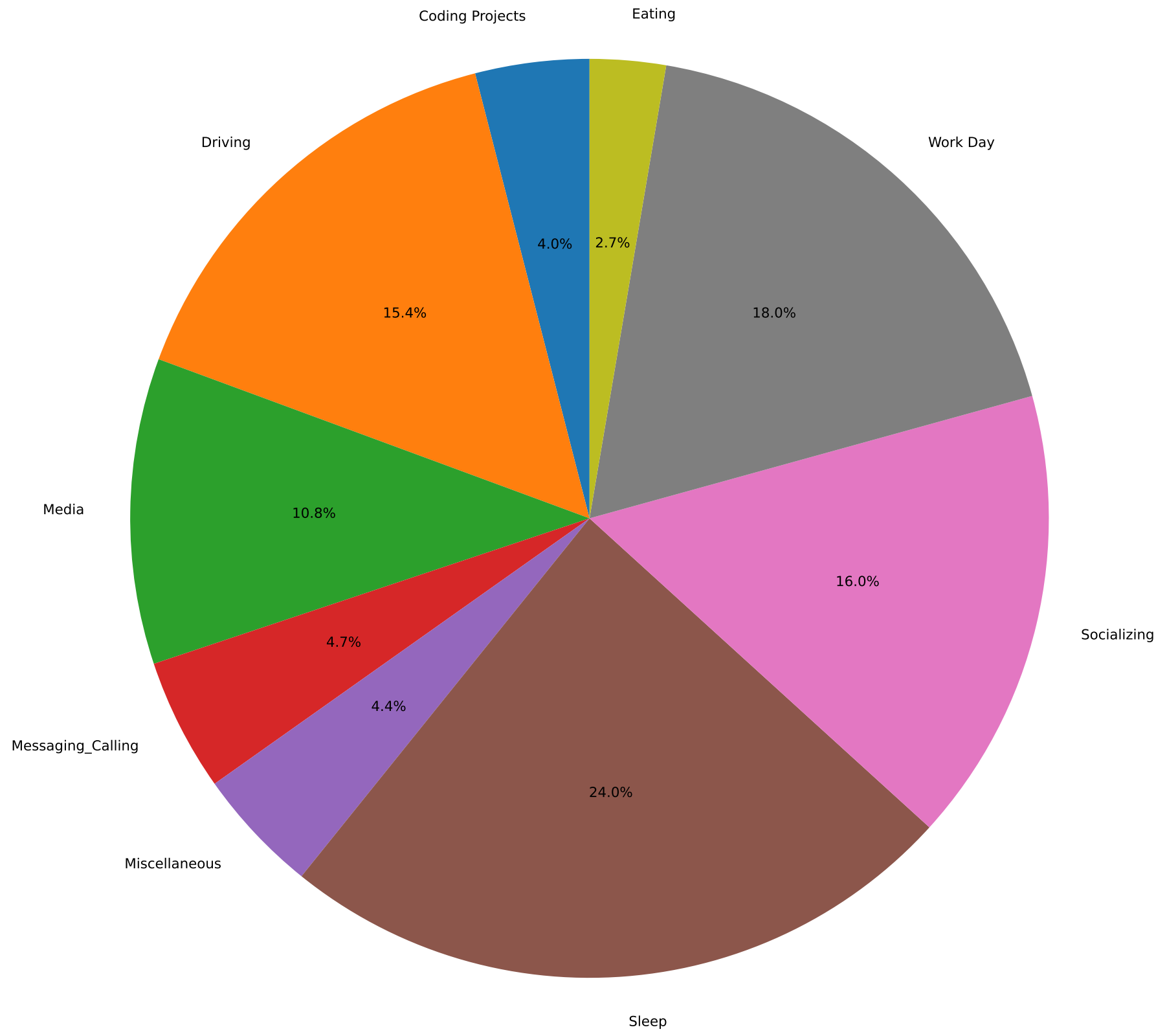
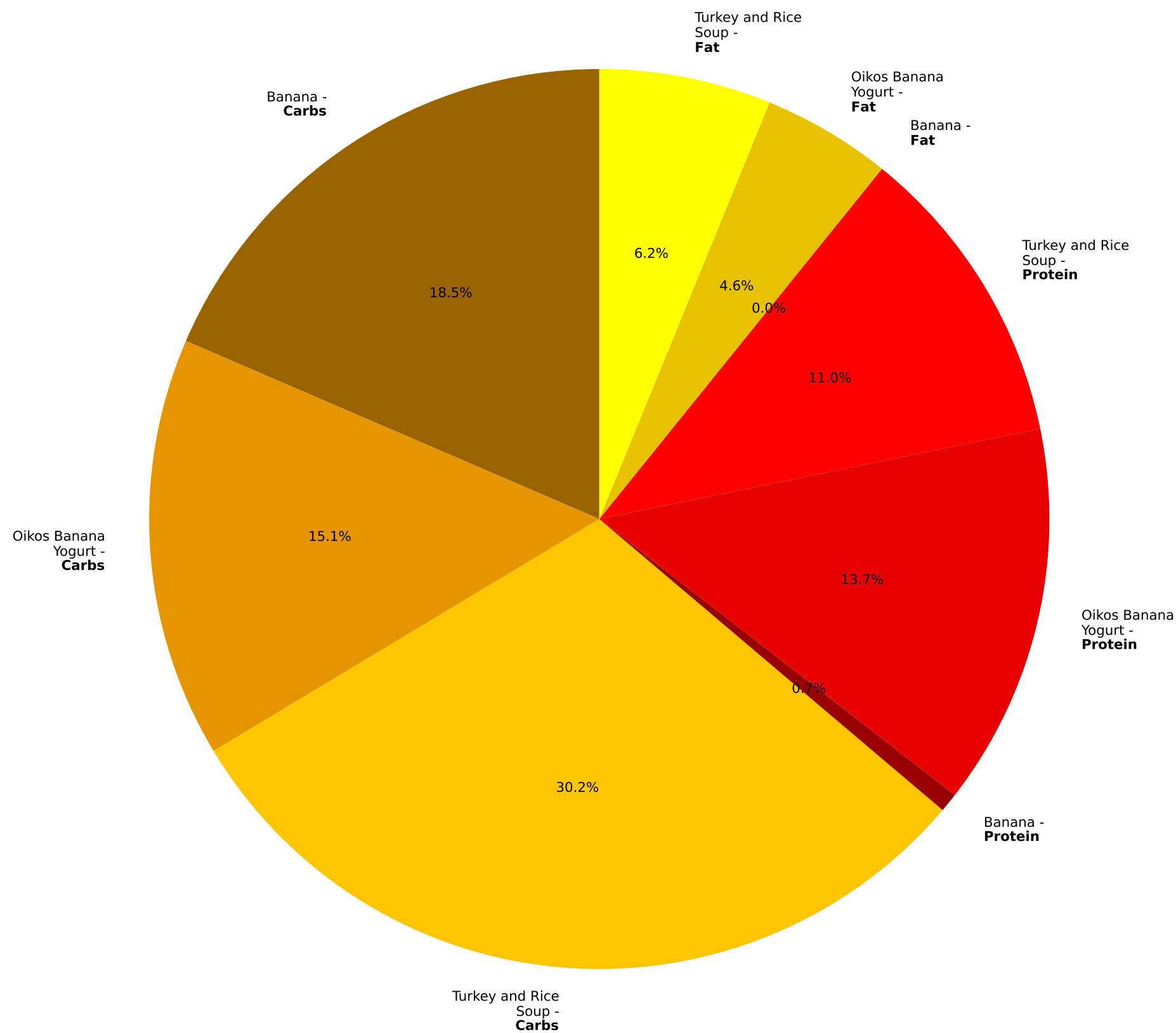


