

John Doe – Monthly Health & Fitness Report

Report Date: May 2025

Personal Information

- **Name:** John Doe
 - **Date of Birth:** 1992-05-13
 - **Gender:** Male
 - **Height:** 178 cm
 - **Weight:** 77 kg
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Physical Activity Overview

Date	Activity	Duration (min)	Calories Burned
2025-05-02	Running	30	320
2025-05-04	Cycling	45	410
2025-05-06	Weight Training	40	290
2025-05-09	Swimming	60	500
2025-05-14	Walking	60	220
2025-05-18	Yoga	30	120
2025-05-22	Running	25	270
2025-05-27	Weight Training	50	340

Body Measurements & Vitals

- **BMI:** 24.3

- **Body Fat Percentage:** 18%
 - **Blood Pressure (avg):** 118/76 mmHg
 - **Resting Heart Rate:** 66 bpm
 - **Blood Sugar (fasting, avg):** 91 mg/dL
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Sleep & Recovery

- **Average Sleep Duration:** 7.1 hours/night
 - **Sleep Quality (self-reported):** Good
 - **Rest Days:** 4
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Diet & Nutrition

- **Average Daily Calories:** 2300 kcal
 - **Macronutrient Breakdown (avg):**
 - Protein: 110g
 - Carbs: 260g
 - Fats: 65g
 - **Water Intake:** 2.2 L/day
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Summary & Recommendations

- **Achievements:**
 - Maintained consistent physical activity throughout the month
 - Achieved average sleep above 7 hours/night

- Maintained healthy blood pressure and heart rate

- **Recommendations:**

- Slightly increase protein intake for muscle recovery
- Continue balanced training (aerobic + resistance)
- Consider mindfulness or stretching sessions to improve recovery