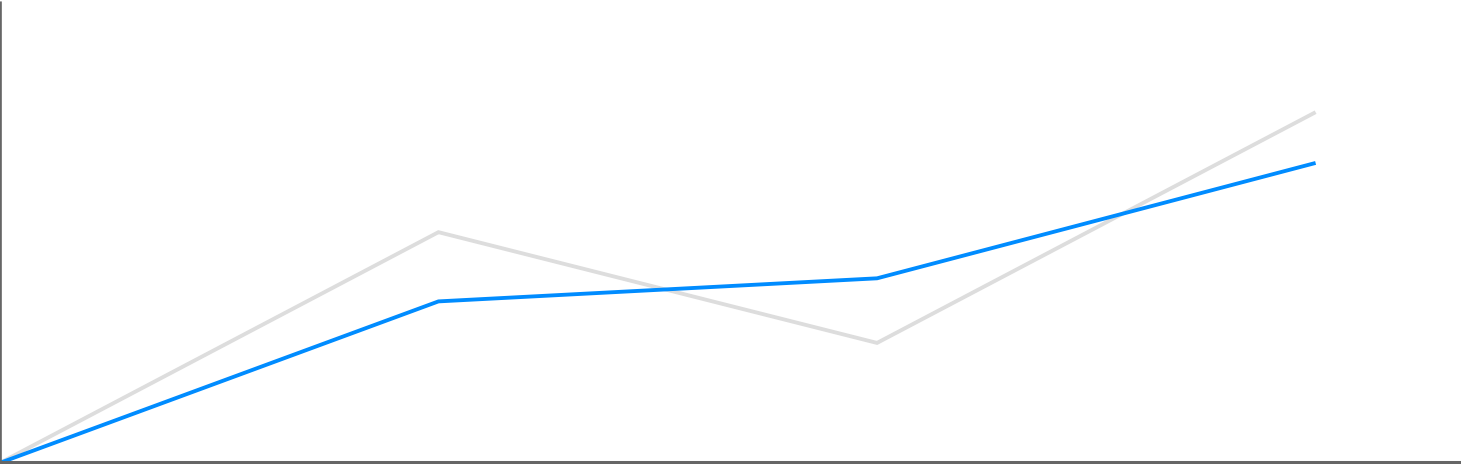




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Caloric Intake





This graph shows Doe's current caloric intake (black) with his projected caloric intake (blue). Too little calories leads to nutrient deficiencies, weakness, fatigue, and immune system damage. Excessive calorie intake can contribute to weight gain, obesity, and various health issues in the long term including cardiovascular diseases, diabetes, and metabolic disorders.

- 

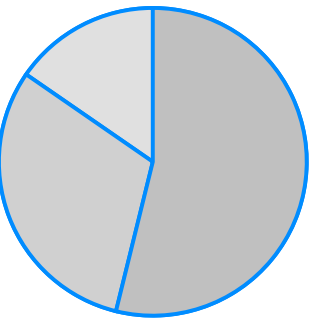
Your current caloric intake is predicted to exceed your recommended caloric intake soon. Please consult with your dietician for monitoring advice.
- 

Your current caloric intake is quite below your recommended caloric intake. Please consult with your dietitian for monitoring advice.
- 


Your current caloric intake has surpassed your recommended caloric intake. Please consult with your dietician immediately for monitoring advice.
- 


Your current caloric intake has fallen significantly below your recommended caloric intake. Please consult with your dietician immediately for monitoring advice.
- 

Your current caloric intake is on track with your recommended caloric intake. Please consult with your dietician for any queries.



This graph shows Doe's current caloric intake for each meal, with breakfast (red), lunch (yellow), snacks (green) and dinner (blue).

- 

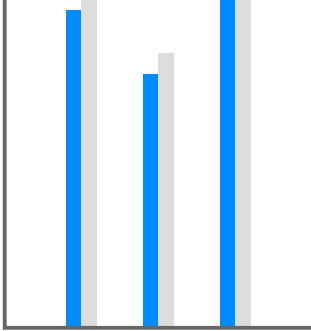
Your current caloric intake is heavily dependent on snacks; aim to distribute this towards your main meals instead. Please discuss with your dietician.
- 

Your current caloric intake is lower in the morning, where calories should ideally be consumed at breakfast and lunch. Please discuss with your dietician.



This graph shows Doe's current caloric intake (blue) with calories burned by Doe (red) through exercise. It is advised to maintain a equal balance between calories consumed and

calories burned.



