

Bucal Elementary School
Manila S Rd, Calamba, 4027 Laguna

Risa Barclay
Kinder - Barclay

Previous BMI: **19**
Date Started: January 25, 2023

Day	Meals	Meals Status	Activities	Activities Status
1	Bread, Cheese, Bananas, Biscuits, Beef	Unfinished	Catching Balls	Unfinished
2	Honey, Chicken, Ham & Cheese, Cheese, Pumpkin Seeds	Unfinished	Push-up	Unfinished
3	Noodles, Pumpkin Seeds, Parsley, Sweet Potato, Crab	Unfinished	Bear Crawl	Unfinished
4	Cereals, Beef, Parsley, Honey, Eggs	Unfinished	Sit-ups	Unfinished
5	Pasta, Crab, Lemon, Sweet Potato, Fish	Unfinished	Stretching	Unfinished
6	Milk, Pumpkin Seeds, Avocados, Bread, Fish	Unfinished	Push-up	Unfinished
7	Cheese, Beef, Corn, Bread, Pumpkin Seeds	Unfinished	Stretching	Unfinished
8	Bread, Pumpkin Seeds, Curry Chicken, Milk, Eggs	Unfinished	Jumping	Unfinished
9	Milk, Pumpkin Seeds, Monggo, Wheats, Chicken	Unfinished	Jogging	Unfinished
10	Wheats, Crab, Carrots, Bread, Eggs	Unfinished	Sit-ups	Unfinished
11	Bread, Fish, Spinach, Cheese, Rice	Unfinished	Push-up	Unfinished
12	Grains, Chicken, Bananas, Noodles, Pumpkin Seeds	Unfinished	Sit-ups	Unfinished
13	Bread, Eggs, Avocados, Wheats, Pumpkin Seeds	Unfinished	Sit-ups	Unfinished
14	Grains, Beef, Eggs, Bread, Cheese	Unfinished	Jumping	Unfinished
15	Oats, Crab, Pineapple, Noodles, Fish	Unfinished	Jumping	Unfinished
16	Pasta, Rice, Chicken, Pasta, Beef	Unfinished	Jumping	Unfinished
17	Sweet Potato, Crab, Chicken, Wheats, Crab	Unfinished	Stretching	Unfinished
18	Honey, Crab, Apples, Cheese, Pumpkin Seeds	Unfinished	Sit-ups	Unfinished
19	Eggs, Cheese, Monggo, Oats, Crab	Unfinished	Push-up	Unfinished
20	Pasta, Beef, Stir Fried Tofu, Cheese, Rice	Unfinished	Jumping	Unfinished

Day	Meals	Meals Status	Activities	Activities Status
21	Corn, Crab, Chicken, Cereals, Pumpkin Seeds	Unfinished	Catching Balls	Unfinished
22	Pasta, Fish, Potato, Eggs, Pumpkin Seeds	Unfinished	Catching Balls	Unfinished
23	Cereals, Beef, Apples, Nuts, Crab	Unfinished	Jumping	Unfinished
24	Wheats, Eggs, Chocolate, Noodles, Eggs	Unfinished	Bear Crawl	Unfinished
25	Cheese, Beef, Potato, Biscuits, Pumpkin Seeds	Unfinished	Bear Crawl	Unfinished
26	Nuts, Cheese, Chicken, Cheese, Pumpkin Seeds	Unfinished	Push-up	Unfinished
27	Cereals, Fish, Spinach, Nuts, Pumpkin Seeds	Unfinished	Push-up	Unfinished
28	Corn, Crab, Saluyot, Wheats, Pumpkin Seeds	Unfinished	Jogging	Unfinished
29	Oats, Beef, Peanuts, Pasta, Pumpkin Seeds	Unfinished	Jogging	Unfinished
30	Wheats, Pumpkin Seeds, Spinach, Pasta, Chicken	Unfinished	Squats And Lunges	Unfinished

Completed Exercises: 0

Completed Meals: 0

Incomplete

Incomplete

Failed