Daily Activity Breakdown (2026-01-06)



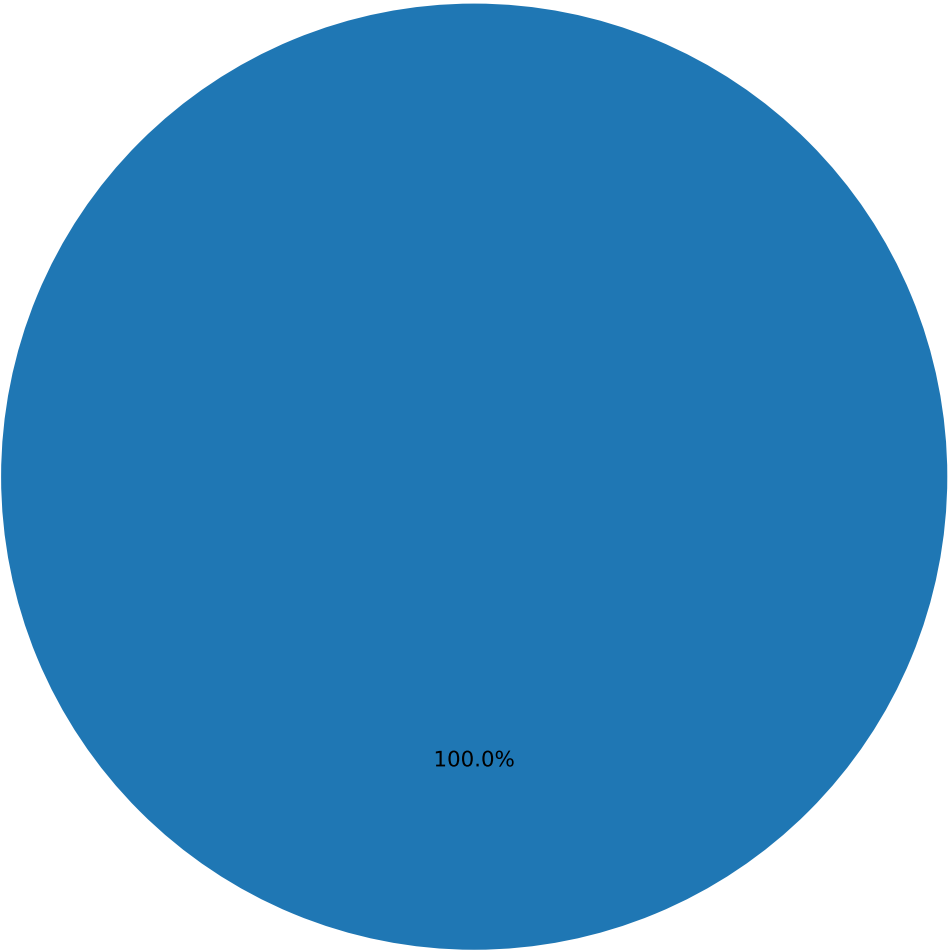
Meal Breakdown (2026-01-06)



Meal & Snack Macro Table (2026-01-06)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Banana	108	4	0	112
Oikos Banana Yogurt	88	80	27	195
Turkey and Rice Soup	176	64	36	276
TOTAL	372	148	63	583

Daily Media Breakdown by Category (2026-01-06)



Current Events

# Daily Media Breakdown by Name (2026-01-06)

