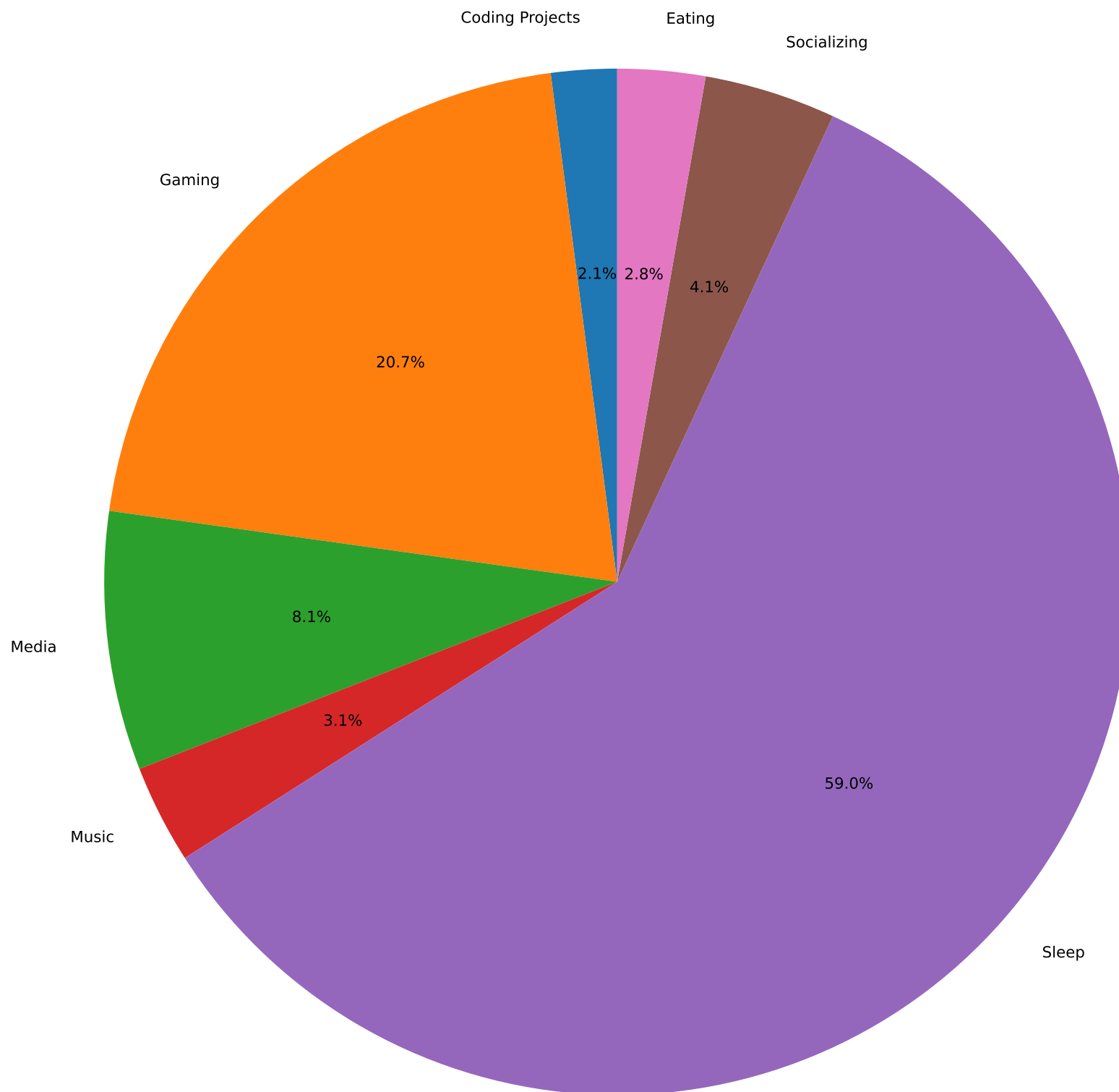
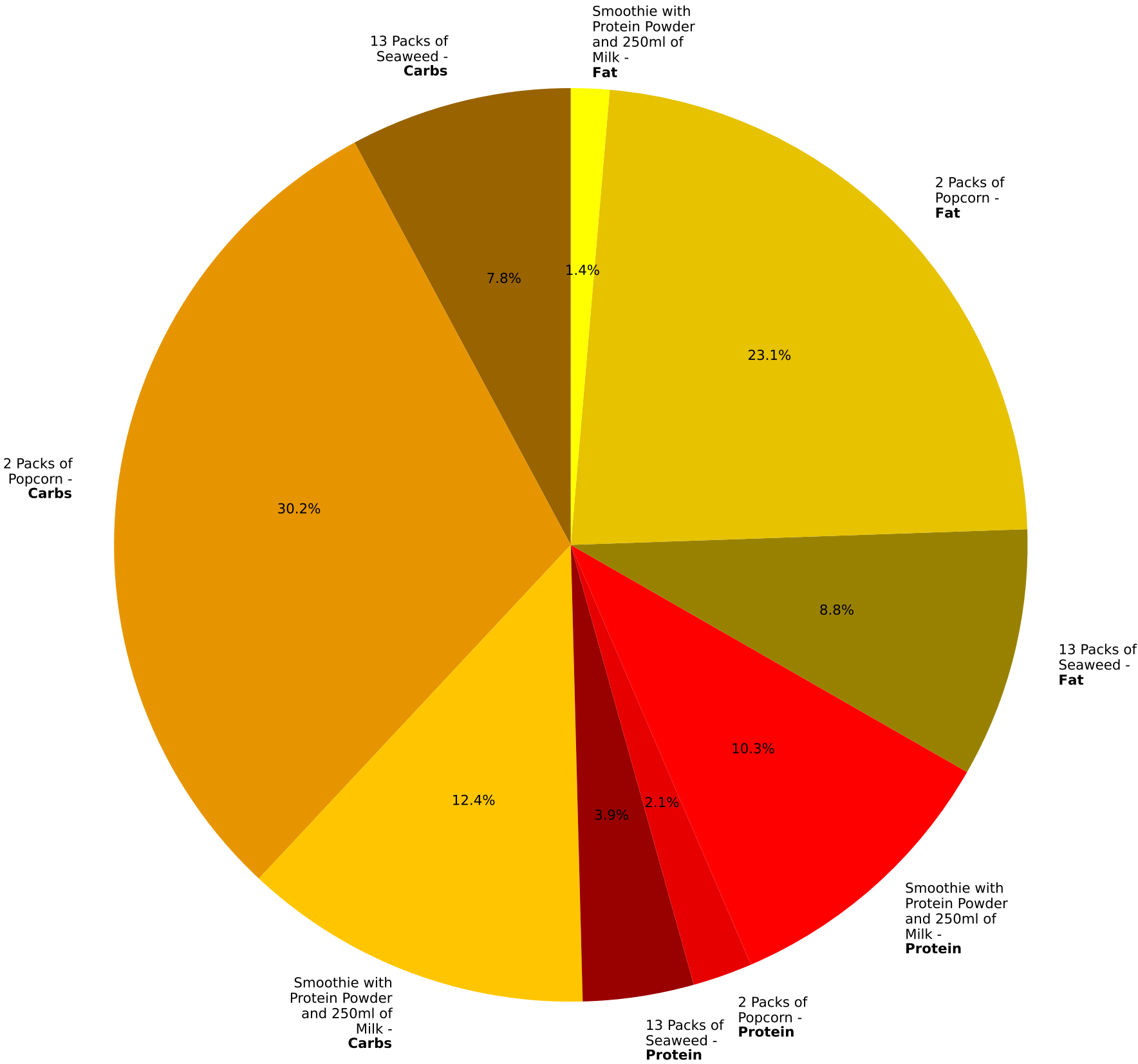


