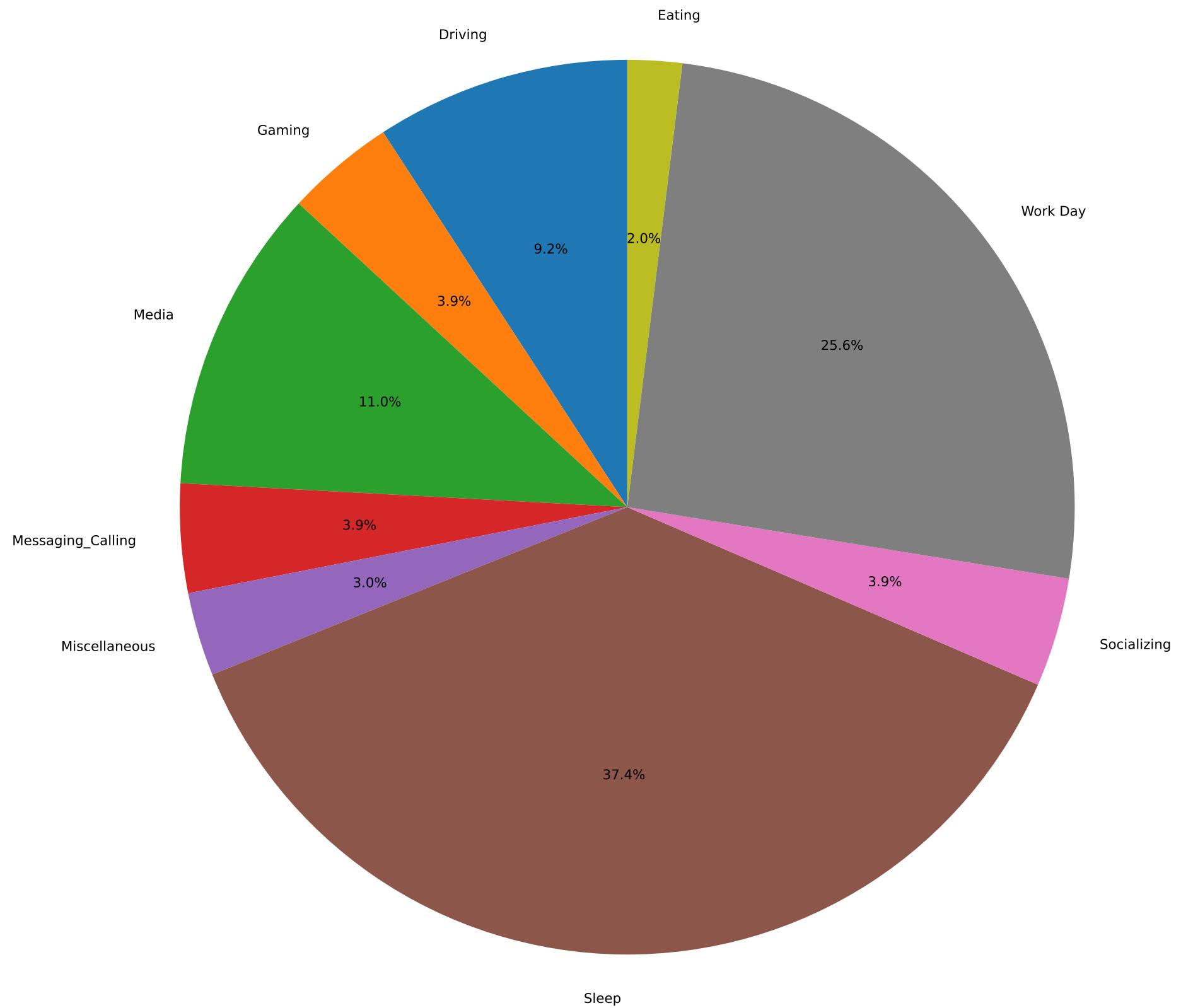
