

Stuart Oprah
Grade 2 - Alan

Previous BMI: **23**
Date Started: January 19, 2023

Day	Meals	Meals Status	Activities	Activities Status
1	Grains, Beef, Lemon, Noodles, Cheese	Done	Sit-ups	Done
2	Wheats, Beef, Spinach, Potato, Pumpkin Seeds	Unfinished	Jumping	Done
3	Milk, Beef, Watermelon, Sweet Potato, Rice	Unfinished	Sit-ups	Done
4	Nuts, Eggs, Peanuts, Oats, Beef	Unfinished	Catching Balls	Done
5	Noodles, Rice, Meat, Wheats, Rice	Unfinished	Sit-ups	Unfinished
6	Milk, Rice, Bell Peppers, Sweet Potato, Eggs	Unfinished	Squats And Lunges	Unfinished
7	Eggs, Chicken, Potato, Nuts, Cheese	Unfinished	Jumping	Unfinished
8	Noodles, Beef, Chocolate, Sweet Potato, Rice	Unfinished	Jumping	Unfinished
9	Sweet Potato, Rice, Pineapple, Corn, Eggs	Unfinished	Sit-ups	Unfinished
10	Potato, Cheese, Spinach, Cereals, Beef	Unfinished	Jogging	Unfinished
11	Corn, Chicken, Corn, Milk, Rice	Unfinished	Stretching	Unfinished
12	Milk, Beef, Bananas, Pasta, Pumpkin Seeds	Unfinished	Jumping	Unfinished
13	Wheats, Pumpkin Seeds, Bell Peppers, Bread, Crab	Unfinished	Jogging	Unfinished
14	Honey, Chicken, Potato, Corn, Crab	Unfinished	Squats And Lunges	Unfinished
15	Corn, Chicken, Saluyot, Cheese, Cheese	Unfinished	Sit-ups	Unfinished
16	Cheese, Fish, Seaweed, Eggs, Cheese	Unfinished	Squats And Lunges	Unfinished
17	Biscuits, Crab, Seaweed, Nuts, Pumpkin Seeds	Done	Catching Balls	Unfinished
18	Nuts, Crab, Carrots, Honey, Rice	Unfinished	Catching Balls	Unfinished
19	Sweet Potato, Eggs, Lemon, Cheese, Cheese	Unfinished	Stretching	Unfinished
20	Noodles, Fish, Watermelon, Corn, Cheese	Unfinished	Catching Balls	Unfinished
21	Milk, Pumpkin Seeds, Ham & Cheese, Nuts, Fish	Unfinished	Bear Crawl	Unfinished
22	Eggs, Eggs, Mangos, Nuts, Chicken	Unfinished	Sit-ups	Unfinished
23	Nuts, Chicken, Carrots, Biscuits, Pumpkin Seeds	Unfinished	Push-up	Unfinished

Day	Meals	Meals Status	Activities	Activities Status
24	Corn, Eggs, Stir Fried Tofu, Oats, Cheese	Unfinished	Jogging	Unfinished
25	Nuts, Fish, Potato, Noodles, Rice	Unfinished	Push-up	Unfinished
26	Eggs, Rice, Saluyot, Potato, Eggs	Unfinished	Stretching	Unfinished
27	Corn, Fish, Potato, Grains, Pumpkin Seeds	Unfinished	Sit-ups	Unfinished
28	Noodles, Pumpkin Seeds, Avocados, Grains, Beef	Unfinished	Jogging	Unfinished
29	Eggs, Rice, Coconut Juice, Potato, Cheese	Unfinished	Stretching	Unfinished
30	Grains, Crab, Apples, Biscuits, Chicken	Unfinished	Catching Balls	Unfinished

Completed Exercises: 4

Completed Meals: 2

Incomplete

Incomplete

Failed