Daily Activity Breakdown (2025-11-21)



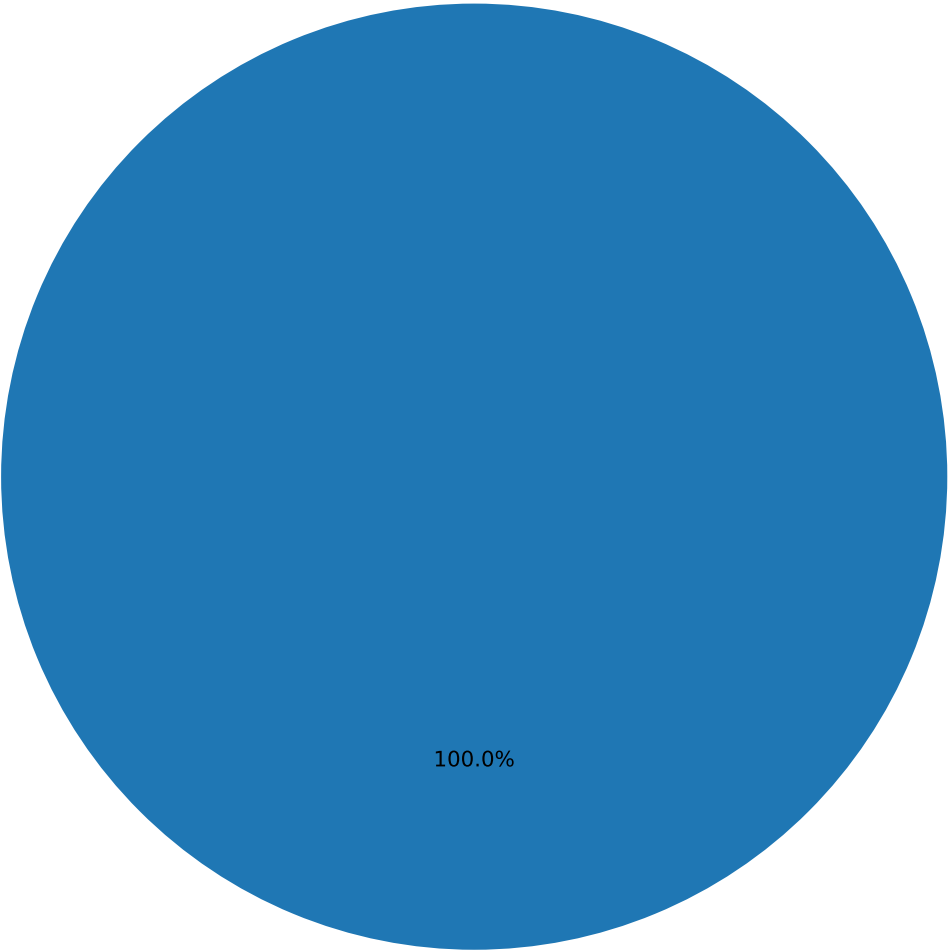
Meal Breakdown (2025-11-21)



Meal & Snack Macro Table (2025-11-21)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
13 Packs of Seaweed	104	52	117	273
2 Packs of Popcorn	400	28	306	734
Smoothie with Protein Powder and 250ml of Milk	164	136	18	318
TOTAL	668	216	441	1325

Daily Media Breakdown by Category (2025-11-21)



Current Events

# Daily Media Breakdown by Name (2025-11-21)