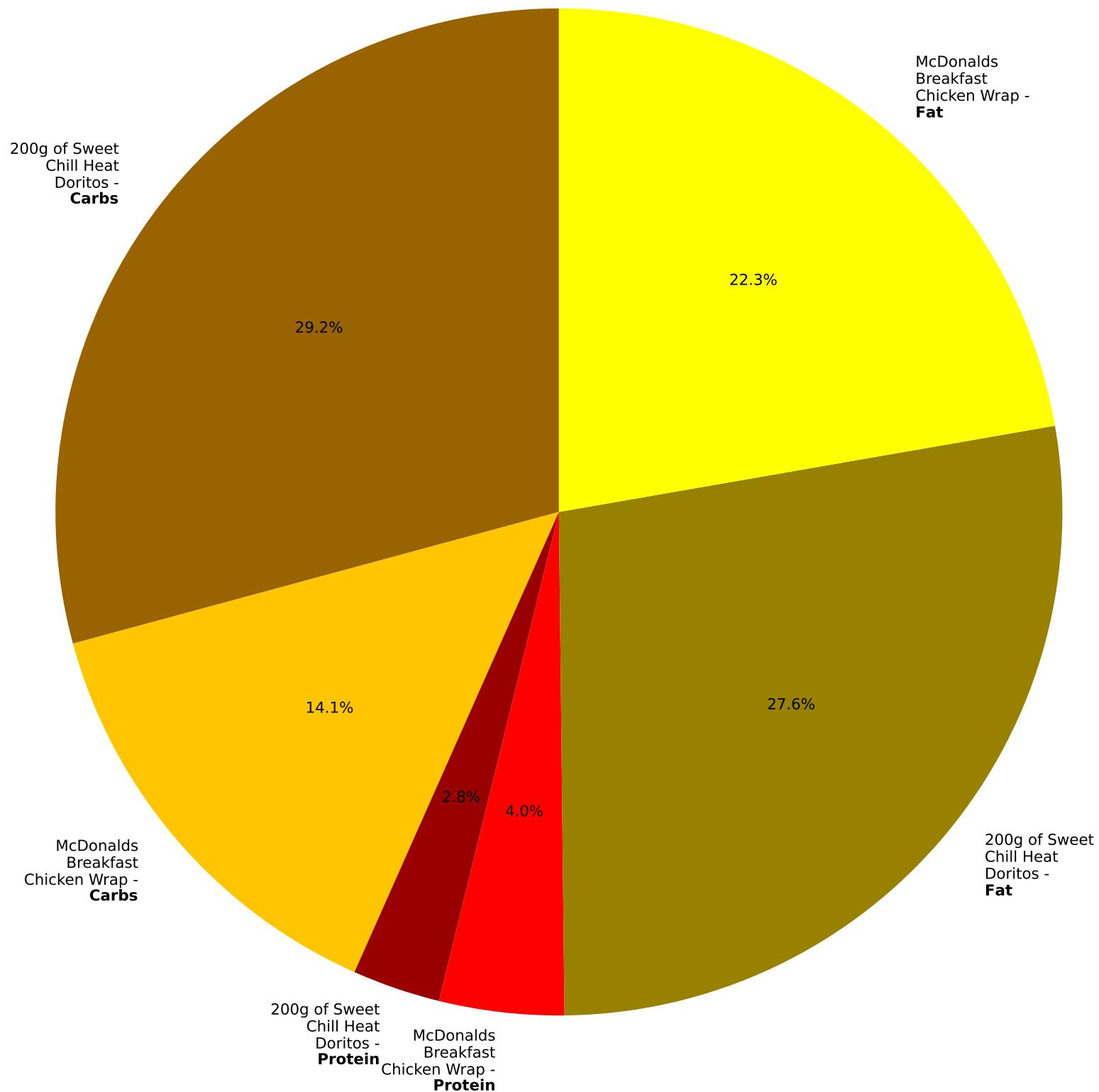