Your current consumed caloric intake is far less than the number of calories burned, at an unhealthy level. Please discuss with your dietician.

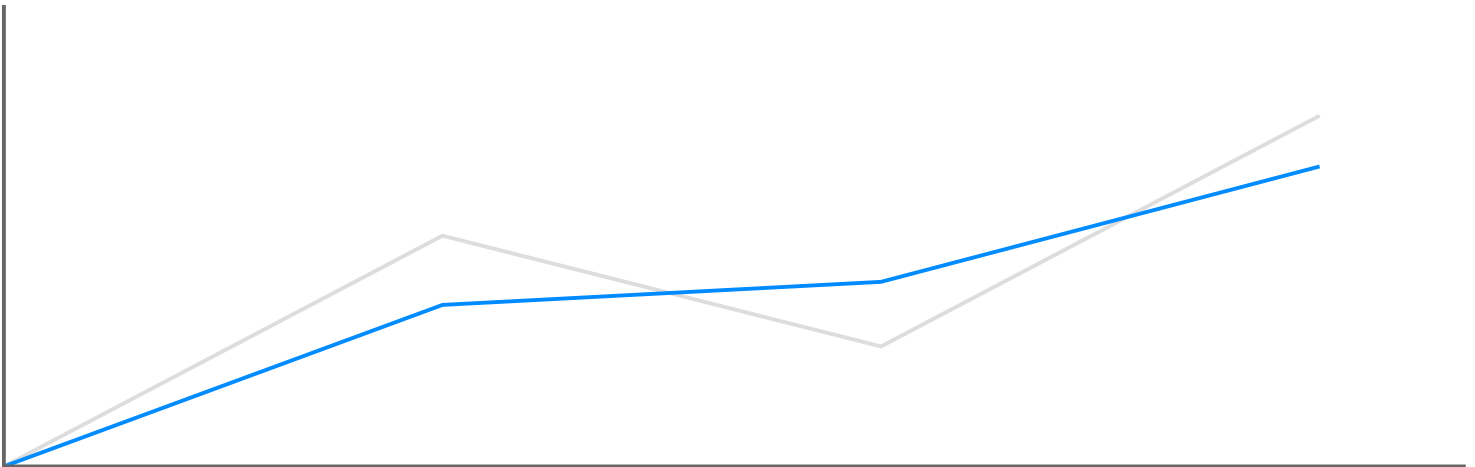


Your current consumed caloric intake is far higher than the number of calories burned, at an unhealthy level. Please discuss with your dietician.



Your current consumed caloric intake at a balance with the number of calories burned. Please discuss any queries with your dietician.

## Water Intake



This graph shows Doe's current water intake (black) with his projected water intake (blue). Low water consumption can lead to dehydration, impaired cognitive function, fatigue, and compromised immune system function. Excessive water intake can result in electrolyte imbalances, hyponatremia, and potential kidney damage. To support health and well-being, it is essential to maintain a balanced water intake.



Your current water intake is predicted to exceed your recommended water intake soon. Please consult with your dietician for monitoring advice.



Your current water intake is quite below your recommended water intake. Please consult with your dietitian for monitoring advice.



Your current water intake has surpassed your recommended water intake. Please consult with your dietician immediately for monitoring advice.

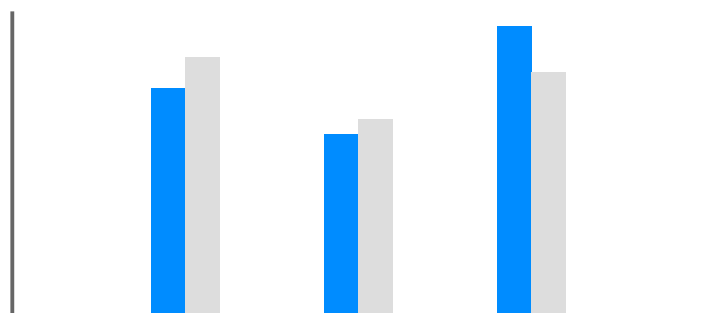
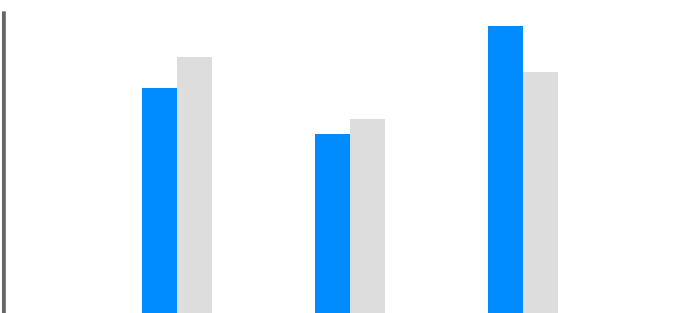


Your current water intake has fallen significantly below your recommended water intake. Please consult with your dietician immediately for monitoring advice.



