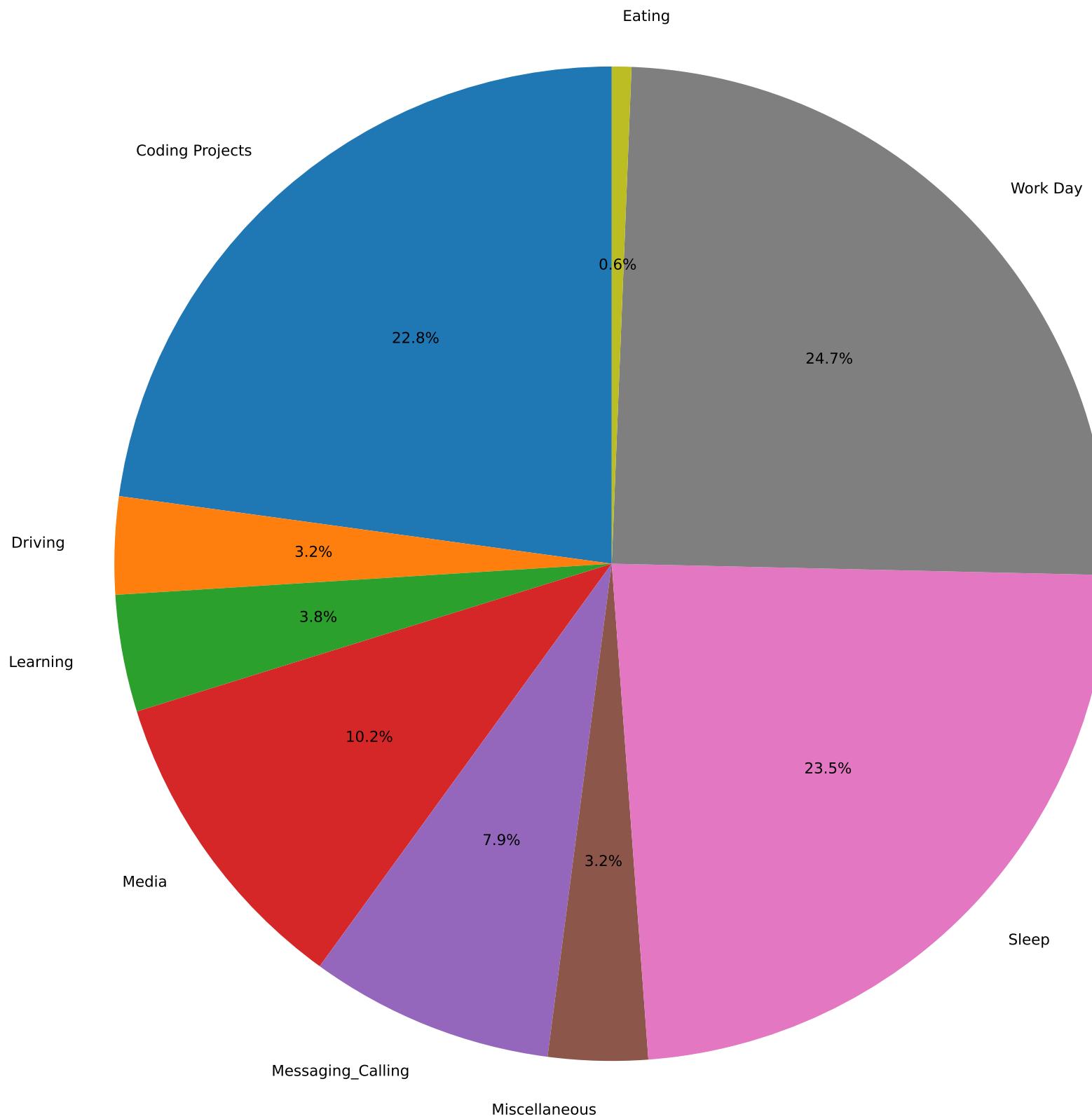
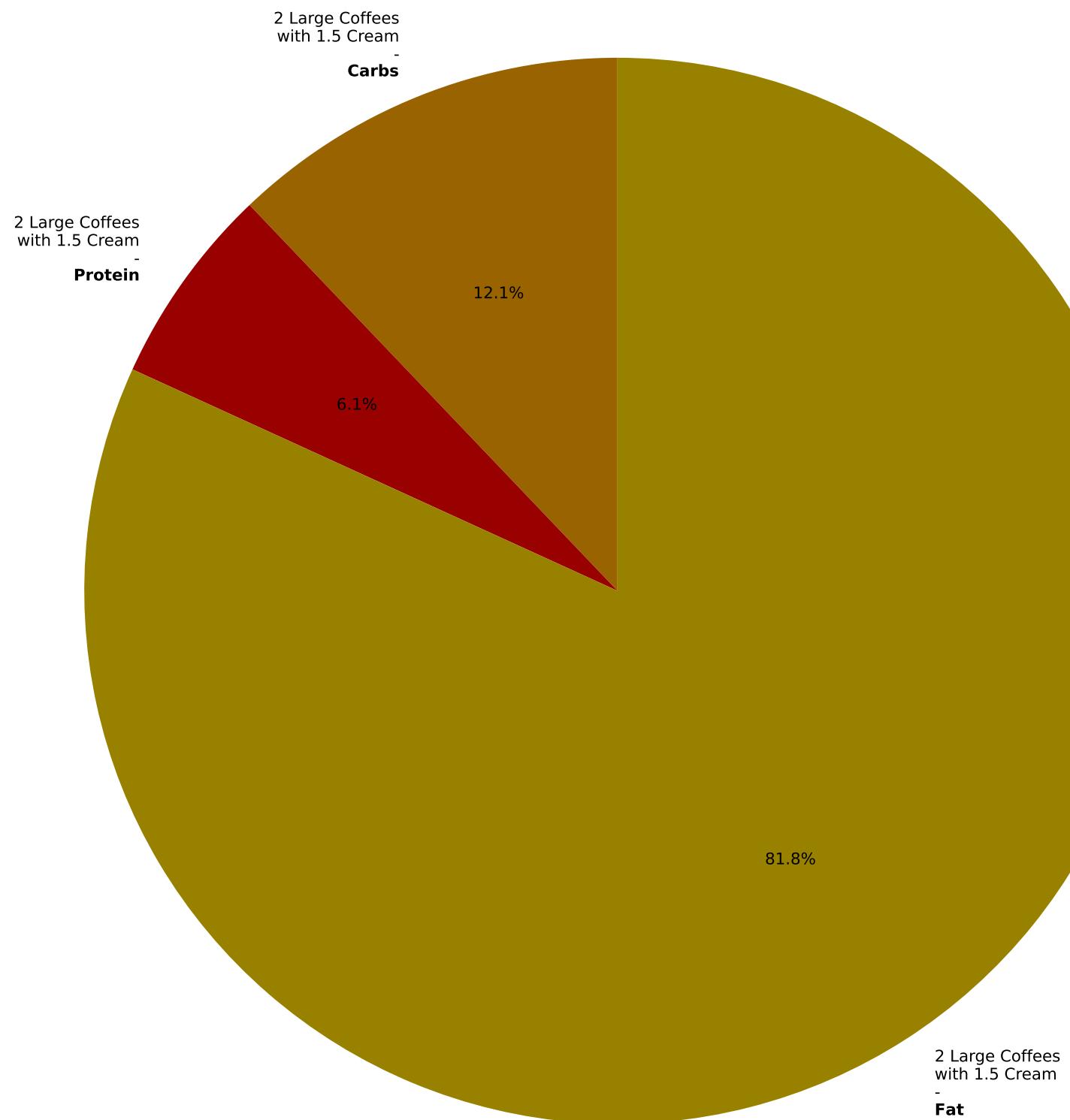