Daily Activity Breakdown (2026-01-16)



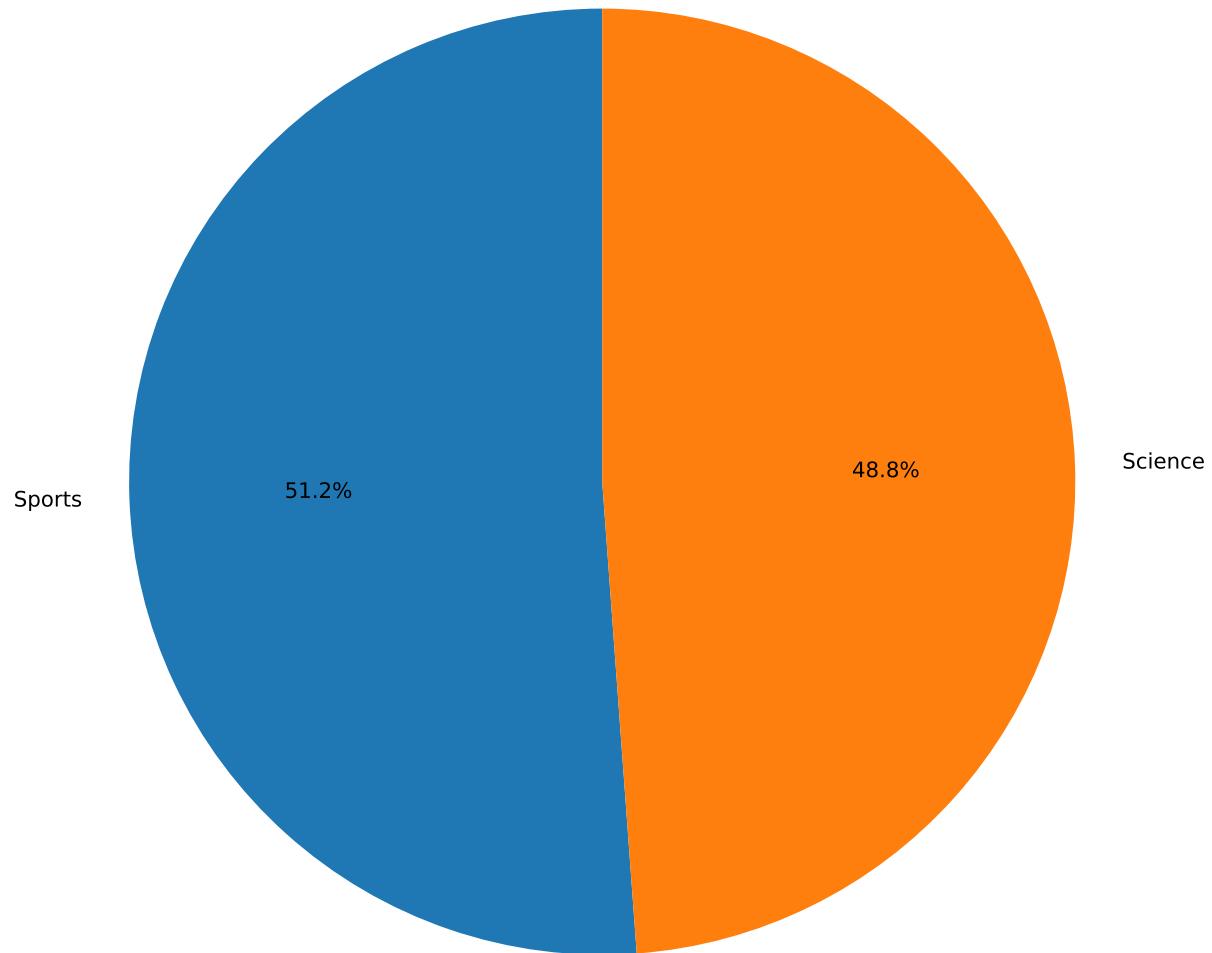
Meal Breakdown (2026-01-16)



Meal & Snack Macro Table (2026-01-16)

| Meal/Snack | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|----------------------------------|-------------|---------------|-----------|-------------|
| 200g of Sweet Chill Heat Doritos | 496 | 48 | 468 | 1012 |
| McDonalds Breakfast Chicken Wrap | 240 | 68 | 378 | 686 |
| TOTAL | 736 | 116 | 846 | 1698 |

Daily Media Breakdown by Category (2026-01-16)



Daily Media Breakdown by Name (2026-01-16)

