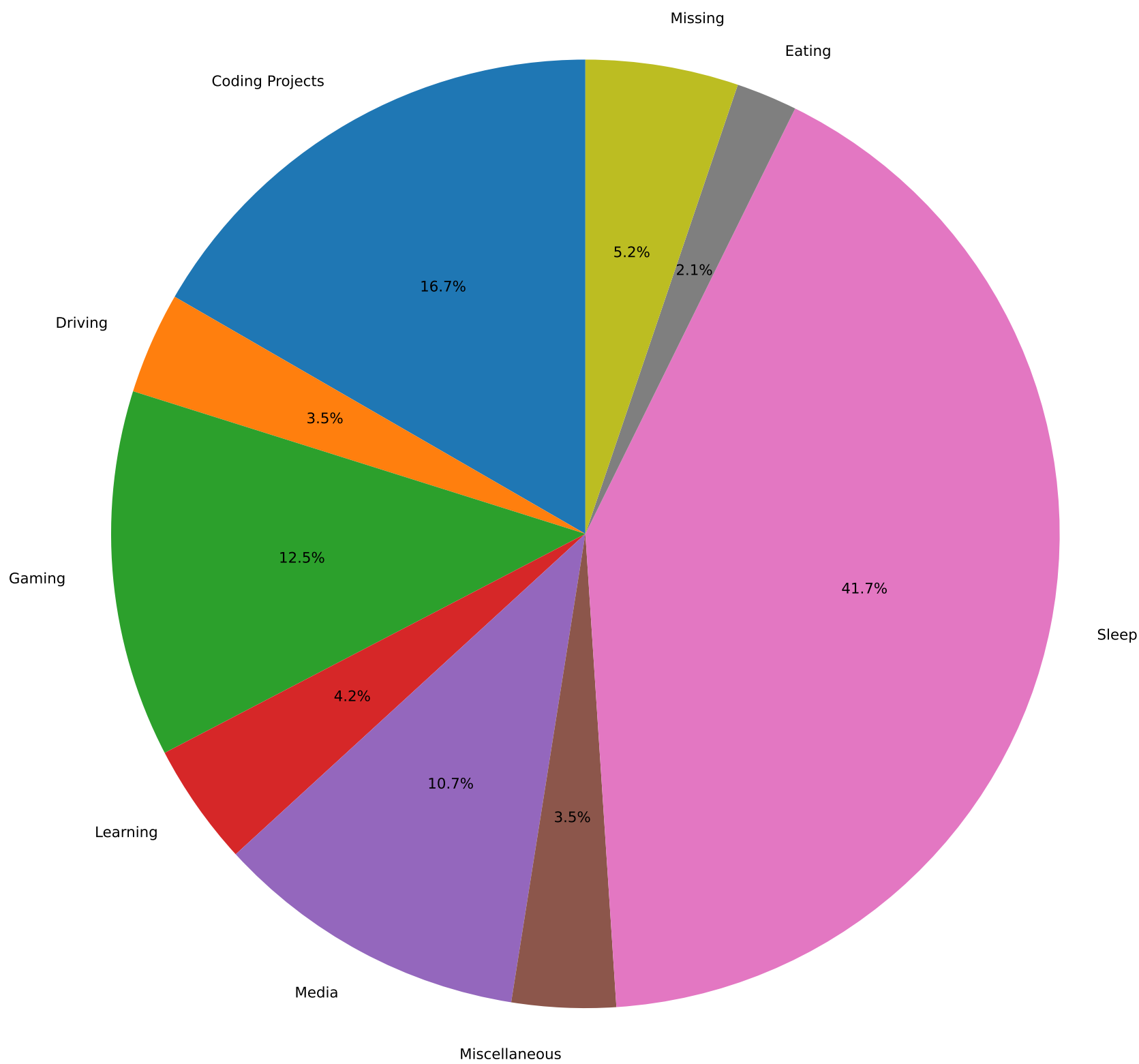
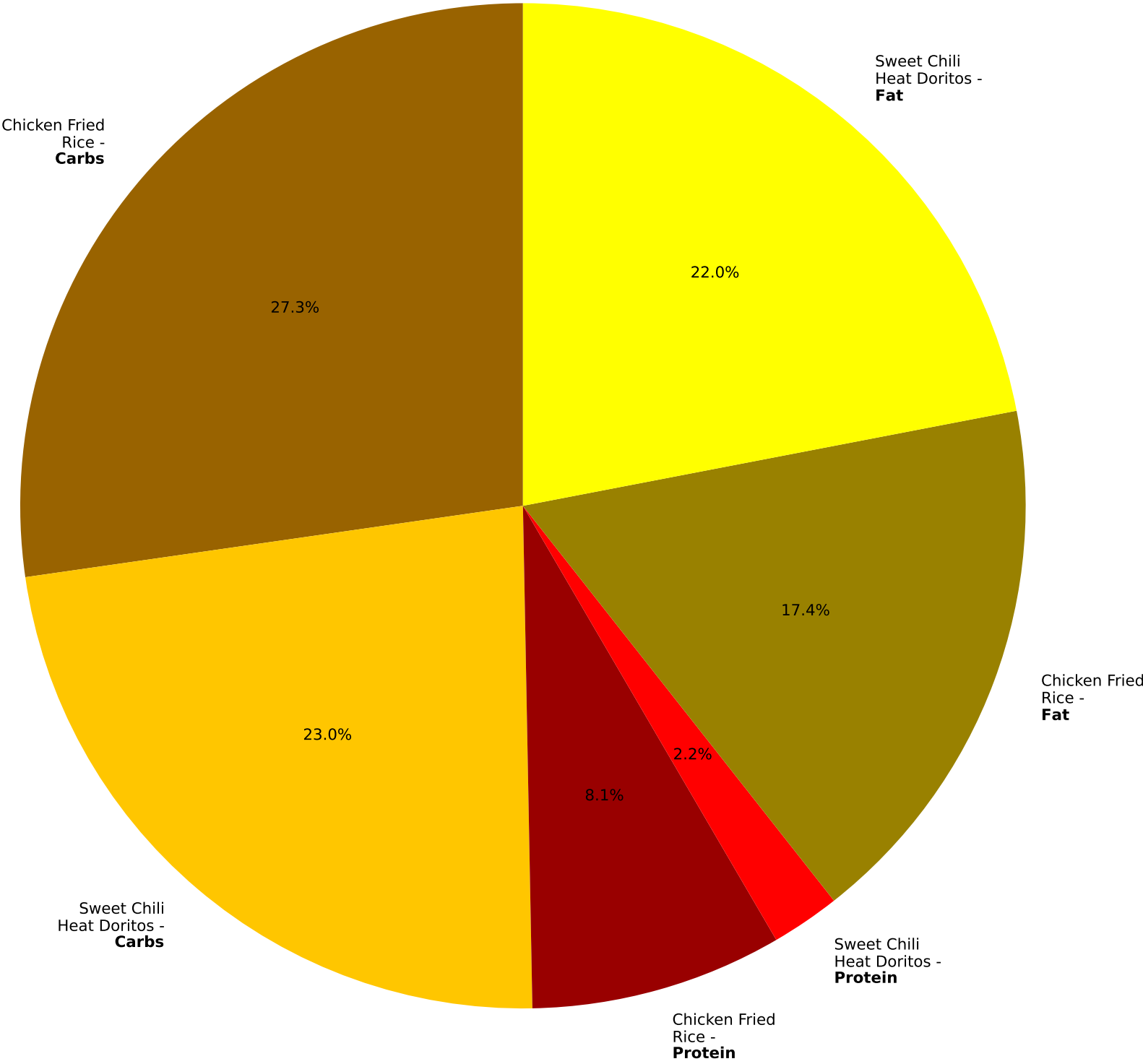


Daily Activity Breakdown (2026-01-10)



Meal Breakdown (2026-01-10)



Meal & Snack Macro Table (2026-01-10)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Chicken Fried Rice	592	176	378	1146
Sweet Chili Heat Doritos	500	48	477	1025
TOTAL	1092	224	855	2171