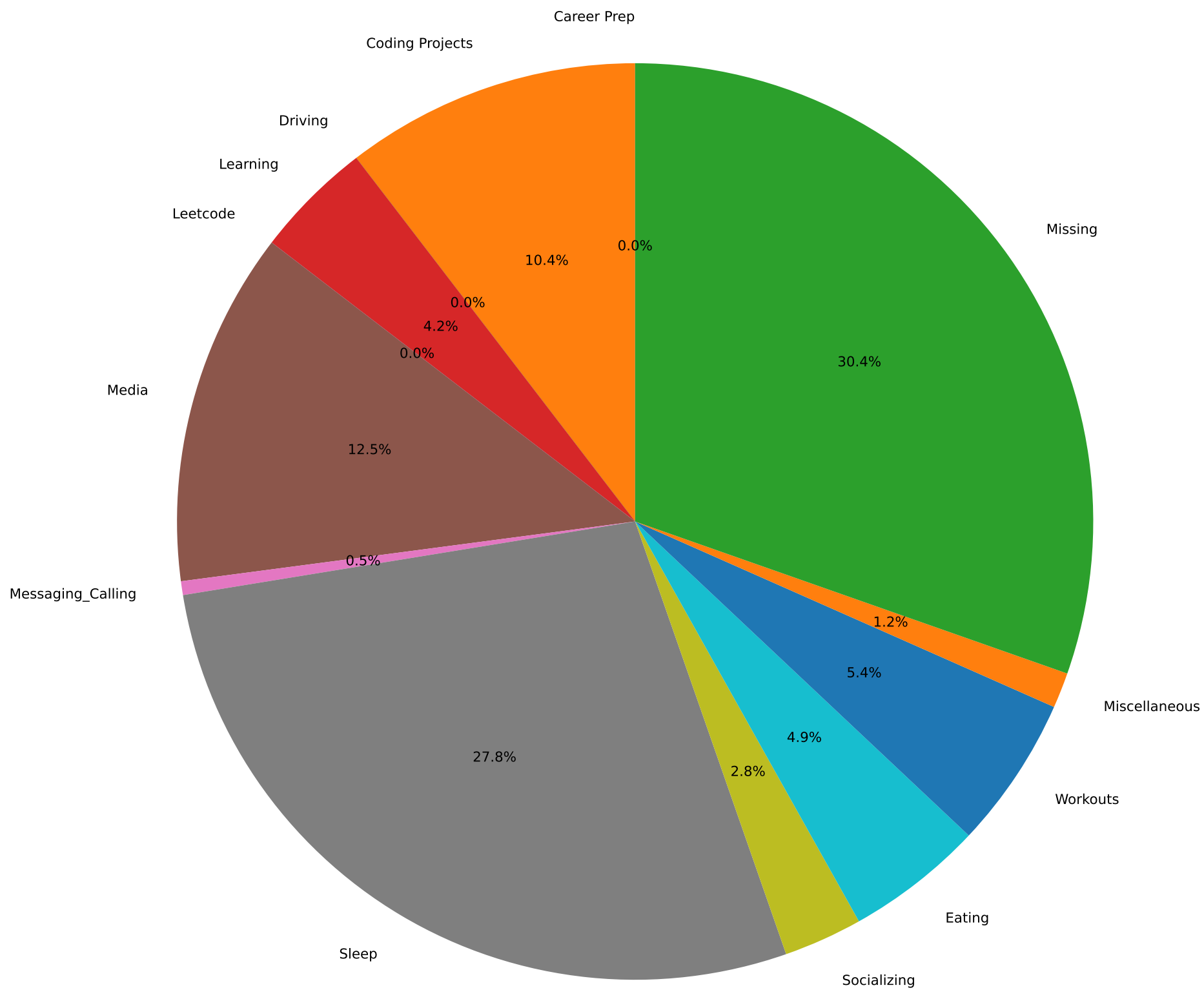
