

Food & Health Log Report

Sep 1, 2025 - Sep 7, 2025

Generated on: Sep 5, 2025 at 7:25 AM

Total entries: 2

Sep 4, 2025

Breakfast (8:00 AM)

scrambled eggs, greek yogurt, blueberries, spinach, whole grain toast

Dinner (6:00 AM)

grilled salmon, roasted broccoli, mixed greens, quinoa

Health Metrics

Sleep Quality: 60%

Sep 5, 2025

Lunch (12:00 PM)

grilled chicken, cheddar cheese, mixed greens, tomatoes, cucumbers, whole grain wrap

Health Metrics

Sleep Quality: 50%

Sleep Hours: 8h