Daily Activity Breakdown (2026-01-15)



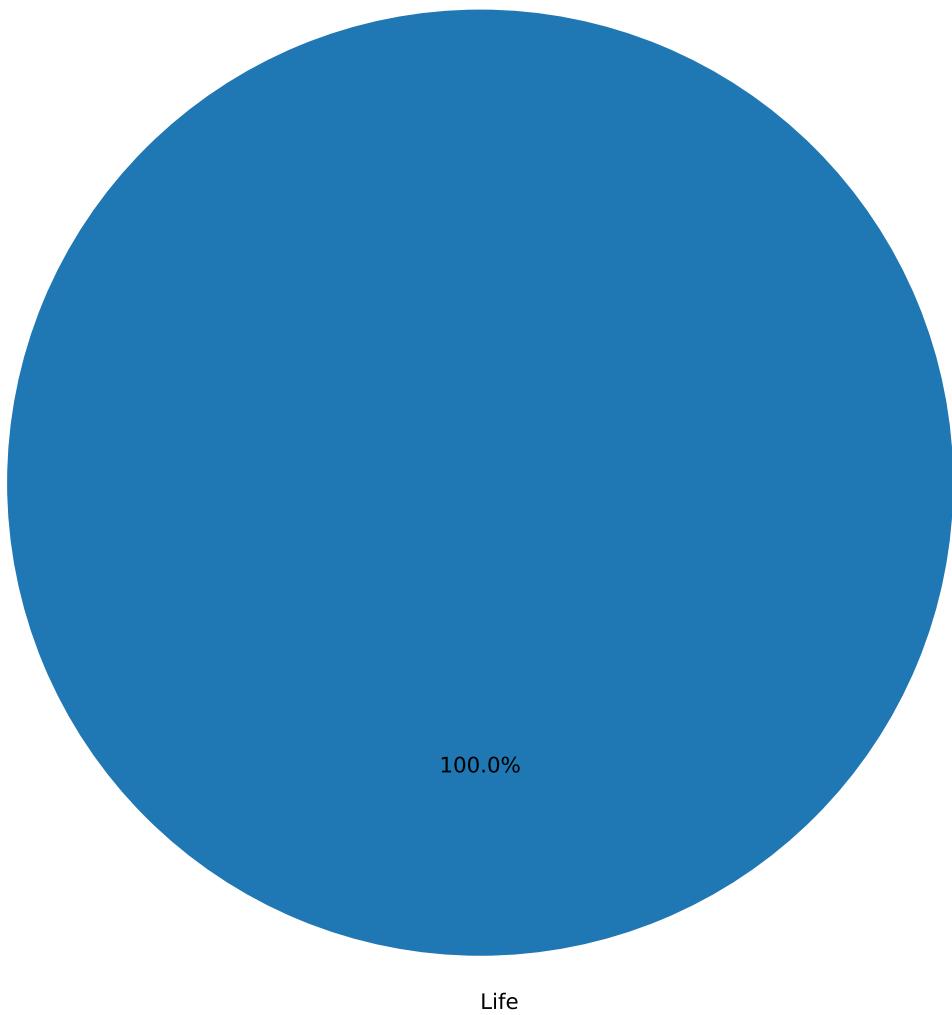
### Meal Breakdown (2026-01-15)



# Meal & Snack Macro Table (2026-01-15)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Large Coffees with 1.5 Cream	24	12	162	198
TOTAL	24	12	162	198

## Daily Media Breakdown by Category (2026-01-15)



## Daily Media Breakdown by Name (2026-01-15)