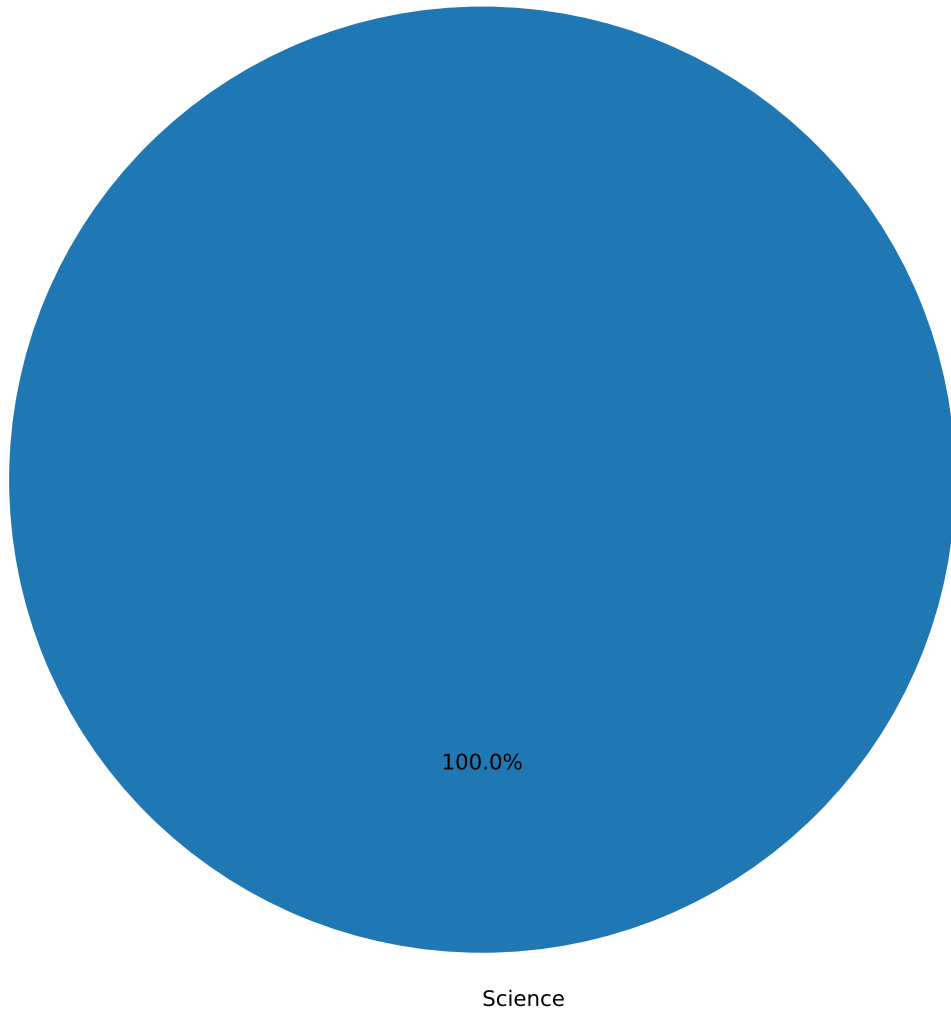