Your current water intake is on track with your recommended water intake. Please consult with your dietician for any queries.

## Macronutrient Intake



[KEY FOR NUTRIENTS]

This graph shows Doe's current macronutrient intake, including carbohydrates, fats, proteins, fibre and sugar.

This graph shows Doe's recommended macronutrient intake, including carbohydrates, fats, proteins, fibre and sugar.



Your current macronutrient intake is on track with your recommended macronutrient intake.  
Please consult with your dietician for any queries.



Your current macronutrient intake is quite below your recommended intake, particularly [macronutrient name].  
Please consult with your dietitian for monitoring advice.



Your current macronutrient intake is is predicted to exceed your recommended intake, particularly [macronutrient name].  
Please consult with your dietician for monitoring advice.

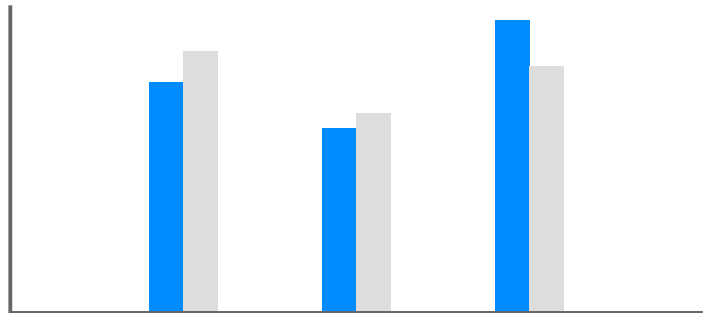
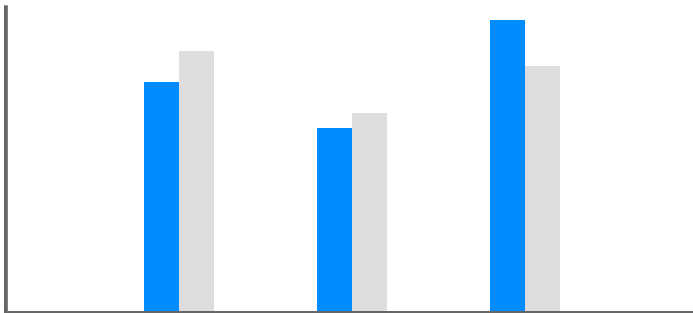


Your current macronutrient intake has fallen significantly below your recommended intake, particularly [macronutrient name].  
Please consult with your dietician immediately for monitoring advice.



Your current macronutrient intake has surpassed your recommended macronutrient intake, particularly [macronutrient name].  
Please consult with your dietician immediately for monitoring advice.

## Micronutrient Intake



[KEY FOR NUTRIENTS]

This graph shows Doe's current micronutrient intake, including iron, sodium and potassium.

This graph shows Doe's recommended micronutrient intake, including iron, sodium and potassium.



Your current micronutrient intake is on track with your recommended micronutrient intake.  
Please consult with your dietician for any queries.



Your current micronutrient intake is quite below your recommended intake, particularly [micronutrient name].  
Please consult with your dietitian for monitoring advice.



Your current micronutrient intake is is predicted to exceed your recommended intake, particularly [micronutrient name].  
Please consult with your dietician for monitoring advice.



Your current micronutrient intake has fallen significantly below your recommended intake, particularly [micronutrient name].  
Please consult with your dietician immediately for monitoring advice.



Your current micronutrient intake has surpassed your recommended intake, particularly [micronutrient name].  
Please consult with your dietician immediately for monitoring advice.

## Further Insights

Favourite Breakfasts

Favourite Lunches

Favourite Snacks

Favourite Dinners

1. Name

1. Name

1. Name

1. Name

2. Name

2. Name

2. Name

2. Name

3. Name

3. Name

3. Name

3. Name

### Favourite Exercises

1. Name 10hr 40min

2. Name 6hr 30min

3. Name 1hr 30min