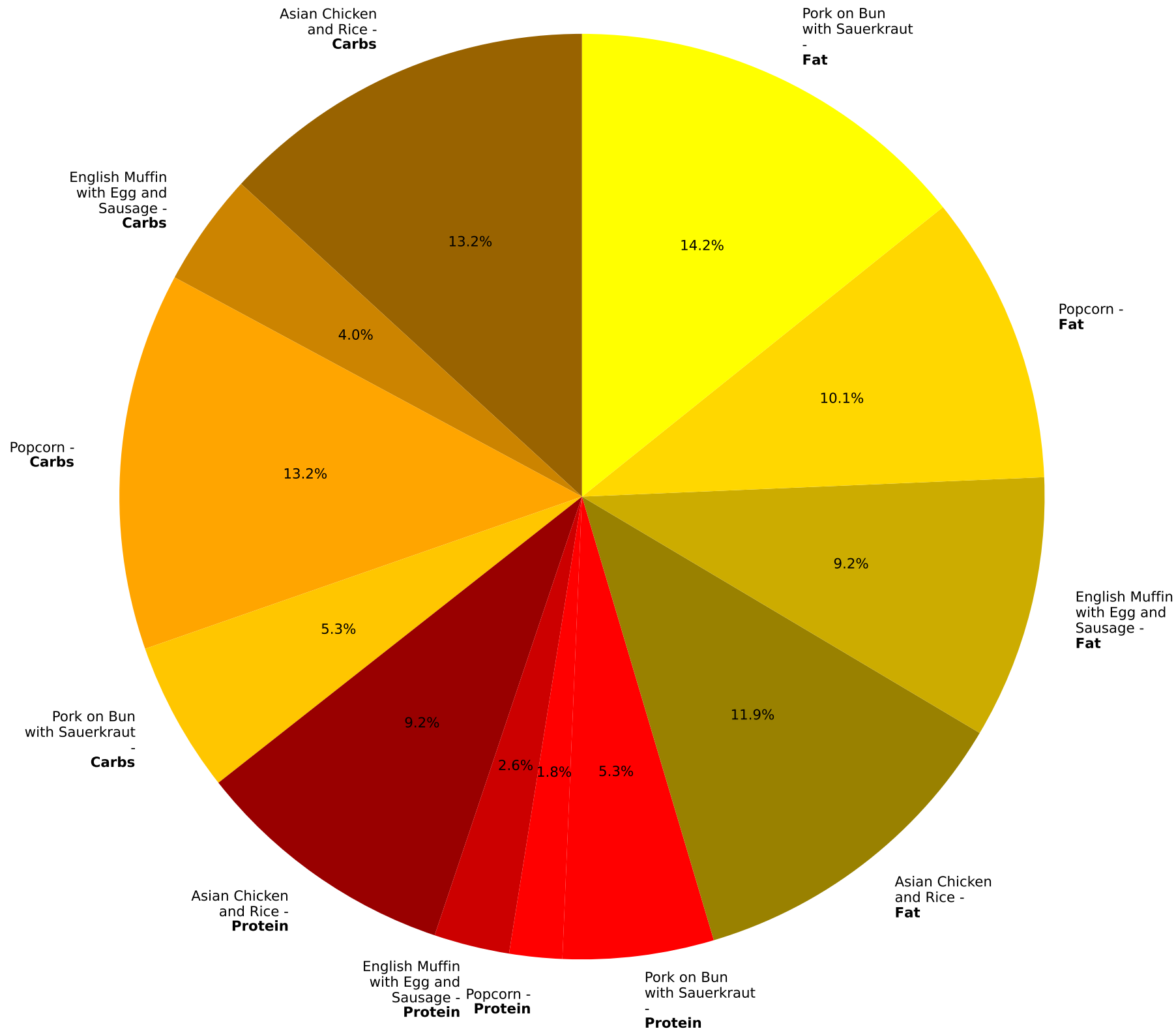
Daily Activity Breakdown (2025-11-10)



Daily Media Breakdown (2025-11-10)



Meal Breakdown (2025-11-10)



Meal & Snack Macro Table (2025-11-10)

| Meal/Snack | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|-------------------------------------|-------------|---------------|-----------|-------------|
| Asian Chicken and Rice | 400 | 280 | 360 | 1040 |
| English Muffin with Egg and Sausage | 120 | 80 | 279 | 479 |
| Popcorn | 400 | 56 | 306 | 762 |
| Pork on Bun with Sauerkraut | 160 | 160 | 432 | 752 |
| TOTAL | 1080 | 576 | 1377 | 3033 |